**无锡协和双语国际学校附属幼儿园食谱 2020-06-01-2020-06-05**

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|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **卡士酸奶****曲奇饼干** | **燕麦核桃豆浆****葡萄切片****红富士苹果** | **鲜牛奶****南瓜玫瑰馒头****坚果****库尔勒梨** | **养乐多****红糖发糕****橙** | **鲜牛奶****刺猬包****千禧** |
| **午餐** | **披萨****烤肉肠****奶油蘑菇汤****千禧** | **三色龙利鱼****肉末茄子****毛菜猪肝汤****黑白米饭** | **可乐鸡翅中****丝瓜鸡蛋****海鲜干贝羹****白米饭** | **黄金炒饭****糖醋排骨****油豆腐生菜汤** | **茄汁牛柳****炝炒圆白菜粉丝****翡翠白玉羹****白米饭** |
| **过敏儿童** |  | **上午点心：苹果汁** | **上午点心；苹果汁****午餐：丝瓜炒木耳** | **午餐：果蔬炒饭** | **下午点心：苹果汁** |
| **下午点心** | **绿豆汤****幸福生煎** | **手作水晶圆子****阳光芒果** | **金橘柠檬蜂蜜水****思念小猪佩琦包****红提葡萄** | **黑米盏****牛奶燕麦羹****西州蜜** | **葡式蛋挞****酸奶****西瓜** |

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**The kindergarten diet 2020-06-01-2020-06-05**

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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** | **卡士酸奶Cass yoghurt****曲奇饼干Cookies** | **燕麦核桃豆浆Oat walnut soymilk****葡萄切片Grape slices****红富士苹果Red Fuji apple** | **鲜牛奶Fresh milk****南瓜玫瑰馒头Pumpkin and rose steamed bread****坚果****库尔勒梨Korla Pear** | **养乐多yakult****红糖发糕Brown sugar cake****橙orange** | **鲜牛奶Fresh milk****刺猬包Hedgehog bag****千禧millennium** |
| **午餐****lunch** | **披萨Pizza****烤肉肠Barbecue sausage****奶油蘑菇汤Cream of Mushroom Soup****千禧millennium** | **三色龙利鱼Tricolor dragonfish****肉末茄子Eggplant with minced meat****毛菜猪肝汤Pig liver soup with pickled vegetables****黑白米饭Black and white rice** | **可乐鸡翅中Chicken wings with coke****丝瓜鸡蛋Luffa egg****海鲜干贝羹Scallop soup with seafood****白米饭rice** | **黄金炒饭Fried rice with gold****糖醋排骨Sweet and Sour Spare Ribs****油豆腐生菜汤Bean curd and lettuce soup** | **茄汁牛柳Beef fillet in tomato sauce****炝炒圆白菜粉丝Stir fried cabbage and vermicelli****翡翠白玉羹Jade and white jade soup****白米饭rice** |
| **过敏儿童Allergic children** |  | **上午点心：苹果汁Apple Juice** | **上午点心；苹果汁Apple Juice****午餐：丝瓜炒木耳Stir fried fungus with towel gourd** | **午餐：果蔬炒饭Fried rice with fruits and vegetables** | **下午点心：苹果汁Apple Juice** |
| **下午点心afternoon snack** | **绿豆汤Mung bean soup****幸福生煎Happy fried** | **手作水晶圆子Hand made crystal ball****阳光芒果Sun mango** | **金橘柠檬蜂蜜水Kumquat lemon honey water****思念小猪佩琦包Miss piggy Peiqi bag****红提葡萄Red grape** | **黑米盏Black rice Scutellaria****牛奶燕麦羹Milk and oatmeal soup****西州蜜Xizhoumi** | **葡式蛋挞Portuguese Egg Tart****酸奶Yoghurt****西瓜watermelon** |

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | **Cass yoghurt****Cookies** | **Oat walnut soymilk****Grape slices****Red Fuji apple** | **Fresh milk****Pumpkin and rose steamed bread****Korla Pear** | **yakult****Brown sugar cake****orange** | **Fresh milk****Hedgehog bag****millennium** |
| **lunch** | **Pizza****Barbecue sausage****Cream of Mushroom Soup****millennium** | **Tricolor dragonfish****Eggplant with minced meat****Pig liver soup with pickled vegetables****Black and white rice** | **Chicken wings with coke****Luffa egg****Scallop soup with seafood****rice** | **Fried rice with gold****Sweet and Sour Spare Ribs****Bean curd and lettuce soup** | **Beef fillet in tomato sauce****Stir fried cabbage and vermicelli****Jade and white jade soup****rice** |
| **Allergic children** |  | **Apple Juice** | **Apple Juice****Stir fried fungus with towel gourd** | **Fried rice with fruits and vegetables** | **Apple Juice** |
| **afternoon snack** | **Mung bean soup****Happy fried** | **Hand made crystal ball****Sun mango** | **Kumquat lemon honey water****Miss piggy Peiqi bag****Red grape** | **Black rice Scutellaria****Milk and oatmeal soup****Xizhoumi** | **Portuguese Egg Tart****Yoghurt****watermelon** |