

# Menu From 2018, 3<sup>rd</sup> of December to 28<sup>th</sup> of December (Newton Hui Xin Campus)

新纽顿会心幼儿园 2018 年 12 月 3 日 —12 月 28 日学生食谱

餐次	Monday 周一 (12/3、12/17)	Tuesday 周二 (12/4、12/18)	Wednesday 周三(12/5、12/19)	Thursday 周四 (12/6、12/20)	Friday 周五 (12/7、12/21)
Brea	全谷物燕麦圈+葡萄干+切片香蕉+牛奶 Cheerios served with milk, raisins and banana slices.	自制草莓面包+牛奶+煮西兰花 Strawberry bread with butter served with blanched broccoli and milk	自制华夫饼+蔓越莓果酱+牛奶 Waffles with cranberry jam and milk	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼 Muesli served with yogurt, fresh blueberries and rice-crisps	杂粮小刀切+牛奶+猕猴桃 Coarse cereals bun served with milk and kiwi fruit
Lunch	咖喱土豆炖牛肉+芝士焗花菜+娃娃菜汤+米饭 Stewed beef and potato with curry served with cheese baked cauliflower and baby cabbage soup with rice	蒜香意面配烤鸡翅+西兰花胡萝卜+南瓜汤 Tossed pasta in tomato, garlic and onion sauce served with roasted chicken wings, braised broccoli and carrot together with pumpkin soup	酱爆肉丁+红烧萝卜+菠菜蛋汤+米饭 Saute pork with soy bean sauce served with radish in gravy, Spinach and egg soup with rice	越南牛肉炒河粉(牛肉丝、鸡蛋、豆芽、青菜、胡萝卜)+萝卜排骨汤 Vietnam style fried beef and rice noodles with vegetables, served with bone and radish soup.	清蒸鸦片鱼+香菇青菜+菌菇汤+米饭配海苔 Steamed Halibut fish, fried mushrooms and vegetables served with mushroom soup and rice with Korean style seaweed wraps
	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	Banana's, apples & grape fruit slices.
Snack	香蕉面包+冰糖雪梨汁+哈密瓜 Banana bread served with sweet poached pears and cantaloupe	葡式蛋挞+养乐多+火龙果 Home-baked custard pie served with sour milk (Yakult) and dragon fruit	自制海苔苏打饼干+芝士块+葡萄+时令水果热饮 Soda biscuit with dried Nori seaweed together with cheese cubes, grapes and warm fruit juice with dates	全麦饼干芝士蛋糕+自制玉米汁+香蕉 Cheese cake on graham cracker pie crust served with corn juice and banana	松软奶酪火腿披萨包+火龙果+苹果汁 Soft pizza bun with mozzarella & ham served with dragon fruit and apple juice
餐次	Monday 周一 (12/10、12/24)	Tuesday 周二 (12/11、12/25)	Wednesday 周三(12/12、12/26)	Thursday 周四 (12/13、12/27)	Friday 周五 (12/14、12/28)
Breakfast	玉米片+牛奶+葡萄干+切片香蕉 Cornflakes served with milk, raisins and bananas.	自制鸡蛋饼+酸奶+甜橙 Homemade pancakes served with yogurt and oranges.	自制面包配黄油果酱和芝士+水煮西兰花+圣女果+牛奶 Homemade bread served with butter, jam and sliced cheese, blanched broccoli, cherry tomatoes and milk	Muesli 麦片+酸奶+卜卜米+葡萄汁 Muesli served with yogurt, rice-crisps and grape juice	土豆鸡蛋派+牛奶+蓝莓 Egg & potato pie served with milk and blueberry
Lunch	烤火鸡+土豆泥或烤土豆和烤蔬菜+法式洋葱汤 Oven roasted turkey with choice of mashed or roasted potatoes with gravy and grilled vegetables and French onion soup	香烤猪肉条+蒜末黄瓜+橄榄油烤胡萝卜+蒜香面包或米饭+南瓜苹果咖喱汤 Baked crispy pork roast cut into strips served with garlic bread, cucumber and garlic. Pan seared and seasoned carrots in olive oil served with a choice of rice and pumpkin with apples and curry soup	自制牛肉千层面+蚝油芦笋+番茄土豆汤 Homemade beef lasagna served with stewed asparagus in oyster sauce, served with a potato and vegetable soup.	京式酱汁焖肉面(黄瓜和蔬菜)+鹰嘴豆汤 Beijing style noodles with shredded cucumber, vegetables and brown pork sauce and vegan chickpea soup	红烧狮子头+蚝油生菜+山药排骨汤+米饭 Meatballs in barbecue sauce served with blanched lettuce in oyster sauce, yam and ribs soup together with rice
	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	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	杏仁米饭布丁配车厘子热果酱+热可可配迷你棉花糖"Ris a l'amande" (rice pudding) with almonds and warm cherry sauce served with a cup of hot cocoa and mini marshmallows.	姜饼人饼干+牛奶+香蕉 Gingerbread cookies served with milk and bananas.	芝士奶油胡萝卜蛋糕+蜂蜜柠檬汁+梨片 Carrot cake with cream cheese frosting served with honey lemonade and apple.	巧克力蛋糕+温牛奶+火龙果 Chocolate cake served with warm milk and dragon fruit	橘皮海绵蛋糕+酸奶油+蓝莓 Orange glazed chiffon sponge cake served with slightly sweetened sour cream and blueberries.
	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	