

Menu From 2019,2 Septmber to 2019, 30 Septmber(Newton LLW Campus) 新组顿玲珑湾幼儿园2019年10月08日—10月31日学生食谱

餐次	Monday 周一 (10/12, 10/21)	Tuesday 周二 (10/8, 10/22)	Wednesday周三 (10/9, 10/23)	Thursday 周四 (10/10, 10/24)	Friday 周五 (10/11, 10/25)
Break-fast	Gouvertz cereal with milk served with almond and Vietnamese red heart dragonfruit	sliced bread with cheese slices a glass of plain yogurt and Philippine bananas	Osmanthus and red bean porridge with dried raisins from Xinjiang	sweet pumpkin served with a glass of milk and Peruvian blueberries	warm banana muffins with a glass of milk and cherry tomatoes
	谷维兹配牛奶, 巴旦木, 越南红心火龙果	切片面包配芝士片, 酸奶, 菲律宾香蕉	桂花赤豆粥, 香干, 新疆无籽提	冰糖南瓜, 牛奶, 秘鲁蓝莓	香蕉松饼, 牛奶, 千禧
Lunch	diced chicken, shrimp and broccoli, and sauteed cabbage served with seaweed and egg soup and white rice	pumpkin and pork tenderloin, scrambled eggs with tomatoes, and braised radish served with winter melon and pork rib soup and white rice	sweet and sour lobster fish, shrimp and cabbage, lettuce with oyster sauce served with duck blood and tofu soup and white rice	water chestnut with bouilli sautéed shrimp, and Japanese tofu stir-fried cabbage, served with spinach and pork liver soup and white rice	Italian style tomato and beef pasta and french fries, served with cream of mushroom soup
	五彩鸡丁, 虾仁西兰花, 小青菜, 紫菜蛋汤	西葫芦里脊肉, 番茄炒蛋, 红烧萝卜, 冬瓜排骨汤	糖醋龙利鱼, 虾皮小白菜, 蚝油生菜, 鸭血豆腐汤	板栗烧肉, 虾仁日本豆腐, 生炒包菜, 菠菜猪肝汤	番茄牛肉意面, 炸薯条, 奶油蘑菇汤
Snack	sesame cake and sliced Fengshui pear	butter cookies, and JaiPei kiwi	purple potato cake and orange fruit tea	onion oil cake and Japanese melon	honey and bean tea pastry and sweet apple
	芝麻烤饼, 丰水梨	奶油曲奇, 佳沛金果猕猴桃	紫薯蛋糕, 蜜桔水果茶	葱油饼, 日本玫瑰瓜	☆蜜豆抹茶酥, 糖心苹果
餐次	Monday 周一 (10/14, 10/28)	Tuesday 周二 (10/15,10/29)	Wednesday周三 (10/16, 10/30)	Thursday 周四 (10/17,10/31)	Friday 周五 (10/18,11/1)
Break-fast	corn flakes cereal with milk served with cashew nuts and sliced oranges	vegetable and ham cake with scrambled eggs, a glass of yogurt and JiaShi melon	buckwheat steamed bread served with a glass of milk and Philippine bananas	black sesame and honey bread served with a glass of milk and dried raisins from Xinjiang	Hong- Kong style seafood porridge, served with Simei chile
	玉米片配牛奶, 腰果, 蜜桔	蔬菜火腿饼配炒鸡蛋, 酸奶, 伽师瓜	荞麦馒头, 牛奶, 菲律宾香蕉	黑芝麻蜂蜜面包, 牛奶, 新疆无籽提	港式生滚海鲜粥, 智利西梅
Lunch	braised chicken wings, fungus and water oat with sliced pork, and minced eggplant strips, served with Chinese cabbage and shredded pork broth and white rice	Chinese kale and beef slices, shrimp and tofu, steamed broccoli, served with tomato and potato soup and white rice	braised meatballs in brown sauce, baby cabbage with square ham, and garlic puree, served with corn, carrot and oxtail Soup and white rice	sautéed shrimp, kelp with shredded meat, mushroom and green vegetables, served with black chicken soup and white rice	Yangzhou Fried Rice, quail egg and bouilli, and Chinese cabbage in oil served with tofu and mushroom soup
	红烧鸡翅, 木耳茭白肉片, 肉末茄条, 白菜肉丝汤	芥蓝牛肉片, 虾仁豆腐, 上汤西兰花, 番茄土豆汤	红烧狮子头, 方腿娃娃菜, 蒜泥空心菜, 玉米胡萝卜大骨汤	素米芡实虾仁, 海带肉丝, 香菇青菜, 乌骨鸡汤	扬州炒饭, 鹌鹑蛋烧肉, 白菜油面筋, 菌菇汤
Snack	wholegrain and raisin cake with Vietnamese red heart dragonfruit	French prunes and sweet apples	buttered corn and red heart pomelo	baked oat crisp and pear	tiger pattern cake and hot tea with kumquat and passionfruit
	葡萄干杂粮糕, 越南红心火龙果	☆法式西梅盏, 糖心苹果	黄油玉米, 红心柚	燕麦酥, 丰水梨	虎纹蛋糕, 金桔百香果热饮

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	周一（, 10/21）	周二（10/8, 10/22）	周三（10/9, 10/23）	周四（10/10, 10/24）	周五（10/11, 10/25）
早点					
午餐					
午点					
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早点					
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