**无锡协和双语国际学校附属幼儿园食谱 2021.09.06-2021.09.10**

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| **时间** | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **牛奶/ NFC橙汁**  **Milk/NFC Orange juice**  **卡通曲奇 / 玉米棒**  **Cartoon cookies/Corn cob**  **香蕉 banana** | **牛奶/ NFC橙汁**  **Milk/NFC Orange juice**  **红糖馒头/蒸贝贝南瓜**  **Brown sugar steamed buns/** **Steamed pumpkin**  **圣女果**  **Cherry Tomatoes** | **牛奶 /NFC橙汁**  **Milk/NFC Orange juice**  **蔓越饼干/ 蒸紫薯**  **Cranberry cookies/** **Steamed purple potato**  **苹果 apple** | **牛奶/ NFC橙汁**  **Milk/NFC Orange juice**  **卡通猪猪包/烤红薯**  **Cartoon pig bun/** **Roast sweet potato**  **乳黄瓜**  **Milk cucumber** | **牛奶/ NFC橙汁**  **Milk/NFC Orange juice**  **黑米发糕/蒸贝贝南瓜**  **Black rice steamed sponge cake/**  **Steamed pumpkin**  **梨 Pear** |
| **午餐** | **三色面条**  **Three color of noodles**  **蜜汁叉烧肉**  **Roast pork with honey sauce** | **金玉满堂炒鸡丁**  **Stir-fried diced chicken**  **芹菜炒香干**  **Stir-fried celery and dried spices**  **番茄木耳汤**  **Tomato soup**  **薏米饭**  **Coix seed meal** | **茄汁基围虾**  **Shrimp base in tomato sauce**  **丝瓜炒蛋**  **Towel gourd scrambled eggs**  **青菜蘑菇汤**  **Mushroom soup with green vegetables**  **麦片饭**  **Cereal food** | **蛋丝小馄饨**  **Wonton with shredded egg**  **五彩什锦**  **Mixed Veggies and Pork** | **清蒸鸦片鱼**  **Steamed Fish**  **肉末茄子**  **Minced meat eggplant**  **毛菜猪肝汤**  **Pork Liver and Vegetable Soup**  **黑白米饭**  **Black and white rice** |
| **下午点心** | **寿司卷**  **Sushi rolls**  **蜂蜜柚子茶**  **Honey grapefruit tea**  **黄心猕猴桃** **Yellow heart kiwi** | **木瓜银耳红枣枸杞饮**  **Papaya tremella red date wolfberry drink**  **奶香包**  **Milk sachets**  **红心火龙果**  **Red pitaya** | **纸杯蛋糕**  **cupcakes**  **椰汁西米露**  **Coconut sago**  **西瓜** **watermelon** | **五谷营养粥**  **Whole grain nutritious porridge**  **芭蕉 banana** | **自制蛋挞**  **Homemade egg tart**  **养乐多**  **YaKult**  **哈密瓜**  **Hami melon** |