**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** |