**无锡协和双语国际学校附属幼儿园食谱  2019.12-09-2019-12-13**

**The kindergarten diet 2019.12-09-2019-12-13**

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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** **高钙饼干Cookies** **红富士苹果Apple**  | **黑芝麻豆浆Black sesame soybean** **香蕉Banana** **脆皮蛋糕** | **牛奶Milk** **坚果Nuts** **一口酥crisp mouth ful** **蜜橘orange**  | **黑芝麻豆浆Black sesame milk** **鹌鹑蛋Quail egg** **梨pear**  | **牛奶Milk** **红豆派red beam pie** **乳黄瓜Milky cucumber**  |
| **午餐****lunch** | **兰花干烧鹅orachid stem Roasted** **花菜炒胡萝卜Fried cauliflower carrotsq** **青菜虾米汤pumpkin shrimp soup green vegetables** **白米饭rice**  | **清炒鳝丝Fried shredded eel** **香菇炒生菜stir fried lettuce with letinous edodes** **营养骨汤Nutritional bone soup** **白米饭rice**  | **三色面条Trichomatic noodles** **叉烧肉roast pork** **三鲜豆腐羹Three delicacies bean curd soup**  | **五彩烧饭Multi colored fried rice** **鱼香鱿鱼丁shredded squid** **菠菜面筋汤spinach gluten soup**  | **茄汁牛肉柳Tomato beef fillet** **西葫芦炒肉丝Fried shreded pork with zucchini** **冬瓜火腿汤winter melon and ham soup** **白米饭rice**  |
| **过敏儿童Allergic children** | **上午点心：苹果汁Apple juice** **南瓜Pumpkin** **午餐：青菜汤vegetables soup**  | **上午点心：苹果汁Apple juice** **玉米corn** **午餐：椒盐排骨Fried spare ribs with spiced salt**  | **上午点心：苹果汁Apple juice** **红薯sweet potato** **午餐：小排冬瓜汤small ribs and white gourd soup** **白米饭rice** **下午点心：苹果汁Apple juice**  | **上午点心：苹果汁Apple juice** **淮扬米糕****Huaiyang rice cake** **午餐：果蔬炒饭Fruit and vegetable fried rice** **红烧狮子头steweed pork Ball in Brown sauce** | **上午点心：苹果汁Apple juice** **午餐：冬瓜汤wax gourd soup** **酱鸭Duck in Brown sauce** **西葫芦炒木耳stir fried fungus with zucchini** **下午点心：花卷Hanamaki**  |
| **下午点心afternoon snack** | **白菜虾糕粉丝汤cababage vermicelli soup shrimp** **芒果Mango**  | **南瓜百合汤pumpkin Lily soups** **火龙果pitaya**  | **雪花南瓜饼snowflake pumpkin pie** **牛奶燕麦羹milk and oatmeal soup** **猕猴桃kiwi fruit**  | **番薯甜汤sweet potato** **小番茄Little tomato**  | **葡式蛋挞poruguese style egg big** **苹果汁Apple juice** **冬枣winter jujube**  |