**无锡协和双语国际学校附属幼儿园食谱  2019-09-23-2019-09-27**

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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** | **高钙饼干Cookies**  **牛奶Milk**  **红富士苹果Apple** | **酸奶Yogurt**  **椰乳蛋糕Coconut milk cake**  **香蕉Banana** | **牛奶Milk**  **一口酥crisp mouth ful**  **坚果Nuts**  **圣女果cherry Tomatoes** | **酸奶Yogurt**  **芝士胡萝卜小饼cheese and carrot pie**  **梨pear** | **牛奶Milk**  **红豆派red beam pie**  **乳黄瓜Milk cucumber** |
| **午餐**  **lunch** | **蜜汁酱鹅Goose in Honey sauce**  **花菜炒胡萝卜Fried cauliflower carrotsp**  **青菜虾米汤Cababage and shrimp**  **白米饭rice** | **清炒鳝丝Fried shredded eel**  **香菇炒生菜stir fried lettuce with letinous edodesq**  **营养骨汤Nutritional bone soup**  **白米饭rice** | **三色面条Trichomatic noodles**  **蜜汁叉烧肉roast pork**  **三鲜豆腐羹Three delicacies bean curd soup** | **五彩炒饭Multi colored fried rice**  **鱼香鱿鱼丁shredded squidw**  **菠菜面筋汤Spinach gluten soup** | **茄汁牛肉柳Tomato beef fillet**  **西葫芦炒肉丝stir fried shredded pork with**  **冬瓜火腿汤winter melon and ham soup**  **白米饭rice** |
| **过敏儿童Allergic children** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：青菜汤vegetables soup**  **下午点心：粉丝汤Vermicelli soup** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：宫保鸡丁kung pao chicken** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：小排冬瓜汤xiaopai Donggua soup** | **上午点心：morning snack苹果汁Apple juice**  **午餐：果蔬炒饭Fried rice with fruits wand vegetables**  **山芋sweet potato**  **午餐：卡通鸡块Cartoon chicken nuggets** | **上午点心：morning snack 苹果汁Apple juice**  **南瓜pumpkin**  **午餐：冬瓜汤wax gourd soup**  **下午点心：紫薯Purple sweet potato** |
| **下午点心afternoon snack** | **鲜美粉丝汤Delicious vermicelli**  **芒果Mango** | **南瓜百合汤pumpkin Lily soups**  **红心火龙果pumpkin Lily soupsqwe** | **雪花南瓜饼snowflake pumpkin pie**  **冰糖雪梨汁ice sugar pear juice**  **猕猴桃kiwi fruit** | **番薯甜汤sweet potato**  **哈密瓜Hami melon** | **葡式蛋挞Portuguese style egg big**  **苹果汁Apple juice**  **西瓜watermelon** |