

Nov. MENU (Newton Bayside Campus) with IMMUNE BOOSTNG SUPERFOODS (CITRUS, KIWI'S ETC.)

新组顿玲珑湾幼儿园 2021 年 11 月学生食谱

	餐次	Monday 周一 (11.1/11.15/11.29)	Tuesday 周二 (11.2/11.16/11.30)	Wednesday 周三(11.3/11.17)	Thursday 周四 (11.4/11.18)	Friday 周五(11.5/11.19)
	Breakfas	卡乐比水果麦片+牛奶+金桔 Dried Fruit Granola + milk + kumquats	胡萝卜蛋糕 +牛奶+帝王蕉 Carrot cake + milk + bananas	青菜粥配卤鹌鹑蛋豆干+玲珑千禧 Green vegetable porridge with dried quail eggs + tomato slices	蒸玉米+牛奶+冬枣 Steamed corn + milk +jujube	蔓越莓司康 +牛奶+砂糖橘 Cranberry Scones + milk + orange slices
	Lunch	萝卜炖牛腩+木须肉+素油青菜+菌菇汤+米饭 Stewed beef brisket with radishes + sliced pork with mushrooms + mixed green vegetable + mushroom soup + rice	醋溜鱼片+莲藕炒肉片+双色花菜+养生猪肚鸡汤+米饭 Fish fillet in vinegar + fried pork slices with lotus root + two-color cauliflower medley + soup with chicken & pork belly + rice	糖醋鸡柳+双菇肉片+烂糊白菜+芥菜豆腐羹+芝麻饭 Sweet and sour chicken + sliced pork with mushrooms + cabbage + tofu soup + sesame rice	茨菇烧肉+松仁玉米虾仁+豉油芦笋+番茄芙蓉汤+米饭 Braised pork with water chestnut like vegetable+ pine nuts shrimp with corn + soy sauce asparagus + Tomato soup + rice	蜜汁翅根+肉酱意面+胡萝卜莴笋丝+奶油蘑菇浓汤 Honey chicken wings + spaghetti Bolognese + shredded carrots and lettuce + cream of mushroom soup
	Snack	肉松小贝 +爱媛橙 Dried meat floss cake + orange slices	红枣地瓜汤+红心柚 Red date & sweet potato soup + pomelo	北海道吐司 +酸奶+青提 Japanese-style Hokkaido bread + yogurt + grapes	黑芝麻卷 +红心火龙果 sesame cake + dragon fruit	杏仁蛋糕卷 +山楂雪梨汁 Almond cake + pear juice with hawthorns
	餐次	Monday 周一(11.8/11.22)	Tuesday 周二(11.9/11.23)	Wednesday 周三(11.10/11.24)	Thursday 周四 (11.11 /11.25)	Friday 周五(11.12 /11.26)
	Breakfast	雀巢蛋奶星星+牛奶+蓝莓 Nestle corn flakes cereal + milk + blueberries	提子奶酥 +牛奶+香蕉 Raisin souffle + milk + banana	番茄鲜蔬面+龙眼 Noodles with tomato and assorted vegetables + longan fruit	蒸蜜薯+牛奶+蜜桔 Steamed sweet potatoes + milk + tangerines	日式棉花蛋糕 +牛奶+哈密瓜 Japanese cotton sponge cake + milk + cantaloupe
	Lunch	杏鲍菇牛肉粒+洋葱猪肝+清炒菠菜+紫菜虾皮汤+米饭 Sliced beef with mushrooms + pork liver with onions + stir-fried spinach + soup with shrimp & seaweed + rice	宫保虾球+山药木耳炒里脊+蒜蓉生菜+雪梨无花果排骨汤+米饭 Kung Pao shrimp + Stir-fried pork with yam fungus + lettuce & sautéed garlic + sparerib soup with fig + rice	板栗烧鸭+肉末炖蛋+蒜蓉小白菜+鲫鱼豆腐汤+红薯饭 Braised duck with chestnuts + stewed egg with minced meat + cabbage with garlic + tofu soup with crucian carp + sweet potato rice	凤梨咕咾肉+黄瓜鸡丁+糖醋包菜+鲜蔬汤+米饭 Sweet and Sour pineapple pork + diced chicken with cucumber + sweet and sour cabbage + fresh vegetable soup + rice 11.25 感恩节特色餐 25 th – Special Thanksgiving style meal	莲藕蒸肉饼+肥牛焗饭+白灼西兰花+罗宋汤 lotus root steamed meatloaf, Beef Baked Rice, broccoli + Borscht-style soup
	Snack	紫米面包 +香梨 Purple rice bread + pear	陈皮红豆沙+腰果+佳沛金果 Tangerine infused red bean paste soup+ cashews + kiwi	芋泥蛋糕 +酸奶+黑提 taro cake + yogurt + grapes	南瓜坚果派 +苹果 Pumpkin pie with nuts + apple slices	帕玛火腿披萨 +柠檬百香果蜂蜜饮 Parma ham pizza and lemon& passion fruit drink 11.26 生日会: 生日蛋糕 birthday cake
		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 Pastry, biscuits, breads, and pies in bold provided by "Festival Bakery"	