**无锡协和双语国际学校附属幼儿园食谱 2021.2.22~2021.2.26**

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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****佛手芝麻卷****红富士苹果** | **醇香黑芝麻豆浆****南瓜小馒头****坚果****库尔勒梨** | **牛奶****杏仁酥饼干****脐橙** | **醇香黑芝麻豆浆****圣女果****刺猬包** |
| **午餐** |  | **五彩鸡丝****莴苣炒蛋****日式味增汤****白米饭** | **奶油培根意面****橙香鸡腿****菠菜干贝汤** | **荷兰炒饭****西湖牛肉羹****西葫芦炒蛋** | **茄汁牛肉柳****包菜炒虾仁****翡翠白玉羹****白米饭** |
| **过敏儿童** |  | **上午点心：苹果汁、鲜芽米糕****午餐：莴苣炒木耳****青菜汤** | **上午点心：苹果汁****午餐：菠菜香菇汤****下午点心：葱油花卷** | **上午点心：苹果汁****午餐：荷香糯米鸡****下午点心：水果羹** | **上午点心：苹果汁****午餐：包菜炒粉丝****下午点心：甜甜圈** |
| **下午点心** |  | **韩式南瓜粥****车厘子** | **多彩鸡蛋卷****金桔柠檬蜂蜜水****芒果** | **黑米盏****牛奶燕麦羹****圣女果** | **青桔百香果饮****红豆宝贝****红提子葡萄** |

**无锡协和双语国际学校附属幼儿园食谱  2021.2.22~2021.2.26**

**The kindergarten diet 2021.2.22~2021.2.26**

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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****佛手芝麻卷Buddha hand sesame roll****红富士苹果Red Fuji Apple** | **醇香黑芝麻豆浆Mellow black sesame soybean milk****南瓜小馒头Pumpkin buns****坚果nuts****库尔勒梨Korla pear** | **牛奶milk****杏仁酥饼干Almond biscuit****脐橙Navel orange** | **醇香黑芝麻豆浆Mellow black sesame soybean milk****圣女果Cherry Tomatoes****刺猬包The hedgehog package** |
| **午餐****lunch** |  | **五彩鸡丝Colorful food****莴苣炒蛋Lettuce scrambled eggs****日式味增汤Miso soup, Japanese style****白米饭White rice** | **奶油培根意面Creamed bacon pasta****橙香鸡腿Orange chicken leg****菠菜干贝汤Spinach scallop soup** | **荷兰炒饭The Fried rice****西湖牛肉羹West Lake Beef Soup****西葫芦炒蛋Scrambled egg with zucchini** | **茄汁牛肉柳Beef fillet in tomato sauce****包菜炒虾米Fried shrimps with cabbage****翡翠白玉羹Jade white jade soup****白米饭White rice** |
| **过敏儿童Allergic children** |  | **上午点心：苹果汁Apple juice、鲜芽米糕Fresh rice cakes****午餐：莴苣炒木耳Fried wood fungus with lettuce****青菜汤Green vegetables soup** | **上午点心：苹果汁Apple juice****午餐：菠菜香菇汤Spinach and mushroom soup****下午点心：葱油花卷Green spray volume** | **上午点心：苹果汁Apple juice****午餐：荷香糯米鸡Lotus fragrant glutinous rice chicken****下午点心：水果羹Fruit soup** | **上午点心：苹果汁Apple juice****午餐：包菜炒粉丝Fried cabbage with vermicelli****下午点心：甜甜圈donuts** |
| **下午点心afternoon snack** |  | **韩式南瓜粥Korean pumpkin porridge****车厘子cherries** | **多彩鸡蛋卷Multicoloured egg roll****金桔柠檬蜂蜜水Kumquat lemon honey water****芒果Mango.** | **黑米盏Black rice light****牛奶燕麦羹Oatmeal with milk****圣女果Cherry Tomatoes** | **青桔百香果饮Green orange passion fruit drink****红豆宝贝Red bean baby****葡萄grapes** |