

Menu From 2019,3 June May to 2019, 28 June (Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年6月3日 -6月28日学生食谱

餐次	Monday 周一(6/3,6/17)	Tuesday 周二(6/4,6/18)	Wednesday周三(6/5,6/19)	Thursday 周四(6/6,6/20)	Friday 周五 (6/21)
Breakfast	cornflakes cereal with milk and dried cranberries with ripe red cherries	egg pancakes with plain yogurt and half a banana	scallion oil roll with a glass of milk and seedless grapes	breakfast sandwiches and plain yogurt with orange slices	walnut bread with jam and a glass of milk and cantaloupe
	牛奶玉米片, 蔓越莓干, 樱桃	鸡蛋饼, 酸奶, 香蕉	葱油花卷, 牛奶, 无籽提	三明治, 酸奶, 甜橙	核桃面包片配果酱, 牛奶, 哈密瓜
Lunch	Yu-Shiang shredded pork and celery fried with tofu served with winter melon and fish ball soup and white rice	sweet and sour pork and sautéed green vegetables served with water vegetable and silver fish soup and white rice	fried rice with shrimp, shredded pork, green vegetables served with mushroom soup, and white rice	pork filled lotus root with steamed broccoli served with kelp and bone broth soup, and buckwheat rice	asparagus stewed eggs and ground beef served with macaroni pasta and butter pumpkin soup
	鱼香肉丝, 芹菜香干, 冬瓜鱼丸汤, 小米饭	菠萝古老肉, 清炒紫青菜, 莼菜银鱼羹, 米饭	什锦虾仁炒饭, 茭白肉丝, 青菜蘑菇汤, 米饭	红烧猪肉藕圆, 上汤西兰花, 海带大骨汤, 荞麦饭	芦笋烩鸡蛋, 牛肉通心粉, 奶油南瓜汤
Snack	warm taro roll and sweet melon	peppermint mung bean cake and apple slices	Chinese dumplings and watermelon	American style oat cake and dragonfruit	yoghurt cake with fresh orange and cucumber juice
	香芋卷, 甜瓜	薄荷绿豆糕, 苹果	迷你粽, 西瓜	燕麦酥, 火龙果	酸乳酪蛋糕配甜橙黄瓜水
餐次	Monday 周一 (6/10, 6/24)	Tuesday 周二(6/11,6/25)	Wednesday周三(6/12,6/26)	Thursday 周四(6/13,6/27)	Friday 周五(6/14,6/28)
Breakfast	vegetable pancakes with a glass of milk and fresh blueberries	honey bean bread with a glass of milk and pineapple	steamed cake with plain yogurt and cantaloupe	Gouvertz cereal with milk and almonds and dragonfruit	Baozi filled with creamy custard and plain yogurt cherry tomatoes
	蔬菜饼, 牛奶, 蓝莓	蜜豆面包片, 牛奶, 凤梨	双色糕, 酸奶, 网纹瓜	谷维兹配扁桃仁, 牛奶, 火龙果	奶黄包, 酸奶, 樱桃番茄
Lunch	potato, beef and carrot stewed rice with cucumber and ground pork served with mushroom soup	scrambled eggs with pork, with shrimp and kin wax gourd served with tomato soup and white rice	fish with mushrooms and boiled tofu and luffa served with green vegetable and pork soup and white rice	beef with bell pepper and fried amaranth grain and bean curd served with cabbage and vermicelli soup and coix seed rice	fried chicken nuggets with butter and bacon spaghetti pasta and Russian borscht soup
	扁蒲塞肉, 土豆牛肉胡萝卜焖饭, 菌菇汤	虎皮蛋烧肉, 虾皮冬瓜, 番茄粉皮汤, 米饭	菌菇龙利鱼, 丝瓜烧豆腐, 鸡毛菜肉丝汤+杂粮饭	红椒杏鲍菇牛肉粒, 清炒苋菜, 油豆腐娃娃菜粉丝汤, 薏米饭	炸鸡块, 奶油培根意面, 罗宋汤
Snack	fresh baked sponge cake and mung bean soup with half a banana	American style apple pie and orange slices	English sponge cake and pineapple	sweet red bean and taro soup and apple slices	German chocolate cake and watermelon
	杏元饼配绿豆汤, 香蕉	苹果派, 新西兰橙	棉花杯, 凤梨	红豆芋头汤, 苹果	巧克力蛋糕, 西瓜

## 玲珑湾幼儿园6月教师食谱

	玲珑湾幼儿园6月教师食谱			
第一周	周一	周二	周三	周四
午餐	咖喱土豆牛肉	红烧大肉	古老肉	豉油鱼块
	肉沫茄子	莴笋炒蛋	蒜台肉丝	干煸四季豆
	酸辣鸡蛋干	蒜蓉油麦菜	西芹百合	素油小白菜
第二周	周一	周二	周三	周四
午餐	锅包肉	红烧草鱼	香菇鸡块	鹌鹑蛋烧肉
	木耳山药炒肉片	水蒸蛋	肉沫四季豆	农家烧老豆腐
	油淋鸡毛菜	青椒土豆丝	葱油卷心菜	烧椒小木耳
第三周	周一	周二	周三	周四
午餐	黄豆焖猪脚	香菠古老肉	酱爆墨鱼仔	黑椒大排
	雪菜毛豆炒肉丝	宫保鸡丁	杏鲍菇黑椒松阪肉	茭白炒蛋
	香菜粉皮（榨菜末）	蒜蓉紫角叶	清炒苦瓜	蚝油生菜
第四周	周一	周二	周三	周四
午餐	红烧狮子头	川味水煮牛肉	油爆基围虾	椒盐排条

午餐	培根炒芦笋	苦瓜炒蛋	包菜粉丝炒蛋干	西芹炒小香肠
	蒜泥拍黄瓜	素油青菜	丝瓜炒毛豆	番茄烧西兰花

周五
可乐鸡翅
青椒肉丝
酸辣藕片
周五
番茄烩牛腩
肉沫粉丝
蚝油生菜
周五
西柠煎软鸡
番茄牛肉意面
黄油芦笋
周五
红烧翅根

白灼芥蓝

干炒牛河