**无锡协和双语国际学校附属幼儿园食谱 2019.10-21-2019-10-25**

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|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **牛奶**  **香芋瓜子球**  **仙人蕉** | **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** | **咖喱鸡块**  **马兰炒香干**  **萝卜蹄膀汤**  **白米饭** | **清蒸鸦片鱼**  **肉末茄子**  **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**  **西葫芦炒蛋**  **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**  **南瓜**  **下午点心：蔬菜面** | **上午点心：橙汁**  **午餐：山药木耳肉片**  **青菜汤** | **上午点心：橙汁**  **玉米棒**  **午餐：菠菜汤** | **上午点心：苹果汁**  **午餐：白米饭**  **西葫芦炒木耳** | **上午点心：橙汁**  **午餐：包菜粉丝**  **下午点心：双色刀切** |
| **下午点心** | **三鲜虾仁面**  **蛇果** | **彩色水晶圆子**  **芒果** | **思念小猪包**  **金桔柠檬蜂蜜水**  **美国提子** |  | **葡式蛋挞**  **酸奶**  **柚子** |

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**The kindergarten diet**

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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** | **牛奶Milk**  **香芋瓜子球Taro melon seed ball**  **仙人蕉Banana** | **葡萄切片**  **燕麦核桃豆浆oat walnut soya bean milk**  **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Black sesame 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** | **咖喱鸡块chicken curry**  **马兰炒香干stir fried dried Malon**  **萝卜蹄膀汤Radish hoof soup**  **白米饭rice** | **清蒸鸦片鱼steamed duck slices fish**  **肉末茄子Eggplant with Minced pork**  **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spinach and scallop soup** | **荷兰炒饭Fried rice in hollandq**  **西葫芦炒蛋scrambled eggs with pumpkin**  **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**  **南瓜Pumpkin**  **下午点心：Affter on snack 蔬菜面Noodles with vegetables** | **上午点心：morning snack 橙汁orange juice**  **午餐：Lunch 青菜汤vegetable soup**  **山药木耳肉片sliced pork with Chinese yam and fungus**  **下午点心:Affternoon snack ：紫薯purple sweet potato** | **上午点心：morning snack 橙汁orange juice**  **玉米棒corn cob**  **午餐:Lunch ：菠菜汤spinach soup** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：Lunch 白米饭rice**  **西葫芦炒木耳Fried Auricularria auricula with zucchini** | **上午点心：橙汁orange juice**  **午餐：Lunch 包菜粉丝cabbage and vermicelli**  **下午点心:Afternoon snack ：双色刀切Two color cutter** |
| **下午点心afternoon snack** | **三鲜虾仁面Fresh shrimp noodles**  **蛇果red delicious** | **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**  **美国提子American extract** |  | **葡式蛋挞partruguese style egg big**  **酸奶Yougurt**  **柚子grape fruit** |