

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

餐次	Monday 周一 (4/1, 4/15)	Tuesday 周二 (4/2, 4/16)	Wednesday 周三 (4/3, 4/17)	Thursday 周四 (4/4, 4/18, 4/29)	Friday 周五 (4/19, 4/30)
Breakfast	Cornflakes cereal with milk and raisins and a side of sweet melon	spinach pancakes with banana and a glass of milk	Japanese seaweed bread with grapes and plain yogurt	coconut milk flavored steamed bun with dragon fruit and a glass of milk	warm wood ear and chicken porridge with orange slices
	谷 牛奶玉米片, 葡萄干, 甜瓜	荠菜荞麦饼, 牛奶, 香蕉	海苔面包, 酸奶, 无籽提	香 椰汁小馒头, 牛奶, 火龙果	木耳鸡丝粥, 甜橙
Lunch	stewed beef and tomatoes with garlic seasoned greens served with seaweed and shrimp soup and white rice	sliced chicken breast with mushrooms and bamboo shoots, sautéed cauliflower served with pork meatball and greens soup and cooked millet	shrimp sautéed with scrambled egg, celery with lily bulb served with yam and pork rib soup and Coix seed rice	pork with earwood black mushrooms and sliced cucumber served with tomato and oxtail soup and white rice	pork gravy mixed with rice and cabbage in a savory sauce served with mushroom and tofu soup
	番茄金针肥牛, 蒜蓉油麦菜, 紫菜虾皮汤, 米饭	鲜蘑双笋烩鸡丁, 清炒花菜, 青菜鱼圆汤, 金银饭	虾仁跑蛋, 西芹百合, 山药排骨汤, 薏米饭	木须肉, 豆皮鸡毛菜, 西红柿牛尾汤, 米饭	卤肉饭, 糖醋卷心菜, 肉末香菇豆腐汤
Snack	homemade cookie with sweet red bean sauce and sliced apple	English style cranberry cake and sliced pear	sponge cake with sweet red bean sauce and honeydew melon	savory vegetable cake and sweet pineapple	carrots and fresh kiwi
	豆沙酥, 苹果	蔓越莓蛋糕, 雪梨	果汁豆沙糕, 香瓜	青团, 凤梨	蜂蜜胡萝卜段, 猕猴桃
餐次	Monday 周一 (4/8, 4/22)	Tuesday 周二 (4/9, 4/23)	Wednesday 周三 (4/10, 4/24)	Thursday 周四 (4/11, 4/25)	Friday 周五 (4/12, 4/26)
Breakfast	sweet honey muffin with dragon fruit and a glass of milk	meat floss bun with banana and plain yogurt	tomato and scrambled with noodles and orange slices	oat cereal with milk and cashews and a side of honeydew melon	steamed bun with cherry tomatoes and a glass of milk
	蜂蜜松饼, 牛奶, 火龙果	肉松面包片, 酸奶, 香蕉	番茄鸡蛋面, 橙子	牛奶谷物圈, 腰果, 哈密瓜	奶香刀切, 牛奶, 圣女果
Lunch	pork with winter melon and sautéed cabbage served with vegetable and fried bean curd soup and red bean rice	shrimp balls with diced bean curd served with potato and duck soup and coarse grain rice	beef mixed with mushrooms and tofu and sautéed bok choy served with seaweed and pork soup and white rice	purple yam with pork ribs, and roasted pumpkin served with wood ear mushroom, winter melon and egg soup and white rice	beef and tomato lasagna with steamed broccoli and carrots served with mushroom and pork soup and white rice
	瓠瓜烧肉, 上汤娃娃菜, 豆苗腐皮汤, 红豆饭	咕嚕虾球, 如意香干, 土豆鸭块汤, 杂粮饭	蘑菇豆腐牛肉粒, 清炒菜心, 海带瘦肉汤, 米饭	香芋蒸排骨, 葱油南瓜, 青瓜木耳鸡蛋汤, 米饭	肉酱千层面, 西兰花炒胡萝卜, 菌菇肉丝汤
Snack	sweet purple potato with red bean soup with sliced apple	sweet sponge cake and melon	egg yolk cookie and sliced pears	corn with butter and sweet pineapple	English style sponge cake and seedless grapes
	紫薯红豆汤, 苹果	棉花杯, 香瓜	蛋黄饼干, 雪梨	黄油焗玉米, 凤梨片	大理石蛋糕, 无籽提

