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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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**  |