

Menu From 2018, 8th of October to 2nd of November (Newton Hui Xin Campus)

新纽顿会心幼儿园 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	Cornflakes served with milk, blueberries and raisins 玉米片+牛奶+蓝莓+葡萄干	Coarse cereals bun served with fried eggs and milk 杂粮小刀切+炒鸡蛋+牛奶	Homemade pancake served with cherry tomatoes and milk 葱油饼+圣女果+牛奶	Muesli served with yoghurt, blueberries, rice-crisps and apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁	Homemade cranberry/blueberry bread served with yoghurt and banana 自制蔓越莓/蓝莓面包+酸奶+香蕉
	Beef fried with potato, fried mixed vegetables(gorgon, celery, water chestnut) served with rice Soup: egg and Okra soup 土豆烧牛肉+荷塘小炒(鸡头米、西芹、红菱)+米饭+秋葵蛋汤	Homemade beef lasagna with béchamel sauce served with boiled broccoli and vegetables soup 自制牛肉千层面+水煮西兰花+青菜芙蓉汤	Braised chicken with fried rice, fried vegetable served with spinach and egg soup 照烧鸡肉炒饭+炒青菜+丝瓜蛋汤	Roasted chicken with spaghetti, boiled asparagus served with borscht soup 自制烤鸡排配意面+白灼芦笋+罗宋汤	Roasted chicken with chestnut, fried amaranths served with rice and tomato and mushroom soup 板栗烧鸡丁+蒜蓉苋菜+番茄金针菇汤+米饭
Lunch	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉
	Walnut cookie served with banana and orange juice 椒盐桃酥+香蕉+橙汁	Homemade sushi served with seedless grapes and lemonade 自制寿司+无籽提子+蜂蜜柠檬水	Homemade chocolate cake served with slices of pear and apple juice 自制巧克力蛋糕+梨片+苹果汁	Apple pie served with dragon fruit and stewed snow pear with rock sugar 苹果派+火龙果+冰糖炖梨水	Home baked custard pie served with winter jujube and Yakult 自制葡式蛋挞+冬枣+养乐多
Snack	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	Cheerios served with raisins, milk and dried banana chips 全谷物燕麦圈+葡萄干+牛奶+香蕉干	Egg pancake served with steamed carrot stick and milk 蒸胡萝卜条+鸡蛋饼+牛奶	Muesli served with yoghurt, blueberries, rice-crisps and apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁	Homemade bread served with blanched broccoli, cherry tomatoes and milk 蒸西兰花+自制面包+圣女果+牛奶	Ham and egg pancake served with yoghurt and blueberries 火腿鸡蛋饼+酸奶+蓝莓
	Fried beef shreds with sweet pepper, stewed cabbage with tomato served with rice and yam soup 甜椒牛肉丝+番茄卷心菜+山药汤+米饭	Grilled beef steak with spaghetti served with roasted potato and cherry tomatoes, shepherd's purse and tofu soup 自制烤牛排配意面+烤土豆、圣女果+荠菜豆腐汤	Fried sole fish, fried vegetables served with millet, egg and tomato soup 香酥龙利鱼+炒时蔬+小米米饭+番茄蛋汤	Basil Pesto Pasta, roasted chicken wings served with mushroom and tofu soup 罗勒青蒜酱意面+烤鸡翅+菌菇豆腐汤	Sautéed shrimps with Chinese peas, fried water spinach with garlic served with white gourd and fried shrimp soup 荷兰豆炒虾仁+蒜蓉空心菜+冬瓜虾皮汤+米饭
Lunch	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉
	Strawberry Swiss roll served with slices of pear and orange juice. 草莓瑞士卷+梨片+橙汁	Graham bread served with winter jujube and grape juice 全麦面包+冬枣+养乐多	Homemade muffins served with pomelo and stewed snow pear with rock sugar 自制松饼+柚子+冰糖炖梨水	Yellow peach custard pie served with honey lemonade and seedless grapes 黄桃派+无籽葡萄+蜂蜜柠檬水	Homemade vegetable bun served with dragon fruit and apple juice 蔬菜包+火龙果+苹果汁
Snack	Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:30 in the class-rooms. Snack is served at 14:00 (14:15 for PN) after naptime/noon break			* Hand made by Newton's pastry chef	