**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** |