**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** |

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

**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**  |