**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** |

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

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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 Cob  Youghurt  Hami melon | **Crystal firing**  **VC orange juice**  **甜瓜muskmelon** |