**无锡协和双语国际学校附属幼儿园食谱 2020-06-08-2020-06-12**

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|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **牛奶****香芋瓜子球****仙人蕉** | **燕麦核桃豆浆****岩烧吐司****红富士苹果** | **牛奶****南瓜迷你馒头****坚果****库尔勒梨** | **醇香黑芝麻豆浆****红糖馒头****脐橙** | **酸奶****三鲜肉包****千禧** |
| **午餐** | **咖喱鸡块****丝瓜炒香干****萝卜蹄髈汤****白米饭** | **彩椒虾仁滑蛋****肉末茄子****毛菜猪肝汤****黑白米饭** | **汉堡****橙鸡腿****西兰花黑木耳****奶油玉米浓汤** | **荷兰炒饭****红烧排骨****西湖牛肉羹** | **番茄酱牛肉丸****青菜炒蘑菇****三丝汤** |
| **过敏儿童** | **上午点心:玉米****午餐:丝瓜炒木耳****下午点心:南瓜糕** | **上午点心:苹果汁****土豆****午餐:鸡米花** | **上午点心:苹果汁****午餐:白米饭****下午点心:紫薯** | **上午点心:苹果汁****午餐:果蔬炒饭****下午点心:阿华田** | **上午点心:苹果汁****黑米糕****午餐:时蔬汤** |
| **下午点心** | **蛋丝小馄饨****西瓜** | **黑芝麻汤圆****红心火龙果** | **迷你三明治****红枣冰糖饮****美国提子** | 玉米棒酸奶哈密瓜 | **水晶烧卖****Vc橘汁****甜瓜** |

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**The kindergarten diet 2020-06-08-2020-06-12**

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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****香芋瓜子球Melon seed ball with Taro****仙人蕉Cactus banana** | **燕麦核桃豆浆Oat walnut soymilk****岩烧吐司Braised toast****红富士苹果Red Fuji apple** | **牛奶milk****南瓜迷你馒头Pumpkin Mini steamed bread****坚果nut****库尔勒梨Korla Pear** | **醇香黑芝麻豆浆Mellow black sesame soymilk****红糖馒头Brown sugar steamed bread****脐橙Navel orange** | **酸奶Yoghurt****千禧millennium** |
| **午餐****lunch** | **咖喱鸡块Chicken curry****丝瓜炒香干Stir fried dried towel gourd****萝卜蹄髈汤Soup with radish and hoof****白米饭rice** | **彩椒虾仁滑蛋Fried eggs with shrimp and pepper****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** | **汉堡hamburger****橙鸡腿Orange drumstick****西兰花黑木耳Black fungus with Broccoli****奶油玉米浓汤Cream Corn Soup** | **荷兰炒饭Fried rice in Holland****红烧排骨Spareribs with brown sauce****西湖牛肉羹West Lake beef soup** | **番茄酱牛肉丸Beef balls with tomato sauce****青菜炒蘑菇Stir fried mushrooms with green vegetables****三丝汤three shredded ingredients soup** |
| **过敏儿童Allergic children** | **上午点心:玉米Corn****午餐:丝瓜炒木耳Stir fried fungus with towel gourd****下午点心:南瓜糕Pumpkin Cake** | **上午点心:苹果汁Apple Juice****土豆potato****午餐:鸡米花popcorn chicken** | **上午点心:苹果汁Apple Juice****午餐:白米饭rice****下午点心:紫薯Purple sweet potato** | **上午点心:苹果汁Apple Juice****午餐:果蔬炒饭Fried rice with fruits and vegetables****下午点心:阿华田ovaltine** | **上午点心:苹果汁Apple Juice****黑米糕Black rice cake****午餐:时蔬汤Seasonal vegetable soup** |
| **下午点心afternoon snack** | **蛋丝小馄饨Wonton with shredded egg****西瓜watermelon** | **黑芝麻汤圆Black sesame Glutinous Rice Balls****红心火龙果Red heart dragon fruit** | **迷你三明治Finger Sandwich****红枣冰糖饮Red date Bingtang drink****美国提子American raisin** | 玉米棒Corn Cob酸奶Yoghurt哈密瓜Hami melon | **水晶烧卖Crystal firing****Vc橘汁VC orange juice****甜瓜muskmelon** |

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | **milk****Melon seed ball with Taro****Cactus banana** | **Oat walnut soymilk****Braised toast****Red Fuji apple** | **milk****Pumpkin Mini steamed bread****nut****Korla Pear** | **Mellow black sesame soymilk****Brown sugar steamed bread****Navel orange** | **Yoghurt****millennium** |
| **lunch** | **Chicken curry****Stir fried dried towel gourd****Soup with radish and hoof****rice** | **Fried eggs with shrimp and pepper****Eggplant with minced meat****Pig liver soup with pickled vegetables****Black and white rice** | **hamburger****Orange drumstick****Black fungus with Broccoli****Cream Corn Soup** | **Fried rice in Holland****Spareribs with brown sauce****West Lake beef soup** | **Beef balls with tomato sauce****Stir fried mushrooms with green vegetables****three shredded ingredients soup** |
| **Allergic children** | **Corn****Stir fried fungus with towel gourd****Pumpkin Cake** | **Apple Juice****potato****popcorn chicken** | **Apple Juice****rice****Purple sweet potato** | **Apple Juice****Fried rice with fruits and vegetables****ovaltine** | **Apple Juice****Black rice cake****Seasonal vegetable soup** |
| **afternoon snack** | **Wonton with shredded egg****watermelon** | **Black sesame Glutinous Rice Balls****Red heart dragon fruit** | **Finger Sandwich****Red date Bingtang drink****American raisin** | Corn CobYoughurtHami melon | **Crystal firing****VC orange juice****甜瓜muskmelon** |