

Menu From 2019, 12th to 30th of August (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019年8月12日—8月30日学生食谱

餐次	Monday 周一 (8/12、8/26)	Tuesday 周二 (8/13、8/27)	Wednesday 周三(8/14、8/28)	Thursday 周四(8/15、8/29)	Friday 周五(8/16、8/30)
Breakfast	Kellogg's All-bran cereal with fibers served with cranberries, sliced bananas and milk. 家乐氏全麸谷物麦片, 配蔓越莓、切片香蕉和牛奶	Whole wheat and oat flour bread with butter or cheese served with scrambled eggs, cherry tomato and soya milk. 全麦燕麦面包配黄油或奶酪, 炒鸡蛋、樱桃番茄和豆浆	Congee porridge with pickled ginger, spring onion, steamed pumpkin and shredded chicken served with organic oat milk.粥(生姜、大葱、鸡丝)蒸南瓜, 有机燕麦牛奶	Sliced hardboiled egg served with whole-wheat bread, sliced tomatoes, prosciutto ham, mayo dip and a glass of non sweetened yogurt drink.切碎的煮鸡蛋全麦面包, 切碎的西红柿, 意大利火腿, 蛋黄酱, 无糖养乐多	Oven omelet with tomato, ham, spring onions served with a strip of bacon and a slice of whole wheat toast together with a glass of milk. 香葱煎蛋卷配番茄、火腿, 培根+全麦吐司+牛奶
	Slices of garlic pepper roasted chicken breast with scalloped potatoes with ham, parsley and cream (a little camembert and mozzarella). Stir-fried red and yellow carrots with onion. Served with clear vegetable soup. 蒜蓉黑椒烤鸡胸配波浪土豆, 火腿, 欧芹和奶油(卡门贝干酪和马苏里拉奶酪)+洋葱炒红黄胡萝卜+蔬菜清汤。	Japanese Gyudon. Thinly sliced beef and onion stewed in soy-sauce with rice, fried asparagus in Oyster Sauce, served with Korean miso soup 日式牛东井饭(薄牛肉片、洋葱、香菇等)+蚝油芦笋+大酱汤	Trout with garlic, lemon and herb sauce. Blanched cauliflower and sliced carrots served with rice and hearty blended potato soup. 蒜香鲑鱼配柠檬和香草酱+清炒花椰菜和胡萝卜片+米饭+混合土豆浓汤	Italian pasta in pesto sauce served with oven roasted thyme and rosemary seasoned chicken wings. Beetroot and carrot slaw. Served with pumpkin soup. 意大利通心粉, 百里香和迷迭香调味烤鸡翅, 甜菜根和胡萝卜丝, 南瓜汤。	Japanese Miso salmon served with cubed rainbow carrot and vegetable stir fry, rice and Miso soup with vegetables. 日式味噌三文鱼配、爆炒蔬菜和彩虹胡萝卜丁米饭和蔬菜味噌汤
	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	British scones with black and red currants served with a berry puree mildly sweetened with honey, a drop of whipped cream and chilled water with lemon and currants. 英国司康饼配浆果泥加蜂蜜、少许鲜奶油, 黑醋栗和红醋栗, 柠檬醋栗冰饮	Homemade yellow peach pie served with sour milk and bananas. 自制黄桃蛋挞+养乐多+香蕉	Fruit mousse cake with sliced mango and raspberries. Served with oats, banana and yogurt/milk shake. 水果慕斯蛋糕+香蕉奶昔+梨片	No gluten pancakes made with oat flour, served with berries on the side and infused water (kiwi fruit, blueberry, raspberry and watermelon) 无麸质燕麦煎饼, 浆果, 气泡水(猕猴桃、蓝莓、树莓和西瓜)	Pumpkin and ginger bread served with small option of vanilla crème. Together with sliced grape-fruit and orange flavored unsweetened fruit tea. 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。
	Monday 周一 (8/19)	Tuesday 周二(8/20)	Wednesday 周三(8/21)	Thursday 周四 (8/22)	Friday 周五 (8/23)
Breakfast	Kellogg's cornflakes served with yogurt, fresh strawberries, blueberries, raspberries and raisins. 家乐氏玉米片, 酸奶, 新鲜蓝莓、树莓和提子	Warm oatmeal served with raisins, honey, sunflower seeds, fresh and dried banana with soya milk. 温麦片配提子、蜂蜜、葵花籽, 新鲜香蕉干, 豆奶	Pancake with home-made jelly from mildly sweetened currants. Scrambled eggs, slices of cucumber and milk. 煎饼配微甜醋栗制成的自制果酱, 炒鸡蛋、黄瓜片和牛奶。	Rye bread with Gouda cheese, served with oven omelet, rainbow tomatoes and organic oat milk. 黑麦面包配高达奶酪, 煎蛋卷、彩虹番茄和有机燕麦牛奶	Homemade whole wheat bread served with blanched broccoli, tomatoes, sliced sausage and fruit compote with water and orange juice. 自制全麦面包, 清蒸西兰花和番茄, 切片香肠和果酱, 橙汁
	Braised beef with potato and fried cauliflower served with rice and seaweed soup with tofu and egg. 红烧牛肉土豆, 炒西兰花, 米饭, 紫菜豆腐汤	Xi'an beef Roujiamo (Chinese sandwich) served with corn stick and vegetables and fish ball s soup 西安牛肉肉夹馍+玉米棒+青菜鱼丸汤	Chinese Chow Mein noodles with large peeled shrimps. Cabbage, radish and carrot stir-fry served with slow cooked pork bone broth. 虾仁炒面+炒卷心菜、萝卜和胡萝卜+猪骨浓汤	Japanese pork rib ramen served with pickled radish, oven baked sweet tofu and vegetable tempura. 日式豚骨拉面配盐渍萝卜, 炉烤甜豆腐, 蔬菜天妇罗	Fresh buffalo mozzarella margarita pizza with choice of ham. Served with cold Italian Farfalle pasta with cherry tomatoes, yellow pepper fruit, boiled egg and olive oil vinaigrette with minestrone soup. 新鲜意大利水牛马苏里拉干酪和番茄比萨(选加火腿)+蝶状意大利冷面(圣女果、水果黄甜椒、煮鸡蛋、橄榄油调味汁)+通心粉汤
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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	Pork meat floss cake served with strawberry yogurt/milk shake and peach slices. 肉松蛋糕配草莓酸奶/奶昔和桃片	Carrot cake with raisins. Served with fresh carrots, yogurt dip and honey water with squeezed fresh lime juice. 胡萝卜提子蛋糕, 胡萝卜酸奶蘸酱, 青柠蜂蜜水	Gluten free cacao and banana cake with oats flour, reduced sugar. Served with sliced oranges and oats yogurt/milk shake. 无麸质低糖可可香蕉燕麦蛋糕, 切片橙子, 燕麦酸奶或奶昔	Homemade vegetable bun served with carrot, cucumber mixed fruit and vegetable drinks, slices of watermelon 自制小菜包+自制蔬果茶+西瓜片	Honey bread served with a glass of infused water (blueberry, lemon, grapefruit and orange) 蜂蜜方块面包+水果气泡水(蓝莓、柠檬、西柚、橙子)
	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