**无锡协和双语国际学校附属幼儿园食谱 2021.3.1~2021.3.5**

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| --- | --- | --- | --- | --- | --- |
|  | **星期一** | **星期二** | **星期三** | **星期四** | **星期五** |
| **上午点心** | **燕麦核桃豆浆****玉米馒头****荷兰黄瓜** | **香浓豆浆****草莓卷****香蕉** | **牛奶****流沙包****坚果****红富士苹果** | **醇香黑芝麻豆浆****高钙饼干****圣女果** | **牛奶****卡通猪猪包****橙子** |
| **午餐** | **酱香鸡腿****蚝油生菜****菌菇汤****白米饭** | **包菜炒千张****葱爆基围虾****翡翠白玉羹****樱花黑芝麻米饭** | **香煎西冷牛排****意式蝴蝶面****芙蓉鲜蔬汤** | **香干炒青菜****凤梨酥排****鸽子竹荪汤****无敌营养炒饭** | **番茄牛肉柳****四色清炒山药****青菜虾皮汤****白米饭** |
| **过敏儿童** | **上午点心：苹果汁****午餐：红烧狮子头****下午点心：小馄饨** | **上午点心：苹果汁、鲜芽米糕****午餐：菠菜香菇汤****下午点心：玉米棒** | **上午点心：苹果汁****下午点心:银耳红枣羹** | **上午点心：苹果汁****午餐：青菜炒木耳****果蔬炒饭** | **上午点心：苹果汁****午餐：青菜汤****下午点心：手工糊糊** |
| **下午点心** | **蛋丝小馄饨****香蕉** | **椰汁西米露****纸杯蛋糕****红心火龙果** | **银耳莲子羹****库尔勒香梨** | **香煎田园土豆饼****冰糖红枣饮****巨峰葡萄** | **丹麦热狗****自制豆浆****草莓** |

**无锡协和双语国际学校附属幼儿园食谱  2021.3.1~2021.3.5**

**The kindergarten diet 2021.3.1~2021.3.5**

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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** | **燕麦核桃豆浆Oatmeal walnut soy milk****玉米馒头Corn steamed bread****荷兰黄瓜holland cucumber** | **香浓豆浆Aromatic soya-bean milk****草莓卷Strawberry volume****香蕉banana** | **牛奶milk****流沙包Quicksand steamed stuffed bun****坚果nuts****红富士苹果apple** | **醇香黑芝麻豆浆Black sesame soybean milk****高钙饼干High calcium biscuits****圣女果Cherry Tomatoes** | **牛奶milk****卡通猪猪包Cartoon pig bun****橙子The oranges** |
| **午餐****lunch** | **酱香鸡腿Maotai-flavor chicken leg****蚝油生菜Oyster sauce lettuce****菌菇汤The fungus mushroom soup****白米饭White rice** | **包菜炒千张Cabbage stir-fried thousand****葱爆基围虾Sauteed prawns with scallion****翡翠白玉羹Jade and white jade soup****樱花黑芝麻米饭Cherry black sesame rice** | **香煎西冷牛排Pan-fried sirloin steak****意式蝴蝶面Italian butterfly noodles****芙蓉鲜蔬汤Lotus fresh vegetable soup** | **香干炒青菜Sauteed dried vegetables****凤梨酥排Pineapple cakes row****鸽子竹荪汤Pigeon bamboo sun soup****无敌营养炒饭Fried rice nutrition** | **番茄牛肉柳Beef fillet with tomato四色清炒山药Sauteed Chinese yam in four colors****青菜虾皮汤Green vegetable and shrimp skin soup****白米饭White rice** |
| **过敏儿童Allergic children** | **上午点心：苹果汁Apple juice****午餐：红烧狮子头Braised lion****下午点心：小馄饨Small wonton** | **上午点心：苹果汁Apple juice****鲜芽米糕Fresh rice cakes****午餐：菠菜香菇汤Spinach and mushroom soup****下午点心：玉米棒Corn cob** | **上午点心：苹果汁Apple juice****下午点心：银耳红枣羹Tremella and red date soup** | **上午点心：苹果汁Apple juice午餐：青菜炒木耳Fried wooden fungus with green vegetables果蔬炒饭Fruit and vegetable stir fry** | **上午点心：苹果汁Apple juice****午餐：青菜汤vegetable soup****下午点心：手工糊糊The manual of the gunk** |
| **下午点心afternoon snack** | **蛋丝小馄饨Egg silk wonton****香蕉banana** | **椰汁西米露Coconut milk and rice dew****纸杯蛋糕cupcakes****红心火龙果pitaya** | **银耳莲子羹Tremella and lotus seed soup****香蕉banana** | **香煎田园土豆potato** **青桔百香果饮Green orange and passion fruit drink巨峰葡萄The giant peak grapes** | **丹麦热狗The Danish hot dogs****自制豆浆Homemade soya-bean milk****草莓strawberry** |