

Menu From 2019,2 Septmber to 2019, 30 Septmber(Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年9月2日 —9月30日学生食谱

	餐次	Monday 周一（9/2, 9/16）	Tuesday 周二（9/3, 9/17）	Wednesday周三（9/4, 9/18）	Thursday 周四（9/5, 9/19, 9/29）	Friday 周五（9/6, 9/20,9/30）
	Breakfast	Cornflakes cereal with milk with cashew nuts and bananas	Coconut cake with plain yogurt and grapes	Carrot, spinach, and chicken chowder porridge with a side of cherry tomatoes	sliced French baguette with jam a glass of plain yogurt hami melon	vegetable and egg pancakes with a glass of milk and dragonfruit
		牛奶玉米片，腰果，香蕉	椰香发糕，酸奶，无籽提	胡萝卜菠菜鸡茸粥，千禧	法棍切片配果酱，酸奶，哈密瓜	蔬菜鸡蛋煎饼，牛奶，火龙果
	Lunch	stewed beef brisket with carrots and potatoes, with sliced cauliflower and onion with wax gourd served with spinach and tofu soup and white rice	sauteed onion and eel with celery and shredded meat and lettuce cooked in garlic served with Chinese cabbage and spare pork rib soup and coix seed rice	bean curd and pork with field greens, and mushrooms and chicken with spinach served with luffa and egg soup and white rice	fish cooked in lemon and tomato, shredded pork, yams with sweet peppers, and fried mushrooms served with mushroom soup wnd white rice	braised chicken patty, sweet and sour cabbage with stir fried rice served with tomato and potato soup
		胡萝卜土豆炖牛腩，花菜肉片，葱油冬瓜，青菜豆腐汤，米饭	※洋葱鳝丝，芹菜肉丝，蒜蓉生菜，白菜排骨汤，薏米饭	素鸡烧肉，口蘑烩鸡丁，青菜香菇，丝瓜蛋汤，米饭	※番茄柠檬龙利鱼，茭白肉丝，山药甜椒炒木耳，菌菇汤，米饭	照烧鸡排，糖醋包菜，三鲜炒饭，西红柿土豆汤
	Snack	sweet vanilla cupcake and sliced pear	fruit and meat cheese pizza with honeydew melon	English style baked peach crisp with a glass of milk and dragonfruit	two-color swirl roll with fruit scented tea that includes kiwi and dragonfruit	French chocolate pastry and orange slices
		麦芬纸杯蛋糕，翠冠梨	水果肉粒芝士披萨，网纹瓜	小桃酥，牛奶，火龙果	双色卷，水果茶（猕猴桃，火龙果，绿茶）	☆巧克力软糕，蜜桔
	餐次	Monday 周一（9/9, 9/23）	Tuesday 周二（9/10,9/24）	Wednesday周三（9/11, 9/25）	Thursday 周四（9/12,9/26）	Friday 周五（9/27）
	Breakfast	steamed pumpkin bread with a glass of milk and pineapple	raisin bread with butter a glass of milk and cherries	chocolate and bean milk bread with a glass of milk and fresh blueberries	cereal with milk and walnut and banana	slice of deli ham and dry cereal with a glass of plain yogurt and dragon fruit
		南瓜小刀切，牛奶，凤梨	葡萄干面包配黄油，牛奶，车厘子	趣豆奶香面包，牛奶，蓝莓	牛奶谷维滋配核桃仁，香蕉	火腿杂粮饼，酸奶，火龙果
	Lunch	pork ribs stewed in mushroom sauce with minced meat and tofu and carrots with broccoli served with tomato and oxtail soup and white rice	corn, pine nut and shrimp stir fry and radishes in gravy with fried luffa and tomato served with chicken and green vegetables soup and rice with	sugar and vinegar marinated rib steak with cucumbers, mushrooms and bamboo and cabbage in garlic with winter melon and fish ball soup and rice	pork meat balls and ham and with baby cabbage with chinese di san xian (eggplant, potato and pepper) served with kelp and pork rib soup and rice	braised chicken wings with a beef tomato sauce on spiral pasta served with a fresh vegetable soup including spinach, yam, bean sprouts,
		双菇烩里脊，肉末豆腐，胡萝卜西兰花，西红柿牛尾汤，米饭	玉米松子虾仁，肉汁萝卜，番茄炒丝瓜，青菜草鸡汤，杂粮饭	糖醋肋排，黄瓜木耳炒腐竹，蒜蓉空心菜，冬瓜鱼丸汤，米饭	珍珠肉圆，火腿娃娃菜，地三鲜，海带排骨汤，荞麦饭	可乐鸡翅，番茄牛肉螺旋意面，鲜蔬汤（菠菜，山药，豆芽，胡萝卜，玉米）
	Snack	Hong Kong-style Mala cake and apple	sweet cheese cake and pear	sweet dessert cupcake and kiwi	traditional meat mooncakes and pomelo	yogurt cheese cake as our birthday cake and grape juice
		港式马拉糕，苹果	☆奶酪小酥，丰水梨	棉花杯，奇异果	鲜肉月饼，红心蜜柚	酸乳酪芝士蛋糕/生日蛋糕，水果西米露