**无锡协和双语国际学校附属幼儿园食谱  2019-11-04-2019-11-08**

**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** | **牛奶Milk**  **鹅黄梨Goose yellow pea**  **蔓越莓饼干cranberry** | **香蕉Banana**  **醇香黑芝麻豆浆Black sesame milk**  **脆皮面包圈crispy doughnut** | **牛奶Milk**  **红富士苹果Apple**  **坚果Nuts**  **南瓜发糕pumpkin cake** | **黑芝麻豆浆Black sesam**  **高钙饼干Cookies**  **橙orange** | **牛奶Milk**  **夏黑葡萄Grape**  **黑米发糕Black rice** |
| **午餐**  **lunch** | **胡萝卜烧鸭块Roast duck with carrot**  **彩辣炒莴苣spicy and spicy lettuce**  **肉末炖蛋**  **黑芝麻米饭Black sesame rice** | **虾仁滑芦笋shrimp asparagus**  **菠菜千张丝shredded spinach**  **枸杞虾皮冬瓜汤wolfberry shrimp skin and winter melonsoy**  **白米饭rice** | **意式蝴蝶面spaghetti**  **三色鳝丝Three eal**  **芙蓉鲜蔬汤egg vegetable soup** | **营养炒饭Nutrition fried rice**  **清蒸蛋饺steamed egg**  **西芹炒香干stir fried dried celery**  **鸽子竹荪汤Dove Dictyophora** | **萝卜红烧肉Roast beef radish with**  **四色清炒山药Four color clear seate yam**  **金针菇番茄汤sweet and sour golaen needle**  **薏米饭This rice** |
| **过敏儿童Allergic children** | **上午点心：：苹果汁Apple juice**  **南瓜pumpkin**  **午餐：菌菇炒肉片Mushroom meat slice**  **下午点心：烧卖shaomai** | **上午点心：苹果汁Apple juice**  **紫薯purple sweet potato**  **午餐：香炸鸡排Fried chicken breast** | **上午点心：苹果汁Applejuice**  **午餐：外婆红烧肉Braised pork with Grandma**  **下午点心：玉米棒corn cob**  **苹果汁Apple juice** | **上午点心：苹果汁Apple juice**  **午餐：果蔬炒饭Fruit and vegetable fried rice**  **青椒土豆丝shredded potato with grean pepper**  **下午点心：银耳羹Tremella soup** | **上午点心；苹果汁Apple juice**  **下午点心：红薯sweet potato** |
| **下午点心afternoon snack** | **蜂蜜牛奶小餐包Honey milk small meal bag**  **椰汁西米露Sweet sago Gream with coconut milj**  **黄瓜Cucumber** | **水果玉米棒Fruit and corn stick**  **冰糖梨儿羹lced pear soup**  **火龙果pitaya** | **五谷杂粮糊糊Grainsand grains**  **香蕉派Bananap**  **哈密瓜cantaloupe** | **鹌鹑蛋Quail egg**  **银耳红枣羹Thenella jujube red jujube**  **猕猴桃kiwi fruit** | **火腿鸡蛋三明治Ham and egg sandwich**  **苹果汁Apple juice**  **冬枣winter jujubet** |