**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**

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