**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**  |