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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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.**

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