**无锡协和双语国际学校附属幼儿园食谱  2019-10-28-2019-11-01**

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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** **番茄tomato** **小猪奶黄包pigskin milk cream bag**  | **醇香黑芝麻豆浆Mellow black sesame soybean milk** **双色面包卷Two color rolls** **西域香妃香梨Fragrant pear**  | **牛奶Fresh walnut kernel** **什锦鸡蛋饼Assorted egg** **坚果Nuts** **库尔勒梨korla pear**  | **醇香黑芝麻豆浆Mellow black sesame soybean milk** **曲奇饼干Cookies** **红富士苹果Apple**  | **牛奶Milk** **椰蓉面包Coconut bread** **香蕉Banana**  |
| **午餐****lunch** | **鸡肉炒鲜蔬stir fried chicken with fresh vegetables** **蒜蓉油麦菜Mashed garlic and lettuce** **日式味噌汤Japanese miso soup** **白米饭rice**  | **酸甜龙利鱼Sweet and sour dragon fish** **杏鲍菇扣西兰花Buckwheat mushroom broccoli** **翡翠白玉羹Jade and white jade soup** **樱花黑芝麻米饭cherry black sesame rice**  | **开洋大馄饨kaiyang wonton** **木耳乳鸽汤Dove soup with fungus**  | **茄汁牛肉煨饭stewed rice with beef tomato sauce** **菠萝咕唠肉pineapple sweet and sour pork** **生菜枸杞猪肝汤Lettuce Lycium barbarum and pork liver soup**  | **法式烩牛肉French stewed beef** **面筋酿青菜Gluten stuffed vegetables** **碧玉冬瓜羹Jasper and white gourd soup** **杂粮饭rice with grain**  |
| **过敏儿童Allergic children** | **上午点心：morning snaack 苹果汁Apple juice** **紫薯刀切purple potato knife cut** **午餐：番茄汤Tomato soup**  | **上午点心：morning snack 苹果汁Apple juice** **午餐：红烧狮子头steawed pork Ball in Brown sauce** **下午点心：饼干cookies**  | **上午点心：morning snack 苹果汁Apple juice****白米饭rice** **蒜泥生菜Leetuce with garlic sauce**  | **上午点心：morning snack 苹果汁Apple juice** **午餐：木耳豆腐鸡蛋汤Bean curd and egg soup with fungus** **茄汁鸡柳chicken fillet in tomato sauce**  | **上午点心：morning snack 苹果汁Apple juice** **午餐：冬瓜汤wax gourd soup** **下午点心：紫薯purple sweet potato**  |
| **下午点心afternoon snack** | **爽口香芹瘦肉粥sweet and sour pork congee** **多c脐橙orange**  | **南瓜米糊pumpkin rice paste** **牛角包Croissant** **猕猴桃kiwi fruit**  | **寿司sushi** **雪梨甜羹Sydney sweet soup** **芒果Mango**  | **紫薯红薯羹sweet potato and sweet potato soup** **甜玉米棒Sweet corn stick** **哈密瓜cantaloupe**  | **蜂蜜柚子水Honey grapefruit water** **彩虹卷Rainbow roll** **火龙果pitaya**  |