

Menu From 2019, 2nd of January to 1st of February (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 1 月 2 日 — 2 月 1 日 学生食谱

餐次	Monday 周一 (1/14、1/28)	Tuesday 周二 (1/15、1/29)	Wednesday 周三(1/2、1/16、1/30)	Thursday 周四 (1/3、1/17、1/31)	Friday 周五 (1/4、1/18、2/1)
Breakf	全谷物燕麦圈+葡萄干+切片香蕉+牛奶 Cheerios served with milk, raisins and banana slices.	葱油小花卷+牛奶+煮西兰花+蓝莓 Strawberry bread with milk served with blanched broccoli and blueberry	自制全麦面包+脆培根+牛奶+干禧果 Homemade bread served with bacon, cranberry and milk	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼+苹果汁 Muesli served with yogurt, fresh blueberries and rice-crisps	紫薯小馒头+牛奶+草莓 Purple yam bun served with milk and strawberry
Lunch	甜椒烧牛肉+芝士花菜+鲫鱼豆腐汤+米饭 Beef with sweet pepper, cauliflower with cheese served with fish and tofu soup as well as rice	孜然烤羊排配土豆泥/米饭+烤胡萝卜+青菜鸡蛋汤 Cumin baked lamp chop with fusilli served with mashed potato (or rice), fried carrot, served with vegetable and egg soup	椒盐排条+炒青菜+香菇炖鸡汤+米饭 Fried spare ribs with spiced salt, served with fried vegetables, chicken and mushrooms soup, rice	青蒜酱意面+烤鸡翅+罗宋汤 Pesto pasta served with fried chicken wings and borscht soup	茄汁龙利鱼+上汤娃娃菜+萝卜排骨汤+米饭荠菜猪肉水饺+粉丝骨头汤 (2 月 1 日) Sole fish with tomato sauce, served with braised cabbage in broth, radish and ribs soup, rice. Homemade cabbage and pork dumplings served with fan and ribs soup
	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	自制烧麦+自制水果热饮+火龙果 Homemade dumplings and hot fruit juice as well as dragon fruit	自制南瓜饼+养乐多+香蕉 Homemade pumpkin pie served with Yakult and banana	自制双层奶油水果蛋糕+热可可配迷你棉花糖+甜橙 Homemade double fruit and cream cake served with hot cocoa and marshmallow and orange	黄桃蛋挞+温蜂蜜柠檬水+梨片 Home-baked peach custard pie served with honey lemonade and pear slices	自制香葱肉松蛋糕+冰糖雪梨水+猕猴桃 Homemade meat floss cake with Chinese chives served with stewed snow pear with rock sugar and kiwi
餐次	Monday 周一 (1/7、1/21)	Tuesday 周二 (1/8、1/22)	Wednesday 周三(1/9、1/23)	Thursday 周四 (1/10、1/24)	Friday 周五 (1/11、1/25)
Breakfast	玉米片+牛奶+葡萄干+切片香蕉 Cornflakes served with milk, raisins and bananas.	自制葱油鸡蛋饼+酸奶+甜橙 Homemade pancakes served with yogurt and oranges.	自制面包配果酱和芝士+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	煮玉米段+牛奶+蓝莓 Steamed sweet corn served with milk and blueberry
Lunch	萝卜炖牛腩+香干卷心菜+三鲜汤+米饭 Braised beef with radish, served with fried cabbage and smoked bean curd, vegetable and mushrooms soup	烤鸡排配番茄酱意面+煮西兰花+南瓜汤 Pasta in tomato sauce with a side of braised chicken, broccoli served with pumpkin soup	三色虾仁+肉汁萝卜+菌菇豆腐汤+米饭 Fried shrimp with cucumber served with gravy radish, mushrooms and tofu soup and rice	菠萝咕嚕肉+清炒土豆丝+菠菜蛋汤+米饭 Sweet and Sour Pork served with Fried potato shreds spinach and egg soup and rice	红烧小肉丸+香菇青菜+炖蛋+米饭 Braised meatballs served with fried mushroom and green vegetables, steamed egg custard and 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	自制香蕉松饼+热可可+梨片 Homemade banana muffin served with hot cocoa and pear slices	自制小笼包+温牛奶+火龙果 Homemade meat dumplings served with milk and dragon fruit	烤红薯+温蜂蜜柠檬水+甜橙 Baked sweet potato served with honey lemonade and orange	猪肉煎饺+自制水果热饮+猕猴桃 Fried pork dumplings served with homemade hot fruit juice and kiwi	自制芝士蛋糕+冰糖雪梨水+草莓 Homemade cheese cake served with stewed snow pear with rock sugar and strawberry
	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	