**无锡协和双语国际学校附属幼儿园食谱 2020-06-01-2020-06-05**

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|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **卡士酸奶**  **曲奇饼干** | **燕麦核桃豆浆**  **葡萄切片**  **红富士苹果** | **鲜牛奶**  **南瓜玫瑰馒头**  **坚果**  **库尔勒梨** | **养乐多**  **红糖发糕**  **橙** | **鲜牛奶**  **刺猬包**  **千禧** |
| **午餐** | **披萨**  **烤肉肠**  **奶油蘑菇汤**  **千禧** | **三色龙利鱼**  **肉末茄子**  **毛菜猪肝汤**  **黑白米饭** | **可乐鸡翅中**  **丝瓜鸡蛋**  **海鲜干贝羹**  **白米饭** | **黄金炒饭**  **糖醋排骨**  **油豆腐生菜汤** | **茄汁牛柳**  **炝炒圆白菜粉丝**  **翡翠白玉羹**  **白米饭** |
| **过敏儿童** |  | **上午点心：苹果汁** | **上午点心；苹果汁**  **午餐：丝瓜炒木耳** | **午餐：果蔬炒饭** | **下午点心：苹果汁** |
| **下午点心** | **绿豆汤**  **幸福生煎** | **手作水晶圆子**  **阳光芒果** | **金橘柠檬蜂蜜水**  **思念小猪佩琦包**  **红提葡萄** | **黑米盏**  **牛奶燕麦羹**  **西州蜜** | **葡式蛋挞**  **酸奶**  **西瓜** |

**无锡协和双语国际学校附属幼儿园食谱  2020-06-01-2020-06-05**

**The kindergarten diet 2020-06-01-2020-06-05**

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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** | **卡士酸奶Cass yoghurt**  **曲奇饼干Cookies** | **燕麦核桃豆浆Oat walnut soymilk**  **葡萄切片Grape slices**  **红富士苹果Red Fuji apple** | **鲜牛奶Fresh milk**  **南瓜玫瑰馒头Pumpkin and rose steamed bread**  **坚果**  **库尔勒梨Korla Pear** | **养乐多yakult**  **红糖发糕Brown sugar cake**  **橙orange** | **鲜牛奶Fresh milk**  **刺猬包Hedgehog bag**  **千禧millennium** |
| **午餐**  **lunch** | **披萨Pizza**  **烤肉肠Barbecue sausage**  **奶油蘑菇汤Cream of Mushroom Soup**  **千禧millennium** | **三色龙利鱼Tricolor dragonfish**  **肉末茄子Eggplant with minced meat**  **毛菜猪肝汤Pig liver soup with pickled vegetables**  **黑白米饭Black and white rice** | **可乐鸡翅中Chicken wings with coke**  **丝瓜鸡蛋Luffa egg**  **海鲜干贝羹Scallop soup with seafood**  **白米饭rice** | **黄金炒饭Fried rice with gold**  **糖醋排骨Sweet and Sour Spare Ribs**  **油豆腐生菜汤Bean curd and lettuce soup** | **茄汁牛柳Beef fillet in tomato sauce**  **炝炒圆白菜粉丝Stir fried cabbage and vermicelli**  **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** | **上午点心；苹果汁Apple Juice**  **午餐：丝瓜炒木耳Stir fried fungus with towel gourd** | **午餐：果蔬炒饭Fried rice with fruits and vegetables** | **下午点心：苹果汁Apple Juice** |
| **下午点心afternoon snack** | **绿豆汤Mung bean soup**  **幸福生煎Happy fried** | **手作水晶圆子Hand made crystal ball**  **阳光芒果Sun mango** | **金橘柠檬蜂蜜水Kumquat lemon honey water**  **思念小猪佩琦包Miss piggy Peiqi bag**  **红提葡萄Red grape** | **黑米盏Black rice Scutellaria**  **牛奶燕麦羹Milk and oatmeal soup**  **西州蜜Xizhoumi** | **葡式蛋挞Portuguese Egg Tart**  **酸奶Yoghurt**  **西瓜watermelon** |

**The kindergarten diet 2020-06-01-2020-06-05**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | **Cass yoghurt**  **Cookies** | **Oat walnut soymilk**  **Grape slices**  **Red Fuji apple** | **Fresh milk**  **Pumpkin and rose steamed bread**  **Korla Pear** | **yakult**  **Brown sugar cake**  **orange** | **Fresh milk**  **Hedgehog bag**  **millennium** |
| **lunch** | **Pizza**  **Barbecue sausage**  **Cream of Mushroom Soup**  **millennium** | **Tricolor dragonfish**  **Eggplant with minced meat**  **Pig liver soup with pickled vegetables**  **Black and white rice** | **Chicken wings with coke**  **Luffa egg**  **Scallop soup with seafood**  **rice** | **Fried rice with gold**  **Sweet and Sour Spare Ribs**  **Bean curd and lettuce soup** | **Beef fillet in tomato sauce**  **Stir fried cabbage and vermicelli**  **Jade and white jade soup**  **rice** |
| **Allergic children** |  | **Apple Juice** | **Apple Juice**  **Stir fried fungus with towel gourd** | **Fried rice with fruits and vegetables** | **Apple Juice** |
| **afternoon snack** | **Mung bean soup**  **Happy fried** | **Hand made crystal ball**  **Sun mango** | **Kumquat lemon honey water**  **Miss piggy Peiqi bag**  **Red grape** | **Black rice Scutellaria**  **Milk and oatmeal soup**  **Xizhoumi** | **Portuguese Egg Tart**  **Yoghurt**  **watermelon** |