

**Menu From 2019,2 Jan to 2019, 25 Jan (Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年1月2日—1月25日学生食谱**

餐次	Monday 周一 (1/14)	Tuesday 周二 (1/15)	Wednesday 周三 (1/2,1/16)	Thursday 周四 (1/3,1/17)	Friday 周五 (1/4,1/18)
Breakfast	cereal, dried blueberry, milk, grapes ----- 谷维兹+蓝莓干+牛奶+无籽提	greens and meet congee, dried beancurd, banana ----- 青菜肉末粥+卤香干+香蕉	spinach pancakes, milk, dragon fruit ----- 菠菜蛋饼+牛奶+火龙果	mushroom and chicken noodle, orange ----- 香菇鸡丝面+甜橙	pumpkin bun, milk, strawberry ----- 南瓜小刀切+牛奶+草莓
Lunch	dried beancurd with pork, ginger sauce with spinach, seaweed and egg soup ----- 百叶结烧肉+姜汁菠菜+紫菜蛋汤+米饭	chicken with tomato sauce, pepper with potato, mushroom soup, rice ----- 茄汁鸡丁+甜椒土豆片+菌菇汤+小米饭	fried pork, macoroni, mixed vegetable soup ----- 香炸猪排+罗勒意面+意式杂蔬汤	corn with shrimp, cabbage, tomato with egg and tofu soup, rice ----- 玉米虾仁+上汤娃娃菜+番茄豆腐蛋花汤+米饭	bacon and broccolli, fried rice, potato and rib soup ----- 培根西兰花+什锦炒饭+土豆排骨汤
Snack	celery and chicken noodle, orange ----- 芹菜鸡丝面+贡桔	almond cake, apple ----- 杏仁蛋糕+苹果	coconut cookie, sweet melon ----- 椰浆饼干+甜瓜	chocolate muffin, pear ----- 巧克力松饼+梨	brown sugar cake, kiwi ----- 红糖发糕+猕猴桃
	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	congee, dried beancurd, blueberry ----- 小米粥+小香干+蓝莓	corn flovor bun, milk, orange ----- 玉米小馒头+牛奶+贡桔	bread, milk, dragonfruit ----- 炼乳面包片+牛奶+火龙果	tomato and egg noodle, banana ----- 番茄鸡蛋面+香蕉	cookie, milk, grapes ----- 荞麦饼+牛奶+提子
Lunch	taro with pork, bean sprout, yam with rib soup, rice ----- 芋头烧肉+三丝豆芽+山药排骨汤+米饭	tomato sauce with fish, turnip with pork sauce, spinach with dried beancurd soup, rice ----- 茄汁龙利鱼+肉汁萝卜+菠菜腐竹汤+红豆饭	lotus meatball, fried noodle with beef, tofu with bean sprout soup ----- 红烧藕圆+新疆牛肉炒面+豆腐豆芽汤	carrot with beef, cabbage, seaweed with pork soup, rice ----- 胡萝卜炖牛肉+葱油卷心菜+海带瘦肉汤+金银饭	chicken wings, mushroom and greens, beef and noodle soup, rice/ dumplings, beef and noodle soup ----- 蜜汁翅根+香菇青菜+牛肉粉丝汤+杂粮饭/白菜猪肉饺子+牛肉粉丝汤
Snack	cookie, grapefruit ----- 美式软曲奇+柚子	congee, apple ----- 血糯粥+苹果	steamed pumpkin, orange ----- 蒸南瓜+新奇士橙	coconut cake, strawberry ----- 椰蓉蛋糕+草莓	pizza, orange ----- 什锦披萨+贡桔
	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	