Menu (Newton Bayside Campus) with IMMUNE BOOSTING SUPERFOODS (CITRUS, KIWI'S ETC.)

新纽顿玲珑湾幼儿园 2020 年 7 月学生食谱

餐次		Monday 周一 (6.29 / 7.13/7.27)	Tuesday 周二 (6.30 / 7.14 / 7.28)	Wednesday 周三(7.1 / 7.15 / 7.29)	Thursday 周四 (7.2 / 7.16 / 7.30)	Friday 周五(7.3 / 7.17 / 7.31)
7:00	Breakfast	Milk + cornflakes + blue berry 牛奶+玉米片+秘鲁蓝莓	Sliced hardboiled egg served with **whole-wheat bread,** sliced tomatoes, prosciutto ham, mayo dip and a glass of milk. 切片的煮鸡蛋、<u>全麦面包</u>、切片的西红柿、意大利火腿、蛋黄酱、牛奶+红心火龙果（dragon fruit）	Fried mixed vegetable noodle soup and tomato 炒素汤面+玲珑千禧	**Homemade cranberry and blueberry bread**. Served with fresh grape, <u>自制蓝莓蔓越莓面包</u>+牛奶（milk）+新疆马奶提（grape）	<u>**Whole wheat bread with cream cheese inside**</u> 全麦奶油面包卷+牛奶（milk）+菲律宾香蕉（banana）
	Lunch	Lemon curry and cowboy granules + Braised Tofu with minced meat + vegetables + shrimp skin soup with seaweed + rice 柠檬咖喱牛仔粒+五彩肉沫烩豆腐+炒青菜+紫菜虾皮汤+米饭	Stewed chicken fillet with pleurotus eryngii + dried egg with celery and lily + vegetable oil amaranth + radish ribs soup+ rice with grains 杏鲍菇烩鸡柳+西芹百合蛋干+素油苋菜+萝卜排骨汤+杂粮饭	Braised sliced pork with tomato sauce + shredded pork with carrot and celery and + stewed vegetables + chicken soup with mushroom and bamboo+rice 茄汁肉片+芹菜胡萝卜肉丝+海派烩杂蔬+扁尖冬菇鸡块汤+米饭	Yangzhou fried rice + Japanese Tofu with shrimp + cabbage with garlic + three-delicacy and mushroom soup 扬州蛋炒饭+虾仁日本豆腐+金蒜空心菜+三鲜菌菇汤	Bacon broccoli + beef burger + borsch 培根西兰花+牛肉汉堡+罗宋汤
13:00	Snack	<u>**British scones with black and red currants served with a berry puree**</u> Served with grape <u>英式司康饼配浆果泥加蜂蜜，</u> +夏黑	Watermelon with **German salty Pretzel bread/sticks** 德国咸椒盐卷饼面包/条+麒麟西瓜	<u>**Fruit and cream roulade/swiss-roll**</u> Served with a fresh passion fruit drink. (Birthday Party on 7/1)+apple <u>水果奶油卷/瑞士卷</u>配以新鲜的百香果饮品。(7 月 1 日生日派对)+富士苹果（apple）	<u>**Cheese and ham pizza bun with a touch of garlic pepper**</u>, + cantaloupe <u>奶酪和火腿披萨小面包，加上一点蒜椒，</u>+佳沛金果	<u>**Whole wheat raisin and apricot bread**</u> with+ kiwi fruit 全麦葡萄干和杏仁面包+伽师网纹瓜
餐次		Monday 周一(7.6 / 7.20)	Tuesday 周二(7.7 / 7.21)	Wednesday 周三(7.8 / 7.22)	Thursday 周四 (7.8 / 7.23)	Friday 周五(7.9 /7.24)
Breakfast		with **dark chocolate chip, reduced sugar, high fiber cookies. + grape** 黑巧克力片低糖，高纤维饼干+牛奶(milk)+新疆无籽提（grape）	<u>**Whole wheat and oat bread**</u> and organic oat milk+watermelon 全麦和燕麦面包+牛奶+麒麟西瓜	Millet congee+ meat floss + boiled egg + cherry 金瓜小米粥+白煮蛋+车厘子	<u>**Homemade multi-grain bread**</u> served with blanched broccoli, tomatoes, sliced sausage and fruit compote with water and a little orange juice <u>多种谷物面包</u>+牛奶（milk）+佳沛绿果（kiwi）	<u>**Sour-dough bread**</u> served with cream-cheese, capers, cherry tomatoes and bacon bits with lime water and banana. <u>酸种面包</u>+牛奶（milk）+香蕉（banana）
Lunch		Steamed spareribs with flour + fried shrimps with cashew and lotus root + mushroom and vegetable + tomato and fish fillet Soup + rice 粉蒸排骨+腰果莲藕炒虾仁+蘑菇菜心+西红柿粉皮鱼片汤+米饭	Roasted chicken wings with honey sauce, with spaghetti meat sauce, German mushroom soup 蜜汁烤翅根+意大利肉酱面+德式蘑菇汤	Stewed beef brisket with tomato + braised chicken with delicacies + soy sauce and lettuce + agaric duck soup + red bean rice 番茄炖牛腩+三鲜烧素鸡+豉汁油麦菜+木耳鸭肉汤+红豆饭	Fresh scallop with egg white + braised radish + corn and mixed vegetable soup + baked rice with vegetable and meat 芙蓉鲜贝+红烧萝卜+玉米杂蔬汤+菜肉焗饭	Mixed vegetable with diced chicken + shredded pork with sweet pepper + cabbage with scallion oil + pork ribs soup with lotus root + rice 锦绣鸡丁+甜椒肉丝+葱油包菜+莲藕排骨汤+薏米饭
13:00	Snack	<u>**Pumpkin and ginger bread served with small option of vanilla crème.**</u> Together with sliced grape-fruit and orange flavored unsweetened fruit tea. <u>南瓜姜饼配少量香草奶油</u>。配上切片的葡萄柚和橘子味的无糖果茶。	<u>**Carrot cake with raisins. yogurt dip**</u> +dragon fruit <u>胡萝卜葡萄干蛋糕+酸奶酱</u>+白心火龙果	Apple with **Cranberry biscuits** 蔓越莓饼干+富士苹果（apple）	Pear with **Tomato, olives and rosemary Focaccia bread** <u>番茄，橄榄和迷迭香佛卡夏面包</u>+丰水梨	<u>**Apple and forest berries pie**</u> (reduced sugar) 苹果和森林浆果派(少糖)，+澳洲黑提（grape）

Morning breakfast is served at 9:00 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:10 in the class-rooms. Snack is served at 14:20 (14:30for PN) after naptime / noon break	* Hand made by Newton's pastry chef **Pastry, biscuits, bread and pie's in bold provided by "Festival Bakery"**