**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** |