**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** |

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

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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 Juice  rice  Mushroom soup with cabbage | Apple Juice  Fried rice with fruits and vegetables | Apple Juice  Stir fried fungus with towel gourd  Black 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 soup  Summer Black Grape | **Qingfei Sydney Water**  **doughnut**  **muskmelon** |