**无锡协和双语国际学校附属幼儿园食谱  2020-01-06-2020-01-10**

**The kindergarten diet 2020-01-06-2020-01-10**

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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**  **香蕉小饼Banana cake**  **梨Pear** | **燕麦核桃豆浆oat walnut soya bean milk**  **葡萄切片Granpevine slice**  **红富士苹果Apple** | **牛奶Milk**  **南瓜小馒头pumpkin steamed bun**  **坚果Nuts**  **乳黄瓜** | **醇香黑芝麻豆浆Black sesame milk**  **杏仁酥饼干Almond biscuit**  **橙orange** | **牛奶Milk**  **刺猬包Hed gehog bag**  **圣女果cherry Tomatoes** |
| **午餐**  **lunch** | **栗子烧鹅块chestnut roast goose**  **西芹炒腐竹stir fried beancurd with celery**  **玉米排骨汤corn and spinach soup**  **白米饭rice** | **香煎三文鱼pan fried cabbage**  **彩椒炒土豆丝fried potatoes with sweet pepper**  **毛菜猪肝汤Mao vegetable pork liver soup Lunch**  **黑白米饭Blace and white rice** | **奶油培根意面crean bacon pasta**  **橙香鸡腿chicken leg with orange flavor**  **菠菜干贝汤spinach and scallop soup** | **荷兰炒饭Fried rice in holland**  **西葫芦炒蛋Fried egg with zucchini**  **西湖牛肉羹westLake beef soup** | **茄汁牛肉柳Tomato beef fillet**  **包菜炒虾米Fried shrimps with cabbage**  **翡翠白玉羹Jade and white jade 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：双色刀切Two color cutter** | **上午点心：苹果汁Apple juice**  **玉米棒corn cob**  **午餐：酿面筋Gluten**  **下午点心：双色糕Two color cake** | **上午点心：苹果汁Apple juice**  **午餐：白米饭rice**  **菠菜汤spinach soup**  **下午点心：紫薯purple sweet potato** | **上午点心：苹果汁Apple juice**  **午餐：西葫芦炒木耳Fried Auricularria auricula with zucchini**  **果蔬炒饭Fruit and vegetable fried rice**  **下午点心：苹果汁Apple juice** | **上午点心：苹果汁Apple juice**  **下午点心：淮扬米糕Huaiyang rice cake** |
| **下午点心afternoon snack** | **葱油肉丝面shredded pork with**  **蛇果red delicious** | **四喜汤圆Four happy Tang yuan**  **草莓strawberry** | **多彩鸡蛋卷Colorful egg rolls**  **金桔柠檬蜂蜜水Kumquat lemon honey waterw**  **芒果Mango** | **黑米盏Black rice calyx**  **牛奶燕麦羹Mlik oat meal soup**  **哈密瓜Cantaloupe** | **红豆宝贝red bean baby**  **冰糖雪梨水Iced sugar and pear water**  **红提葡萄red grapes** |