

Menu From 2018,8 Oct to 2018, 2 Nov (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年10月8日—11月2日学生食谱

餐次	Monday 周一 (10/8,10/22)	Tuesday 周二 (10/9,10/23)	Wednesday 周三 (10/10,10/24)	Thursday 周四 (10/11,10/25)	Friday 周五 (10/12,10/26)
Breakfast	cereal, milk, dragon fruits	spinch pancakes, purple congee, oranges	red bean bun, milk, blueberry	greens and meat noodle, sweet melon	corn pancakes, oranges, milk
	谷维兹+牛奶+火龙果	菠菜煎饼+紫米粥+蜜桔	红豆刀切+牛奶+蓝莓	青菜肉丝面+网纹瓜	玉米松饼+甜橙+牛奶
Lunch	mushroom meat, bacon and broccolli, duck soup, rice	diced chicken, mushroom and greens, raddish and ribs soup, rice	tomato sauce fish, cabbage, beef soup, rice	oyster beef, celery and dried beancurd, winter melon and dried shrimp soup, rice	fried chicken, tomato sauce macoroni, mushoom soup
	杏鲍菇松阪肉+培根西兰花+扁尖鸭块汤+米饭	宫保鸡丁+香菇菜心+萝卜排骨汤+小米饭	茄汁龙利鱼+葱油包菜+牛肉罗宋汤+紫薯饭	蚝油牛柳+西芹香干+扁尖冬瓜虾皮汤+什锦杂米饭	香炸鸡排+罗勒番茄意面+奶油蘑菇汤
Snack	cookies, kiwifruits	traditional suzhou snack, apple	yoghurt caake, grapes	sesame cookies, grapefruit, yoghurt	traditinal guangzhou snack, pear
	一口酥+猕猴桃	桂花糖芋艿+苹果	酸奶蛋糕+无籽提	芝麻蛋白饼干+柚子+酸奶	钵仔糕+梨
	Monday 周一 (10/15, 10/29)	Tuesday 周二 (10/16,10/30)	Wednesday 周三 (10/17,10/31)	Thursday 周四 (10/18, 11/1)	Friday 周五 (10/19,11/2)
Breakfast	indian pancakes, milk, tomato	spinch and sliced chicken nodlem dragonfruits	french bread, straberry jam, milk, melon	cereal, milk, cashew, banana	congee, orange
	印度飞饼+牛奶+圣女果	菠菜鸡丝面+火龙果	法棍+草莓酱+牛奶+伽师瓜	麦片+牛奶+腰果+香蕉	皮蛋瘦肉粥+蜜桔
Lunch	raddish and pork, ginger spinch, tomato and egg soup, rice	corn and shrimps, meat and beans, winter melon and ribs soup, rice	chestnut and chicken, cabbage, mushroom and tofu and meatballs soup, rice	tpotato and beef, greens, seaweed soup, rice	lotus and meat, pineapple rice, mushroom soup
	萝卜烧肉+姜汁菠菜+西红柿蛋汤+胡萝卜焖饭	玉米虾仁+肉末长豇豆+冬瓜排骨汤+米饭	板栗烧鸡+清炒小白菜+蘑菇豆腐肉圆汤+米饭	咖喱土豆牛肉+清炒青菜+海带瘦肉汤+米饭	自制藕盒+菠萝炒饭+三色菌菇汤
Snack	绿茶蛋糕+砀山梨	寿司+甜橙	巧克力蛋糕+苹果	板栗黄油酥+柚子	三明治+猕猴桃
	green tea cake, pear	sushi and orange	chocolate cake and apple	chestnut cookies and grapefruit	sanwich and kiwifruits
	Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:20 in the class-rooms.Snack is served at 14:00 (14:15 for PN) after naptime / noon break			* All bread, pastry, cookies, pancakes and cakes are hand made by Newton's pastry chef	