**无锡协和双语国际学校附属幼儿园食谱  2019.12-16-2019-12-20**

**The kindergarten diet 2019.12-16-2019-12-20**

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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** | **燕麦核桃豆浆Oat Walnut soybean**  **玉米馒头Corn flour buns**  **荷兰黄瓜holland cucumber** | **牛奶milk**  **草莓卷strawberry**  **香蕉Banana** | **牛奶milk**  **流沙包cream custard bun**  **坚果Nuts**  **红富士苹果Apple** | **醇香黑芝麻豆浆Black sesame soybean milk**  **高钙饼干High calcium**  **红提葡萄red grape** |  |
| **午餐**  **lunch** | **葱爆虾Fried shrimps with scallion**  **蚝油生菜Oyster sauce lettuce**  **菌菇汤The fungs mushroom soup**  **黑白米饭Black and white rice** | **酱香鸡腿Maotai flavor chicken leg**  **青菜炒千张stir fried thousands of green vegetables**  **翡翠白玉羹Jade and white jade soup**  **樱花黑芝麻米饭cherry blossom black sesame rice** | **意式蝴蝶面Spaghetti**  **芙蓉鲜蔬汤egg vegetable soup**  **香煎西冷牛排Frying western cold steak** | **无敌营养炒饭Fried rice nutrition**  **卷心菜肉泥卷Cabbage and minced meat roll**  **菠菜鱼丸汤spainach fish ball soup** | **音乐会** |
| **过敏儿童Allergic children** | **上午点心：苹果汁Apple juice**  **午餐：鸡米花Popcorn chicken**  **下午点心：土豆薯饼potato cake** | **上午点心：苹果汁Apple juice**  **紫薯purple sweet potato**  **午餐：白米饭rice**  **西芹炒方腿丁Stir fried diced square Leg with celery**  **下午点心：饼干Cookies** | **上午点心：苹果汁Apple juice**  **双色糕Two color cake**  **午餐：小排冬瓜汤Small ribs and white gourd soup**  **下午点心：银耳羹Tremella soup** | **上午点心：苹果汁Apple juice**  **午餐：果蔬炒饭fried rice with fruits and vegetables**  **五香牛肉**  **菠菜汤spinach soup**  **下午点心：淮扬米糕Huaiyang rice cake** |  |
| **下午点心afternoon snack** | **蛋丝小馄饨Light delicious egg wonton**  **红心柚子red heart pomelo** | **椰汁西米露Coconut milk and rice dew**  **甜甜圈Doughnuts**  **红心火龙果red pitaya** | **银耳莲子羹Tremella and lotus seed soup**  **库尔勒梨pear** | **香煎田园土豆饼potato**  **Vc橘汁Vc orange juice**  **哈密瓜Cantaloupe** |  |