**无锡协和双语国际学校附属幼儿园食谱 2020-06-29-2020-07-03**

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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****手工动物饼干****小香梨** | **红豆沙餐包****酸奶****维C脐橙** | **牛奶****坚果****蜂蜜宝宝包****圣女果** | **小酥星饼干****养乐多****红富士苹果** | **酸奶****叉烧包****奇异果** |
| **午餐** | **泰式咖喱鸡块****蚝油空心菜****鲜美菌菇汤****白米饭** | **三彩炒鳝丝****百页丝炒细菜****宝宝营养汤** | **夏威夷披萨****卡通鸡块****西式玉米浓羹** | **虾仁炒饭****五彩包菜肉卷****番茄花菜汤** | **一品牛肉圆****丝瓜炒蛋****素暖冬瓜汤****薏米饭** |
| **过敏儿童** | **上午点心：苹果汁****玉米** | **上午点心：苹果汁****午餐：红烧狮子头****下午点心：银耳羹** | 上午点心：苹果汁午餐：白米饭白菜菌菇汤 | 上午点心：苹果汁午餐：果蔬炒饭 | 上午点心：苹果汁午餐：丝瓜炒木耳下午点心：黑米盏 |
| **下午点心** | **儿童迷你水饺****小芭蕉** | **宝宝养生羹****西瓜** | **日式豆沙包****奶香玉米汁****红心火龙果** | 韩式南瓜羹夏黑葡萄 | **清肺雪梨水****甜甜圈****甜瓜** |

**无锡协和双语国际学校附属幼儿园食谱  2020-06-29-2020-07-03**

**The kindergarten diet 2020-06-29-2020-07-03**

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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****手工动物饼干Handmade animal biscuit****小香梨Small fragrant pear** | **红豆沙餐包Red Bean Bun****酸奶Yoghurt****维C脐橙Vitamin C navel orange** | **牛奶milk****坚果nut****蜂蜜宝宝包Honey baby bag****圣女果Cherry Tomatoes** | **小酥星饼干Small crispy star biscuit****养乐多yakult****红富士苹果Red Fuji apple** | **酸奶Yoghurt****叉烧包Baozi Stuffed with BBQ Pork****奇异果Kiwi fruit** |
| **午餐****lunch** | **泰式咖喱鸡块Thai Style Chicken Curry****蚝油空心菜Sauerkraut in oyster sauce****鲜美菌菇汤Mushroom soup****白米饭rice** | **三彩炒鳝丝Fried eel shreds in three colors****百页丝炒细菜Stir fried cabbage with shredded leaves****宝宝营养汤Baby nutrition soup** | **夏威夷披萨Hawaii Pizza****卡通鸡块Cartoon chicken****西式玉米浓羹Western style corn thick soup** | **虾仁炒饭Stir-Fried Rice with Shrimp****五彩包菜肉卷Pork rolls with cabbage****番茄花菜汤Tomato and cauliflower soup** | **一品牛肉圆Beef ball****丝瓜炒蛋Stir fried egg with Loofah****素暖冬瓜汤Vegetable warm winter melon soup****薏米饭Coix rice** |
| **过敏儿童Allergic children** | **上午点心：苹果汁Apple Juice****玉米Corn** | **上午点心：苹果汁Apple Juice****午餐：红烧狮子头Stewed Pork Ball in Brown Sauce****下午点心：银耳羹Tremella soup** | 上午点心：苹果汁Apple Juice午餐：白米饭rice白菜菌菇汤Mushroom soup with cabbage | 上午点心：苹果汁Apple Juice午餐：果蔬炒饭Fried rice with fruits and vegetables | 上午点心：苹果汁Apple Juice午餐：丝瓜炒木耳Stir fried fungus with towel gourd下午点心：黑米盏Black rice Scutellaria |
| **下午点心afternoon snack** | **儿童迷你水饺Children's Mini dumplings****小芭蕉Plantain** | **宝宝养生羹Baby health soup****西瓜watermelon** | **日式豆沙包Japanese style bean paste bun****奶香玉米汁Milk flavored corn juice****红心火龙果Red heart dragon fruit** | 韩式南瓜羹Korean pumpkin soup夏黑葡萄Summer Black Grape | **清肺雪梨水Qingfei Sydney Water****甜甜圈doughnut****甜瓜muskmelon** |

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | **milk****Handmade animal biscuit****Small fragrant pear** | **Red Bean Bun****Yoghurt****Vitamin C navel orange** | **milk****nut****Honey baby bag****Cherry Tomatoes** | **Small crispy star biscuit****yakult****Red Fuji apple** | **Yoghurt****Baozi Stuffed with BBQ Pork****Kiwi fruit** |
| **lunch** | **Thai Style Chicken Curry****Sauerkraut in oyster sauce****Mushroom soup****rice** | **Fried eel shreds in three colors****Stir fried cabbage with shredded leaves****Baby nutrition soup** | **Hawaii Pizza****Cartoon chicken****Western style corn thick soup** | **Stir-Fried Rice with Shrimp****Pork rolls with cabbage****Tomato and cauliflower soup** | **Beef ball****Stir fried egg with LoofahVegetable warm winter melon soup****Coix rice** |
| **Allergic children** | **Apple Juice****Corn** | **Apple Juice****Stewed Pork Ball in Brown Sauce****Tremella soup** | Apple JuicericeMushroom soup with cabbage | Apple JuiceFried rice with fruits and vegetables | Apple JuiceStir fried fungus with towel gourdBlack rice Scutellaria |
| **afternoon snack** | **Children's Mini dumplings****Plantain** | **Baby health soup****watermelon** | **Japanese style bean paste bun****Milk flavored corn juice****Red heart dragon fruit** | Korean pumpkin soupSummer Black Grape | **Qingfei Sydney Water****doughnut****muskmelon** |