**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**  |