**无锡协和双语国际学校附属幼儿园食谱 2019.-10-14-2019-10-18**

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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**  **骨钙饼干**  **梨** | **黑芝麻豆浆**  **红豆餐包**  **蜜橘** | **牛奶**  **动物饼干**  **坚果**  **番茄** | **黑芝麻豆浆**  **棒棒酥**  **红富士苹果** | **牛奶**  **黑米馒头**  **哈密瓜** |
| **午餐** | **飘香芋艿酱肉**  **三色藕片**  **生菜猪肝汤**  **白米饭** | **油焖大虾**  **蒜蓉炒菜心**  **菌菇豆腐羹**  **白米饭** | **夏威夷披萨**  **奶油蘑菇汤**  **椒盐鸡腿** | **虾仁炒饭**  **番茄口蘑汤**  **墨鱼炒青椒** | **茄汁牛肉柳**  **彩椒炒西兰花菜**  **萝卜蹄髈汤**  **白米饭** |
| **过敏儿童** | **上午点心：橙汁**  **玉米棒**  **下午点心：黑米刀切** | **上午点心：橙汁**  **南瓜**  **午餐：劲爆鸡米花** | **上午点心：橙汁**  **紫薯**  **下午点心：土豆** | **上午点心：苹果汁**  **午餐：白米饭**  **秘制鸭腿** | **上午点心：橙汁** |
| **下午点心** | **青菜猪肉水饺**  **红富士苹果** | **银耳雪梨汤**  **红心柚子** | **菠萝包**  **冰糖红枣饮**  **哈密瓜** | **豆沙桂花粥**  **蜜橘** | **南瓜豆沙包**  **苹果汁**  **红心猕猴桃** |

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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**  **骨钙饼干Cookies**  **梨pear** | **黑芝麻豆浆Black sesame milk**  **红豆餐包red bean meal bag**  **蜜橘tangerine** | **牛奶Milk**  **动物饼干Animal**  **坚果Nuts**  **番茄Tomato** | **黑芝麻豆浆Black sesame soya bean milk**  **棒棒酥Stick cake**  **红富士苹果Apple** | **牛奶Milk**  **黑米馒头Mantou with Black rice**  **哈密瓜cabtloupe** |
| **午餐**  **lunch** | **飘香芋艿酱肉Pork with taro sauce**  **三色藕片Three color lotus root**  **生菜猪肝汤Mao vegetables pork liver soup Lunch**  **白米饭rice** | **油焖大虾Braised prawns**  **蒜蓉炒菜心stir fried cabbage with garlic**  **菌菇豆腐羹Mushroom tofu soup**  **白米饭rice** | **夏威夷披萨Hawaiian pizza**  **奶油蘑菇汤cream of Mushroom**  **椒盐鸡腿** | **虾仁炒饭fried rice with shrimps**  **番茄口蘑汤Tomato mushroom soup**  **墨鱼炒青椒Fried green pepper with cuttlefish** | **茄汁牛肉柳Beef fillet with tomato sauce**  **彩椒炒西兰花菜Fried broocoli with pepper**  **萝卜蹄髈汤Radish hoof soup**  **白米饭rice** |
| **过敏儿童Allergic children** | **上午点心morning snack ：橙汁orange juice**  **玉米棒Corn cob**  **下午点心：Affternoon snack 黑米刀切Black rice knife cur** | **上午点心：morning snack 橙汁orange juice**  **南瓜pumpkin**  **午餐：劲爆鸡米花Popcorn chicken** | **上午点心：morning snack 橙汁orange juice**  **紫薯Purple sweet potato**  **下午点心：Affternoon snack 土豆potato** | **上午点心：morning snack 苹果汁Apple juice**  **午餐：Lunch 白米饭rice**  **秘制鸭腿Secret duck leg** | **上午点心：morning snack 橙汁orange juice** |
| **下午点心afternoon snack** | **青菜猪肉水饺pork dumping with vegetables**  **红富士苹果Apple** | **银耳雪梨汤Tremella sydney soup**  **红心柚子Red heart pomelo** | **菠萝包pineapple**  **冰糖红枣饮crystal sugar jujube wine**  **哈密瓜Cabtaloupe** | **豆沙桂花粥sweet scented osmanthus porridge with bean**  **蜜橘tangerine** | **南瓜豆沙包pumpkin with bean paste**  **苹果汁Apple juice**  **红心猕猴桃kiwi fruit with red Heart** |