**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** |