**无锡协和双语国际学校附属幼儿园食谱 2019.11.18-2019-11-22**

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| --- | --- | --- | --- | --- | --- |
|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **牛奶**  **高钙饼干**  **红富士苹果** | **黑芝麻豆浆**  **香蕉**  **椰乳蛋糕** | **牛奶**  **坚果**  **一口酥**  **圣女果** | **黑芝麻豆浆**  **三丁烧卖**  **梨** | **牛奶**  **红豆派**  **乳黄瓜** |
| **午餐** | **兰花干烧鹅**  **花菜炒胡萝卜**  **番茄鱼汤**  **白米饭** | **清炒鳝丝**  **香菇炒生菜**  **营养骨汤**  **白米饭** | **三色面条**  **蜜汁叉烧肉**  **三鲜豆腐羹** | **五彩烧饭**  **鱼香鱿鱼丁**  **菠菜面筋汤** | **茄汁牛肉柳**  **芹菜炒肉丝**  **冬瓜火腿汤**  **白米饭** |
| **过敏儿童** | **上午点心：苹果汁**  **紫薯** | **上午点心：苹果汁**  **米糊**  **午餐：酿面筋** | **上午点心：苹果汁**  **玉米棒**  **午餐：白米饭**  **香炸鸡排** | **上午点心：苹果汁**  **土豆 双色馒头**  **午餐：果蔬炒饭**  **红烧狮子头**  **菠菜汤** | **上午点心：苹果汁**  **午餐：冬瓜汤**  **芹菜炒木耳**  **下午点心：米糊** |
| **下午点心** | **白菜虾糕粉丝汤**  **芒果** | **南瓜百合汤**  **红心火龙果** | **雪花南瓜饼**  **冰糖雪梨汁**  **猕猴桃** | **番薯甜汤**  **甜瓜** | **葡式蛋挞**  **苹果汁**  **红心柚子** |

**无锡协和双语国际学校附属幼儿园食谱  2019.11.18-2019-11-22**

**The kindergarten diet 2019.11.18-2019-11-22**

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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**  **椰乳蛋糕Coconut milk cake** | **牛奶Milk**  **坚果Nuts**  **一口酥crisp mouth ful**  **圣女果cherry Tomatoes** | **黑芝麻豆浆Black sesame milk**  **三丁烧卖Three ding shao Mai**  **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**  **番茄鱼汤**  **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**  **蜜汁叉烧肉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**  **芹菜炒肉丝Stir fried shredded pork with celery**  **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**  **紫薯purple sweet potato** | **上午点心：苹果汁Apple juice**  **米糊rice paste**  **午餐：酿面筋Gluten** | **上午点心：苹果汁Apple juice**  **玉米棒corn cob**  **午餐：白米饭rice**  **香炸鸡排Fried chicken breast** | **上午点心：苹果汁Apple juice**  **土豆 potato 双色馒头Double color steamed bread**  **午餐：果蔬炒饭Fruit and vegetable fried rice**  **红烧狮子头steweed pork Ball in Brown sauce**  **菠菜汤spinach soup** | **上午点心：苹果汁Apple juice**  **午餐：冬瓜汤wax gourd soup**  **芹菜炒木耳stir fried agaric with celery**  **下午点心：米糊rice paste** |
| **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**  **红心火龙果red pitaya** | **雪花南瓜饼snowflake pumpkin pie**  **冰糖雪梨汁pear juice with suger**  **猕猴桃kiwi fruit** | **番薯甜汤sweet potato**  **甜瓜Muskmelon** | **葡式蛋挞poruguese style egg big**  **苹果汁Apple juice**  **红心柚子red heart pomelon** |

**The kindergarten diet 2019.**

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|  | **Monday** | **Tuesday** | **Wednesday** |  | **Friday** |
| **Morning snack** |  |  |  |  |  |
| **lunch** |  |  |  |  |  |
| **Allergic children** |  |  |  |  |  |
| **afternoon snack** |  |  |  |  |  |