**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** |