

School Menu(December 1rd 26th) 新纽顿会心幼儿园 2014 年 12 月 1 日 — 12 月 26 日学生食谱

Week 1 & 3 第一、三周	Date 餐次	Monday (12/1、12/15)	Tuesday (12/2、12/16)	Wednesday(12/3、12/17)	Thursday(12/4、12/18)	Friday(12/5、12/19)
	Morning 早点	好客家玉米片+草莓+牛奶 Cornflakes w. milk & strawberry	皇冠面包+酸奶 Milk bread & yoghurt	小刀切+火龙果+牛奶 Steamed bun w.milk & dragon fruit	超纯切片+黄油果酱+酸奶 Toast w. butter & jam & Yoghurt	苏打饼干+芝士+牛奶 Crackers w.cheese & milk
Lunch 午餐	糖醋小肉+香菇青菜+鸡蓉粟米羹+米饭 Meat in sweet sour sauce & vegetable w.mushroom & chicken soup w.corn and rice	普罗旺斯烩鸡+甜椒土豆+奶油蘑菇汤+萝卜饭 Chicken w.onion tomato &potato w.sweet pepper &creamy mushroom soup & rice w.diced carrot	西红柿肉酱蝴蝶面+香酥藕圆+鸡毛菜土鸡汤 Pasta w.tomato pork sauce & crispy lotus root & chicken soup w.vegetable	胡萝卜土豆烩牛肉+芝士火腿焗饭+罗宋汤 Beef w.carrot potato & chees rice w.ham &borsch	马蹄虾仁+糖醋卷心菜+萝卜排骨汤+米饭 Shrimp meat w.chufa& carrot sparerib soup &rice	
Snack 点心	油酥饼+火龙果 Suzhou style pie &dragon fruit	黄油饼干+圣女果 Biscuits w. butter & cherry tomatos	葱油桃酥+香蕉 Shortcakes w.scallion oil & banana	蓝莓蛋糕+新奇士橙 Blueberry cake & orange	土豆饼+苹果 Potato pie & apple	
Week 2 & 4 第二、四周	Date 餐次	Monday (12/8、12/22)	Tuesday (12/9、12/23)	Wednesday(12/10、12/24)	Thursday(12/11、12/25)	Friday(12/12、11/26)
	Morning 早点	印度飞饼+白煮蛋+牛奶 India pie w.egg & milk	梳打饼干+芝士+酸奶 Crackerw.cheese& yoghurt.	葱油花卷+火腿片+牛奶 Steamed bun w.ham & milk	手撕包+草莓+酸奶 Bread w.strawberry & yoghurt.	白松糕+牛奶 Sponge cake w.milk
	Lunch 午餐	茨菰烧肉+蛋丝菠菜+豆腐鱼片汤+米饭 Arrowhead w.pork & spinacia w.shredded egg & fish soup w.tofu & rice	糖醋龙利鱼+烂糊白菜+味增汤+小米饭 Fish in sweet sour sauce & vegetable Miso soup w.rice	可乐鸡翅+五彩卷心菜+玉米棒排骨汤+米饭 Chicken wing in cola sauce w.cabbage & pork rib soup w.corn & rice	八宝牛肉粒+茭白炒鸡蛋+圆葱汤+米饭 Beef mince in sauce & fried egg w. zizania & pork meat ball soup & rice	章鱼小丸子+青菜肉丝炒面+炖蛋 Octopus meatball & Fired noodle w.pork shredded meat & vegetable & steamed egg
Snack 点心	纸杯蛋糕+香蕉 Cup-cake & banana	火腿芝士披萨+火龙果 Cheese pizza w.ham & dragon fruit	葱油曲奇+哈密瓜 Cookies & honey melon	萝卜丝饼+苹果 Patty w. shredded turnip & apple	奶酪焗土豆泥+圣女果 Mashed potato w.cheese & cherry tomato	