

Menu From 2019,1 March to 2019, 30 March (Newton LLW Campus) 新纽顿玲珑湾幼儿园学生食谱

餐次	Monday 周一(3/5,3/19)	Tuesday 周二(3/6, 3/20)	Wednesday周三(3/7,3/21)	Thursday 周四(3/8,3/22)	Friday 周五(3/9,3/23)
	cereal, blueberries, milk, dragonfruit 谷物圈+蓝莓干+牛奶+火龙果	vegetable congee, dried bean curd, melon 青菜粥+卤香干+玉菇瓜	spinach buns, yogurt, banana 菠菜小刀切+酸奶+香蕉	corn, milk, orange 香甜玉米棒+牛奶+蜜桔	red bean bread, milk, orange 蜜豆面包+牛奶+伦晚橙
Lunch	yam and pork, mushroom and sautéed vegetable, duck soup, rice 香芋烧肉+香菇菜心+扁尖鸭块汤+米饭	shrimp and tofu with tomato sauce, eggplant, vegetable soup, red bean rice 茄汁虾仁豆腐+油焖茄子+意式蔬菜汤+红豆饭	chicken, yam and wood ear mushrooms, radish and rib soup, rice 宫保鸡丁+木耳山药+萝卜排骨汤+米饭	meatball, sautéed vegetable, duck blood and tofu soup, rice 红烧狮子头+清炒油麦菜+鸭血豆腐汤+米饭	chicken, tomato and egg rice, mushroom soup 香酥鸡块+西红柿鸡蛋盖饭+菌菇汤
Snack	honey cake, apple 蜂蜜发糕+糖心苹果	butterfly cookie, pear 蝴蝶酥+雪花梨	cookie, grapes 奶油曲奇饼+无籽提	mushroom, potato and cheese pizza, pineapple 蘑菇土豆芝士披萨+凤梨片	cake, tomato 麦脆蛋糕+千禧
	Monday 周一 (3/12,3/26)	Tuesday 周二(3/13,3/27)	Wednesday周三(3/14,3/28)	Thursday 周四(3/15,3/29)	Friday 周五(3/16,3/30)
Breakfast	red bean buns, milk, grapes 豆沙小刀切+牛奶+红提	congee, dried beancurd, tomato 小米粥+卤香干+千禧	bread, apple jam, yogurt, melon 法棍切片+苹果酱+酸奶+玉菇瓜	egg pie, milk, dragonfruit 鸡蛋饼+牛奶+火龙果	cereal, cranberry, milk, banana 谷物圈+蔓越莓干+牛奶+香蕉
Lunch	onion and beef, cauliflower, tomato and fish soup, rice 洋葱牛肉丝+清炒花菜+番茄鱼片汤+米饭	mushroom and pork, cabbage and fried gluten, vegetable and tofu soup, rice 杏鲍菇松阪肉+小白菜面筋+芥菜豆腐羹+薏米饭	sweet ribs, spinach and dried bean curd, cabbage and pork soup, rice 糖醋排骨+菠菜腐竹+白菜肉丝汤+小米饭	chicken wings, green bean sprout, seaweed and shrimp soup, rice 可乐鸡翅+三丝豆芽+紫菜虾皮汤+米饭	shrimp and broccoli macaroni, mushroom soup 虾仁西兰花+番茄肉酱意面+奶油蘑菇汤
Snack	cookie, pear 全麦饼干+雪梨	cake, orange 虎皮蛋糕+伦晚橙	coconut cake, kiwi fruit 椰汁娘惹糕+猕猴桃	sweet yam soup, grape 桂花糖山芋+无籽提	cookie, apple 小桃酥+糖心苹果
	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	

