

## 新纽顿玲珑湾幼儿园5月学生食谱

餐次	周一(5/6, 5/20)	周二(5/7, 5/21)	周三(5/8, 5/22)	周四(5/9, 5/23)	周五(5/10, 5/24)
早餐	鸡蛋蒸糕, 牛奶, 无籽提 thick warm egg cake with purple grapes and a glass of milk	牛肉汤面, 凤梨 beef noodle soup and sweet pineapple	奶香面包配核桃仁, 酸奶, 香蕉 fresh baked walnut bread with plain yogurt and half a banana	牛奶玉米片, 蔓越莓干, 甜橙 cornflakes cereal with milk and dried cranberries and sliced oranges	蔬菜蛋饼, 牛奶, 玉菇瓜 vegetable pancake with melon and a glass of milk
午餐	土豆烧肉, 葱油包菜, 紫 菜蛋丁汤, 杂粮饭 roasted potatoes and pork with a side of sautéed cabbage served with seaweed soup and white rice	红烧翅根, 香菇卤豆腐, 番 茄鱼片汤, 米饭 seasoned chicken wings with a side of mushrooms and tofu, served with tomato and fish soup and white rice	糖醋里脊, 香干菜心, 平菇 蛋汤, 米饭 sweet and sour pork tenderloin with dried bean curd and sautéed vegetable served with mushroom and egg soup and white rice	宫保鸡丁, 虾皮冬瓜, 山 药排骨汤, 荞麦饭 spicy diced chicken with shrimp and wintermelon served with yam and rib soup and white rice	西兰花烩虾仁, 番茄牛肉意 面, 奶油蘑菇汤 broccoli sautéed with shrimp on macaroni pasta served with mushroom soup
午点	双色卷, 哈密瓜 Swiss roll cake and honeydew melon	杏仁蛋糕, 糖心苹果 warm almond cake and apple slices	黄油玉米段, 千禧 steamed sweet corn and cherry tomatoes	酒酿饼, 猕猴桃 homemade bitter bread and fresh kiwi	蛋挞, 火龙果 egg tart served with fresh dragon fruit
餐次	周一(5/5, 5/13, 5/27)	周二(5/14, 5/28)	周三(5/15, 5/29)	周四(5/16, 5/30)	周五(5/17, 5/31)
早餐	牛奶麦片, 腰果, 蓝莓 milk with oat cereal and cashews served with blueberries	牛奶刀切, 酸奶, 无籽提 steamed bun with plain yogurt and purple grapes	杂粮蛋饼, 牛奶, 哈密瓜 egg pancake honey dew melon and a glass of milk	南瓜粥, 小香干, 甜橙 pumpkin congee with dried bean curd and orange slices	巧克力面包, 牛奶, 香蕉 warm chocolate bread with banana and a glass of milk
午餐	五彩牛肉粒, 面筋小白 菜, 青菜鱼丸汤, 米饭 beef with mild peppers served with vegetable and fish ball soup and white rice	<b>金汤大虾</b> , 蒜蓉苋菜, 开洋 冬瓜汤, 杂粮饭 sautéed shrimp with garlic greens served with wintermelon soup and white rice,	醇香仔排, 葱油虾米西葫 芦, 西红柿蛋汤, 米饭 pork ribs with shrimp and wintermelon served with tomato soup and white rice	红烧藕圆, 清炒紫青菜, 银鱼炖蛋, 薏米饭 pork meatballs and sautéed vegetables served with egg soup and white rice	香酥鸡块, 西兰花萝卜乌冬 面, 罗宋汤 diced chicken and broccoli with Japanese udon noodles and Russian borsch soup
午点	提子饼干, 千禧 raisin cookie and cherry tomato	蘑菇火腿披萨, 凤梨fresh baked mushroom pizza and sweet pineapple	芝麻烤饼, 苹果 sesame pizza and apple slices	马芬蛋糕, 麒麟瓜 fresh baked sweet cupcake with watermelon	一口酥/生日蛋糕, 玉菇瓜 sweet cake and cantelope