

Menu From 2019,11 February to 2019, 1 March (Newton LLW Campus) 新纽顿玲珑湾幼儿园学生食谱

餐次	Monday 周一(2/11,2/25)	Tuesday 周二(2/12,2/26)	Wednesday周三(2/13,2/27)	Thursday 周四(2/14,2/28)	Friday 周五(2/15,3/1)
Breakfast	corn pancakes, milk, dragon fruit ----- 玉米煎饼+牛奶+火龙果	pumpkin congee, half of an egg, orange ----- 南瓜粥+半个鸡蛋+砂糖橘	bread, milk, strawberry ----- 奶香面包片+牛奶+草莓	cereal, blueberry, milk, melon ----- 谷维兹+蓝莓干+牛奶+甜瓜	rolled buns, milk, orange ----- 葱油花卷+牛奶+新西兰橙
	chicken wings, mushroom with bok choy, tomato and tofu soup ----- 红烧翅根+香菇菜心+番茄豆腐汤	bok choy with mushroom and chicken, pork sauce with radish, cabbage with pork meatball soup, rice ----- 芥菜蘑菇鸡丁+肉汁萝卜+白菜肉圆汤+薏米饭	corn and shrimp, lettuce, beef soup, rice ----- 玉米虾仁+蚝油生菜+西湖牛肉羹+小米饭	carrot with beef, cauliflower, mushroom with egg soup, rice ----- 胡萝卜炖牛腩+清炒花菜+平菇蛋汤+米饭	fried fish, noodles, soup (tofu, beans, seaweed, radish) ----- 香酥鳕鱼排+日式乌冬面+味增汤(豆腐、豆芽、海带、红白萝卜)
Snack	sesame cookie, grapefruit ----- 白芝麻饼干+柚子	dragonfruit cakes, pears ----- 火龙果蛋糕+雪梨	white mushroom soup, apple ----- 冰糖白木耳+苹果	muffin, tomato ----- 椰香松饼+千禧果	corn, kiwifruit ----- 黄油玉米+猕猴桃
	Monday 周一 (2/18)	Tuesday 周二(2/19)	Wednesday周三(2/20)	Thursday 周四(2/21)	Friday 周五(2/22)
Breakfast	milk and cereal, walnut, banana ----- 牛奶麦片+核桃仁+香蕉	buns, milk, grapes ----- 杂粮小馒头+牛奶+无籽提	noodles with vegetables, melon ----- 青菜菌菇烂糊面+伽师瓜	pancakes, milk, strawberry ----- 可丽饼+牛奶+草莓	carrot and egg soup, dried beancurd, orange ----- 胡萝卜蛋丁粥+卤香干+砂糖橘
	dried beancurd with pork, black mushrooms with broccoli, seaweed with egg soup, rice ----- 素鸡烧肉+木耳西兰花+紫菜蛋皮汤+米饭	seafood, cabbage, mushroom with chicken soup, rice ----- 五彩鲜贝粒+葱油卷心菜+香菇炖鸡汤+杂粮饭	curry with potato and beef, spinach with dried beancurd, seaweed and pork soup, rice ----- 咖喱土豆炖牛肉+菠菜拌腐竹+海带瘦肉汤+胡萝卜饭	chicken wings, bean sprouts and bok choy, corn and broccoli soup ----- 可乐鸡翅+三丝豆芽+玉米西兰花蔬菜汤	pork meatball, vegetable fried rice, cabbage and tofu soup ----- 酱香肉圆+青菜炒饭+娃娃菜豆腐汤
Snack	cake, pears ----- 白糖糕+雪梨	pumpkin cookie, orange ----- 南瓜酥+甜橙	chocolate muffin, dragonfruit ----- 巧克力麦芬+火龙果	Hong Kong style cake, apple ----- 港式马拉糕+苹果	cake with nuts, banana ----- 果仁克朗奇+小香蕉
	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	