

## 新纽顿幼儿园 2019 年 6 月 1 日 — 2019 年 6 月 30 日学生食谱 Newton's June (1<sup>st</sup> -----30<sup>th</sup>)

第三周、第五周 Week 3 / 5	餐次 Date	周一 Monday (6/3、6/17)	周二 Tuesday (6/4、6/18)	周三 Wednesday (6/5、6/19)	周四 Thursday (6/6、6/20)	周五 Friday (6/7、6/21)
	早餐 Breakfast	胡萝卜菠菜粥+炒鸡蛋 Carrot and spinach gruel + Scrambled egg	自制牛角面包+香蕉+牛奶 Homemade croissant + Banana + Milk	海参小米粥+火龙果 Gruel with sea cucumber+ Dragon fruit	★自制南瓜西米盏+樱桃+ 牛奶 Pumpkin pie + Cherry + Milk	自制紫薯小刀切+苹果+酸奶 Homemade yam bun + Apples + Yogurt
	午餐 Lunch	莲藕炖仔排+蒜蓉苋菜 +山药枸杞乌鸡汤+米饭 Lotus root with ribs + Fried amaranth + Chicken soup with Chinese yam	★自制咖喱鱼圆+面筋小白菜 +萝卜玉米排骨汤+小米饭 Homemade curry fish balls + Cabbage + Radish corn and ribs soup	萝卜炖牛腩+茄汁卷心菜+肉糜 炖蛋+米饭 Stewed radish and beef + Cabbage + Steamed ground meat and eggs	盐水基围虾+★自制广式炒牛河 +丝瓜番茄鸡蛋汤 Shrimps + Homemade fried Cantonese noodles + Tomato, melon and egg soup	★自制墨西哥鸡肉卷+水果沙拉 +意式蔬菜汤 Homemade Mexican chicken burritos + Mixed vegetable soup
	点心 Snack	自制芝士披萨+牛奶水果羹 Homemade cheese pizza + Mixed fruit	自制传统绿豆汤+进口红提 Homemade green bean soup + Grapes	生日蛋糕/★自制核桃酥+牛奶 Birthday cake + Cookies with nuts + Milk	自制鲜肉蔬菜煎馄饨+白玉菇 Homemade fried wonton + Mushrooms	自制松仁八宝饭+麒麟瓜 Eight treasure rice + Watermelon
第二周、第四周 Week 2 / 4	餐次 Date	周一 Monday (6/10、6/24)	周二 Tuesday (6/11、6/25)	周三 Wednesday (6/12、6/26)	周四 Thursday (6/13、6/27)	周五 Friday (6/14、6/28)
	早餐 Breakfast	雀巢脆谷乐+蜜宝+牛奶 Cereal + Dragon fruit + Milk	★自制玫瑰松糕+樱桃+牛奶 rose cake + Cherry + Milk	自制萝卜丝饼+苹果+酸奶 Homemade Carrotcake + Apples + Yogurt	香菇瘦肉粥+甜玉米棒 Mushroom thin porridge+ Corn	★自制葱香吐司+火龙果+牛奶 Homemade green onion toast + Dragon fruit + Milk
	午餐 Lunch	鸡蛋蒸肉酱+培根有机花菜 +番茄豆腐牛腱汤+米饭 Steamed ground meat with eggs + Fried bacon and cauliflower + Tomato beef soup	油焖罗氏沼虾+上汤娃娃菜 +菠菜蛋丝汤+薏米饭 Shrimps + Cabbage + Spinach egg soup	★豌豆杏鲍菇小炒牛肉粒+ 青椒土豆丝+日本豆腐汤+米饭 Fried beans, mushrooms and beef + Green pepper and potatoes + Japanese tofu soup	★蜜汁香烤龙利鱼+ 老北京炸酱面+冬瓜肉丸汤 Roast fish + Beijing noodles with soybean paste + Melon and meat ball soup	自制香酥藕圆+青菜鸡蛋炒饭 +美式罗宋汤 Lotus root balls + Fried rice + Brosch
	点心 Snack	自制巧克力蛋糕+西瓜汁 Homemade chocolate cake + Watermelon juice	毛菜肉丝面+香蕉 Noodles with meat and vegetables + Banana	★自制蓝莓山药泥+奇异果 Homemade Chinese yam with blue berries + Kiwi	自制糯米烧麦+牛奶水果羹 Su-mai + Mixed fruit	自制三鲜小云吞+皇冠梨 Homemade wonton + Pear

\*过敏儿餐：面拖大排、古老肉、糖醋排骨、卤牛肉、清蒸肉糕