**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** |  |

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**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** |  |