**无锡协和双语国际学校附属幼儿园食谱 2019.10-07-2019-10-11**

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|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** |  | **葡萄切片**  **燕麦核桃豆浆**  **红富士苹果** | **牛奶**  **南瓜小馒头**  **坚果**  **库尔勒梨** | **醇香黑芝麻豆浆**  **红糖开花馒头**  **橙** | **牛奶**  **刺猬包**  **圣女果** |
| **午餐** |  | **葱爆基围虾**  **番茄炒蛋**  **毛菜猪肝汤**  **黑白米饭** | **奶油培根意面**  **橙香鸡腿**  **干贝羹** | **荷兰炒饭**  **丝瓜炒蛋**  **西湖牛肉羹** | **茄汁牛柳**  **包菜粉丝**  **翡翠白玉羹**  **白米饭** |
| **过敏儿童** |  | **上午点心：苹果汁**  **玉米棒**  **午餐：西芹拌香干**  **糖醋排骨** | **上午点心：苹果汁**  **午餐：萝卜鸡汤**  **白米饭** | **上午点心：苹果汁**  **午餐：白米饭**  **丝瓜炒木耳** | **上午点心：苹果汁**  **下午：南瓜** |
| **下午点心** |  | **彩色水晶圆子**  **芒果** | **思念小猪包**  **金桔柠檬蜂蜜水**  **红心猕猴桃** | **黑米盏**  **牛奶燕麦羹**  **西州蜜** | **葡式蛋挞**  **果珍**  **冬枣** |

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**The kindergarten diet 2019.**

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|  | **星期一Monday** | **星期二Tuesday** | **星期三Wednesday** | **星期四Thursday** | **星期五Friday** |
| **上午点心**  **Morning snack** |  | **葡萄切片Crape slices**  **燕麦核桃豆浆oat walnut soybean**  **红富士苹果Apple** | **牛奶Milk**  **南瓜小馒头pumpkin steamed bun**  **坚果Nutsw**  **库尔勒梨pear** | **醇香黑芝麻豆浆Mellow black sesame soybean milk**  **红糖开花馒头Brown sugar flowering steamed bread**  **橙orange** | **牛奶Milk**  **刺猬包Hed gehog bag**  **圣女果cherry Tomatoes** |
| **午餐**  **lunch** |  | **葱爆基围虾Fried shrimp with scallion**  **番茄炒蛋Fried eggs with tomatoes**  **毛菜猪肝汤Mao vegetable pork liver soup Lunch**  **黑白米饭Blace and white rice** | **奶油培根意面crean bacon pasta**  **橙香鸡腿chicken leg with orange flavor**  **干贝羹scallop soup** | **荷兰炒饭Fried rice in hollandq**  **丝瓜炒蛋Fried eggs with sponge gourd**  **西湖牛肉羹WestLake beef soup** | **茄汁牛柳Tomato beef fillet**  **包菜粉丝stir fried cabbage vermicelli**  **翡翠白玉羹jade and**  **White jade soup**  **白米饭rice** |
| **过敏儿童Allergic children** |  | **上午点心：morning snack 苹果汁Apple juice**  **玉米棒corn cob**  **午餐：西芹拌香干celery mixed with dried**  **糖醋排骨Sweet and sour spare ribs** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：萝卜鸡汤Radish chicken soup**  **白米饭rice** | **上午点心：morning snack 苹果汁Apple juice**  **白米饭rice**  **丝瓜炒木耳Fried Auricularia auricula with Luffa** | **上午点心：morning snack 苹果汁Apple juice**  **下午点心：Afternoon sanck 南瓜pumpkin** |
| **下午点心afternoon snack** |  | **彩色水晶圆子colourd crystal wafer**  **芒果Mango** | **思念小猪包piggy bag**  **金桔柠檬蜂蜜水kumquat lemon honey waterw**  **红心猕猴桃 kiwifruit with red heart** | **黑米盏Black rice**  **牛奶燕麦羹Milk oat meal soup**  **西州蜜Cantaloupe** | **葡式蛋挞partruguese style egg big**  **果珍Friuit Drink**  **西瓜winter jujube** |