

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	Corn flakes with milk, cashew nuts, bananas	Coconut cake, yogurt, grapes	Carrot, spinach, chicken chowder porridge, small tomatoes	Sliced sticks with Jam, yogurt, Hami melon	Vegetables, egg pancakes, milk, Pitaya
	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, sliced cauliflower meat, onion and wax gourd, Green Vegetable Tofu Soup, rice	Onion eel, celery shredded meat, garlic lettuce, Chinese cabbage rib soup, Coix rice	Bean curd and pork, shepherd's purse, mushroom chicken, green vegetable mushroom, Luffa egg soup, ric	Tomato lemon and fish, shredded pork, yam sweet pepper, fried agaric, mushroom soup, rice	Braised chicken steak, sweet and sour cabbage, fried rice, 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	Cupcake, Pear	Fruit and Meat Cheese Pizza, Melon	Peach crisp, milk, pitaya	Two-color roll, fruit scented tea (kiwifruit, pitaya, green tea)	Chocolate pastry, orange
	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	Pumpkin steamed bread, milk, pineapple	Raisin bread with butter, milk, and cherry	Chocolate Bean Milk Bread, Milk, Blueberry	Milk cereal with walnut kernels, bananas	Ham, Cereals, yogurt, Pitaya
	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	Mushroom stewed ribs, minced meat tofu, Carrot Broccoli, tomato oxtail soup, rice	Corn, pine nuts, shrimps, gravy radish, fried Luffa with tomato, chicken broth with green vegetables, rice with miscellaneous grains	Sugar and vinegar rib steak, cucumber agaric fried rot bamboo, garlic hollow cabbage, winter melon fish ball soup, rice	Pearl meat balls, ham and dolls, ground three fresh, kelp rib soup, buckwheat rice	Braised chicken wings, tomato beef spiral pasta, fresh vegetable soup (spinach, yam, bean sprouts, carrots, corn)
	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, Apple	Cheese cake, pear	Cotton cup, Kiwifruit	meat mooncakes, pomelo	Yogurt Cheese Cake/birthday cakes Fruit Semillo
	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