

Menu From 2018, 5 th of November to 30 th of November (Newton Hui Xin Campus)						
新纽顿会心幼儿园 2018 年 11 月 5 日 - 11 月 30 日学生食谱						
餐次	Monday 周一 (11/5、11/19)	Tuesday 周二 (11/6、11/20)	Wednesday 周三(11/7、11/21)	Thursday 周四 (11/8、11/22)	Friday 周五 (11/9、11/23)	
	Breakf	Cheerios served with milk and fresh banana pieces 全谷物燕麦圈+葡萄干+切片香蕉+牛奶	Homemade cranberry/blueberry bread served with butter, yoghurt and orange slices 自制蔓越莓/蓝莓面包+酸奶+切片橙子	Ham steamed twisted rolls served with winter jujube and milk 火腿小花卷+冬枣+牛奶	Muesli served with yoghurt, fresh blueberries, rice-crisps and apple juice. Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼+苹果汁	Steamed corn served with mini sausages, cherry tomatoes and milk 蒸玉米段+迷你香肠+圣女果+牛奶
	Lunch	Diced Pork Fillet in Bean Sauce served with spinach, egg, (asparagus, ham, greens)soup and rice 酱爆肉丁+蛋丝菠菜+三鲜汤+米饭	Pasta with tomato sauce and beef/pork mix meatballs and boiled broccoli, served with radish and ribs soup & a small tasting sample of new Lasagna recipe. 茄汁牛/猪肉丸意面+煮西兰花+萝卜排骨汤+迷你千层面	Beef with sweet pepper served with fried vegetables, mushroom and tomato soup and rice 三色甜椒牛柳+炒青菜+金针菇番茄豆腐汤+米饭	Oven roasted lamb with cumin and mixed vegetables served with mashed potatoes and celery, carrot pork bone soup 烤羊排配土豆泥+炒时蔬+胡萝卜大骨头汤	Sole fish in tomato sauce served with fried cabbage & smoked bean curd, winter melon and pork soup and rice 茄汁龙利鱼+香干包菜+冬瓜肉片汤+米饭
		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
Fruit Cooler		Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	
	Snack	Homemade yellow peach pie served with grape juice and pomelo 自制黄桃派+葡萄汁+蜜柚	Cranberry biscuits served with homemade fruit drink (pear and passion fruit) and winter jujube 蔓越莓饼干+自制甜梨百香果汁+冬枣	Cheesecake with blueberry compote, served with Yakult and mixed fresh fruit salad (apples, bananas and oranges) 自制芝士蓝莓蛋糕+养乐多+鲜水果沙拉	Homemade vegetable dumplings served with stewed snow pear and rock sugar and grapes 自制蔬菜蒸饺+冰糖雪梨汁+无籽提子	Homemade 2 layered chocolate cake with chocolate cream filling and dark cocoa/chocolate Ganache served with lemon water and banana. 自制双层巧克力蛋糕+柠檬水+香蕉
		Monday 周一 (11/12、11/27)	Tuesday 周二 (11/14、11/28)	Wednesday 周三(11/15、11/29)	Thursday 周四 (11/16、11/30)	Friday 周五 (11/17、12/1)
	Breakf	Cornflakes with choice of milk or yoghurt topped with raisins. Boiled egg and orange juice. 玉米片+牛奶/酸奶+葡萄干+水煮蛋+橙汁	Egg pancake served with steamed carrot stick, sliced cucumber, mini bacon strip and milk. 鸡蛋饼+蒸胡萝卜条+迷你熏肉条+牛奶	Homemade bread served with butter, blanched broccoli, cherry tomatoes and milk. 自制面包配黄油+水煮西兰花+圣女果+牛奶	Muesli served with yoghurt, fresh mini apple squares, rice-crisps and grape juice. Muesli 麦片+酸奶+迷你苹果块+卜米+葡萄汁	Homemade bun served with fresh blueberries and milk 自制杂粮小馒头+新鲜蓝莓+牛奶
	Lunch	Stewed beef with radish, Oyster mushroom served with okra and egg soup and rice. 牛肉炖萝卜+蚝油杏鲍菇+秋葵蛋汤+米饭	Pan fried salmon steak with tossed pasta, steamed broccoli served with pumpkin soup. 香煎三文鱼排配意面+煮西兰花+南瓜浓汤	Pork meatballs served with curry potatoes and carrots, crucian and bean curd soup and rice. 红烧猪肉小丸+咖喱土豆胡萝卜+鲫鱼豆腐汤+米饭	Japanese Udon with curry and beef, fried greens with mushroom served with Miso Soup. 日式咖喱牛肉乌冬面+香菇青菜+味噌汤	Shrimp fried rice with pineapple and toasted coconut, braised cabbage in broth served with yam and ribs soup. 椰丝菠萝虾仁炒饭+上汤娃娃菜+山药排骨汤
Fruit Cooler		Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	
	Snack	2 layered fruit & cream sponge cake served with cucumber/carrot sticks & cherry tomatoes with orange juice 自制双层水果奶油海绵蛋糕+黄瓜/胡萝卜条+橙汁	Meat bun served with Yakult and dragon fruit. 小肉包+养乐多+火龙果	Banana roulade with caramel cream served with a compote of sweet canned peaches, apples and mulberries together with hot cocoa 香蕉焦糖卷配黄桃、苹果、桑葚+热可可	Homemade orange zest cake served with apple juice and Pomelo 自制香橙蛋糕+苹果汁+蜜柚	Cookies and whole grain crackers, served with banana slices and homemade lemonade. 全麦饼干+切片香蕉+自制温蜂蜜柠檬水
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				All bread, cake, biscuits, cookies and desserts are hand made by Newton's pastry chef		