**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**  |  |