**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** |

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

**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**  |