

# Menu From 2019, 1<sup>st</sup> of July to 2<sup>nd</sup> of August (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019年7月1日—8月2日学生食谱

餐次	Monday 周一 (7/1、7/15、7/29)	Tuesday 周二 (7/2、7/16、7/30)	Wednesday 周三 (7/3、7/17、7/31)	Thursday 周四 (7/4、7/18、8/1)	Friday 周五 (7/5、7/19、8/2)
Breakfast	牛奶脆谷乐+葡萄干+切片香蕉+牛奶 Cheerios with cold milk, raisins and banana slices served with milk	全麦面包配黄油、果酱+炒鸡蛋+樱桃番茄+牛奶 Whole wheat bread served with optional butter, gouda cheese and jam. Scrambled eggs, cherry tomatoes and milk	自制葡萄干面包配黄油+果仁燕麦酸奶+蓝莓、覆盆子 Homemade raisin bread with optional butter, served with a glass of yogurt mixed with muesli, blueberries and raspberries.	牛肉汤面 (选加香菜)+蒸玉米+豆奶 Chinese beef noodle soup served with sliced beef and choice cilantro. With steamed corn and a glass of soya milk.	蔬菜饼+有机燕麦奶+葡萄、蓝莓 Vegetable pancake served with organic oat milk and grapes, blue berries.
Lunch	牛肉肉丸+蒜香肉末茄子+绿色蔬菜+米饭+芹菜蔬菜汤 Beef meatballs with side of stuffed eggplant with garlic and pork. Green vegetables. Rice served with celery and vegetable soup	菠菜牛肉千层面+蚝油芦笋+蘑菇汤 Spinach and beef lasagna served with sautéed asparagus in oyster sauce together with mushroom soup	黑椒洋葱牛肉粒+清炒西葫芦+番茄蛋汤+米饭 Stir-fried beef with black pepper, garlic and onion served with fried zucchini together with tomato and egg soup with rice.	自制牛排配蘑菇酱意面+烤土豆胡萝卜+罗宋汤 Homemade steak together with spaghetti with mushroom sauce, roasted potatoes and carrots served with borscht soup	红烧茭白+毛豆炒香干+番茄金针菇豆腐汤+米饭 (素食) Braised wild rice (similar to water bamboo), fried bean curd and green soy beans, served with tomato, Enoki mushroom and tofu soup, rice.
	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉
Fruit Cooler	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	特级初榨橄榄油烤芝士蒜蓉面包+橙汁+千禧果 Roast garlic bread topped with sliced tomatoes and mozzarella with herbs. Served with extra virgin olive oil and a glass of cold orange juice and cherry tomatoes	葡式蛋挞+温牛奶+香蕉 Portuguese egg tarts served with milk and banana	水果慕斯蛋糕+百香果草莓饮料 Fruit mousse cake topped with red cherries and kiwi served with a fresh passion fruit drink with frozen strawberry. * Birthday cake	炸春卷 (猪肉蔬菜)配腌萝卜、醋黄瓜+温气泡水(绿茶、酸橙、柠檬和橙子) Fried pork and vegetable spring roll served with pickled radish, crushed cucumber with vinegar and a glass of infused warm water (green tea, lime, lemon and oranges)	南瓜生姜面包配少量香草奶油+切片葡萄柚和橙子+无糖水果茶。 Pumpkin and ginger bread served with small option of vanilla crème. Together with sliced grape-fruit and orange flavored unsweetened fruit tea.
餐次	Monday 周一 (7/8、7/22)	Tuesday 周二 (7/9、7/23)	Wednesday 周三 (7/10、4/24)	Thursday 周四 (7/11、7/25)	Friday 周五 (7/12、7/26)
Breakfast	家乐氏脆玉米片+牛奶+新鲜蓝莓、草莓、树莓和葡萄干 Kellogg's cornflakes served with milk, fresh strawberries, blueberries, raspberries and raisins.	自制火腿鸡蛋煎饼+水煮西兰花、酸奶+甜橙 Homemade ham and egg pancakes served with blanched broccoli, yogurt and sweet orange	3片消化饼干+车达芝士+红绿葡萄+豆奶 3 digestive biscuits with cheddar cheese and red grapefruit served with green grapes and soya milk.	全麦吐司面包+牛奶+香蕉+圣女果 Cranberry bread served with milk, banana and cherry tomatoes	奶酪火腿吐司配上少许黑椒蒜和腌黄瓜+有机燕麦奶 Melted cheese and ham toast with a touch of pepper garlic, served with a small tasting of pickled cucumber and organic oat milk.
Lunch	日式芝麻照烧鸡+清蒸莲藕和长豆+茄子天妇罗+米饭+味噌汤 Japanese Teriyaki chicken with sesame. Steamed lotus-root and long beans. Eggplant tempura. Served with rice and Miso soup	瑞典肉丸配番茄酱意面+水煮西兰花+蔬菜汤 Swedish meatballs served with spaghetti with tomato sauce, blanched broccoli, vegetable soup	北京炸酱面 (猪肉、洋葱、胡萝卜、黄瓜)+冬瓜排骨汤 Beijing noodles with fried bean and meat sauce (pork, onion, carrot, cucumber) served with white gourd and rib soup	金枪鱼沙拉三明治 (生菜、番茄、洋葱、甜椒、蜂蜜芥末酱)+土豆沙拉+南瓜汤 Tuna salad sandwich with lettuce, tomato, onion, pepper fruit and honey mustard sauce served with potato salad and pumpkin soup	奥尔良烤翅+蒜泥空心菜+紫菜豆腐汤+米饭 Roasted chicken wings served with fried mater convolvulus with garlic, seaweed and tofu soup, rice
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Fruit	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	自制蓝莓松饼, 配蓝莓、菠萝、芒果奶昔 Homemade blueberry muffin served with blueberries and pineapple on the side together with mango milk/yogurt shake.	胡萝卜提子蛋糕, 胡萝卜酸奶蘸酱, 青柠蜂蜜水 Carrot cake with raisins. Served with fresh carrots, yogurt dip and honey water with squeezed fresh lime juice.	柠檬芝士蛋糕+柠檬水+桑椹 Lemon cheesecake on graham bottom, topped with dark forest berry jelly on top served with lemon flavored water and mulberries on the side.	中式煎饺配蘸酱、酸菜薄片+气泡水(茉莉花、葡萄、橙子和薄荷叶) Fried Chinese dumplings, dipping sauce, thinly sliced pickled cabbage served with infused warm water (jasmine tea, grape fruit, oranges and mint leaves)	肉松蛋糕配草莓酸奶/奶昔和桃片 Pork meat floss cake served with strawberry yogurt/milk shake and peach slices.
	Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:30 in the class-rooms. Snack is served at 14:00 (14:15 for PN) after naptime / noon break			* Hand made by Newton's pastry chef	