

Menu From 2018,3 Dec to 2018, 28 Dec (Newton LLW Campus) 新纽顿玲珑湾幼儿园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)
Breakfast	cereal, dried cranberry, milk, banana ----- 谷维兹+蔓越莓干+牛奶+香蕉	bread, jam, milk, orange ----- 全麦面包+果酱+牛奶+新奇士橙	pumkin congee, egg, dragonfruit ----- 南瓜粥+半个鸡蛋+火龙果	bun roll, milk, blueberry ----- 葱油花卷+牛奶+蓝莓	egg pancakes with spinach, milk, grapes ----- 菠菜蛋饼+牛奶+无籽提
	egg with pork, bok choy with dried bean curd; seaweed with dried shrimps soup, rice ----- 虎皮蛋烧肉+青菜香干+紫菜虾皮汤+米饭	chicken with mushrooms, celery with dried bean curd, raddish with rib soup, rice ----- 杏鲍菇烩鸡柳+西芹百合豆干+萝卜排骨汤+杂粮饭	shrimps, pepper with melon, cabbage with meat ball soup, rice ----- 松仁焗大虾+甜椒炒生瓜+白菜肉圆汤+米饭	celery, carrot and egg fried rice; tofu , soup ----- 芹菜胡萝卜蛋炒饭+香煎豆腐+味增汤	fried chicken, lagnasia, vegetable soup ----- 香炸鸡块+千层面+蔬菜汤(西兰花, 胡萝卜, 玉米)
Snack	cookie, apple ----- 麻仁酥+苹果	sweet potato soup, sweet melon ----- 桂花糖山芋+甜瓜	egg tart, orange ----- 港式蛋挞+蜜桔	cake, pear ----- 蜂蜜蛋糕+雪梨	cake with meat floss, strawberry ----- 肉松烤饼+草莓
	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	bun, milk, grapes ----- 奶香小刀切+牛奶+红提	cereal, milk, dragonfruit ----- 谷维兹+牛奶+火龙果	bread with red beans; milk, sweet melon ----- 蜜豆面包+牛奶+甜瓜	congee, dried beancurd, orange ----- 小米粥+香干+甜橙	corn pancakes, milk, strawberry ----- 玉米松饼+牛奶+草莓
	pork with taro and mushroom; bok choy; rice noodles with tomato and fish soup; rice /Christmas Eve lunch (turkey noodle soup, garlic bread) ----- 芋艿烧肉+蘑菇菜心+西红柿粉皮鱼片汤+米饭 / 圣诞餐(圣诞鸡丝面+咖喱面包+)	chestnut with chicken, cabbage, lotus with rib soup, rice /Christmas lunch (crispy fried pork chops, mushroom mashed potatoes, rice with carrots, pumpkin soup) ----- 板栗鸡丁+葱油包菜+莲藕排骨汤+薏米饭 / 圣诞餐(香酥猪排+蘑菇土豆泥+胡萝卜米饭+南瓜汤)	shrimps with broccoli and carrots, cream mushroom pasta, borsch ----- 西兰花胡萝卜虾仁+奶油蘑菇意面+罗宋汤	beef with beans; radish, chicken soup, rice ----- 红腰豆焖牛肉+肉汁萝卜+小青菜鸡块汤+红豆饭	sea scallop, dried beancurd, corn and vegetable soup, rice ----- 芙蓉鲜贝+三鲜素鸡+玉米杂蔬汤+菜肉饭
Snack	cookie with coconu, pear ----- 椰丝酥+雪花梨	Christmas cookies , orange ----- 圣诞饼干+砂糖橘	pizza, banana ----- 芝士披萨+香蕉	pumkin cake, kiwifruit ----- 南瓜蛋糕+猕猴桃	cookie with sesame, apple ----- 芝麻千层饼+苹果
	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	