**无锡协和双语国际学校附属幼儿园食谱 2019.11.11-2019.11.15**

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| --- | --- | --- | --- | --- | --- |
|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **香芋瓜子球****牛奶****香蕉** | **葡萄切片****燕麦核桃豆浆****红富士苹果** | **牛奶****小熊包****坚果****库尔勒香梨** | **醇香黑芝麻豆浆****鸽子蛋****橙** |  |
| **午餐** | **咖喱鸡块****油豆腐生菜****白米饭****萝卜蹄膀汤** | **清蒸鸦片鱼****肉末茄子****黑白米饭****毛菜猪肝汤** | **葱油拌面****橙香鸡腿****彩椒炒西兰花菜****干贝羹** | **黄金玉米粒炒饭****芦笋炒虾仁****番茄蛋汤** |  |
| **过敏儿童** | **上午点心：苹果汁****紫薯****午餐：生菜****荠菜豆腐羹****下午点心：双色刀切** | **上午点心：苹果汁****红薯****午餐：酿面筋****莴笋炒木耳****萝卜鸡汤** | **上午点心：苹果汁****南瓜****午餐：白米饭****菠菜汤****下午点心：双色年糕** | **上午点心：苹果汁****红糖刀切、土豆****午餐：白米饭****鸡米花****下午点心：苹果汁** |  |
| **下午点心** | **猪肉白菜饺子****蛇果** | **彩色水晶圆子****芒果** | **金桔柠檬蜂蜜水****思念小猪包****红提葡萄** | **黑米盏****牛奶燕麦羹****西州蜜** |  |

**无锡协和双语国际学校附属幼儿园食谱  2019.11.11-2019.11.15**

**The kindergarten diet 2019.11.11-2019.11.15**

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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** | **香芋瓜子球Melon seed ball with Taro****牛奶milk****香蕉Banana** | **葡萄切片Grape slice****燕麦核桃豆浆Oat walnut soymilk****红富士苹果Apple** | **牛奶milk****小熊包Steamed stuffed bun****坚果Nut****库尔勒香梨Fragrant Pear** | **醇香黑芝麻豆浆Black sesame soybean milk****鸽子蛋Dove eggs****橙orange** |  |
| **午餐****lunch** | **咖喱鸡块Chicken curry****油豆腐生菜Bean curd and lettuce****白米饭Rice****萝卜蹄膀汤Stewed pork and radish soup** | **清蒸鸦片鱼Steamed opium fish****肉末茄子Eggplant with minced meat****黑白米饭Black and white rice****毛菜猪肝汤Pig liver soup with pickled vegetables** | **葱油拌面Noodles in Scallion, Oil and Soy Sauce****橙香鸡腿Chicken leg with orange flavor****彩椒炒西兰花菜Stir fried broccoli with pepper****干贝羹Scallop soup** | **黄金玉米粒炒饭Fried rice with golden corn****芦笋炒虾仁Stir fried shrimps with asparagus****番茄蛋汤Tomato and egg soup** |  |
| **过敏儿童Allergic children** | **上午点心：苹果汁Apple Juice****紫薯Purple sweet potato****午餐：生菜Romaine Lettuce****荠菜豆腐羹Shepherd's purse and tofu soup****下午点心：双色刀切Two color cutter** | **上午点心：苹果汁Apple Juice****红薯sweet potato****午餐：酿面筋Gluten****莴笋炒木耳Stir fried agaric with lettuce****萝卜鸡汤Radish chicken soup** | **上午点心：苹果汁Apple Juice****南瓜Pumpkin****午餐：白米饭Rice****菠菜汤Spinach soup****下午点心：双色年糕Two color rice cake** | **上午点心：苹果汁Apple Juice****红糖刀切、土豆Brown sugar knife cut, potato****午餐：白米饭Rice****鸡米花Popcorn chicken****下午点心：苹果汁Apple Juice** |  |
| **下午点心afternoon snack** | **猪肉白菜饺子Pork and cabbage dumplings****蛇果Snake fruit** | **彩色水晶圆子Colored crystal round****芒果Mango** | **金桔柠檬蜂蜜水Kumquat lemon honey water****思念小猪包Miss piggy bun****红提葡萄Red grape** | **黑米盏Black rice****牛奶燕麦羹Milk and oatmeal soup****西州蜜Xizhou honey** |  |