

柏朗思观澜湖幼儿园三月份餐单
BMH Pre-School Mar.Menu

日期 Date	3月1日	3月4日	3月5日	3月6日	3月7日	3月8日	3月11日	3月12日	3月13日	3月14日	3月15日
	Friday	Monday	Tuesday	Wednesay	Thursday	Friday	Monday	Tuesday	Wednesay	Thursday	Friday
早点 Morning Snack	蛋挞 Egg tart	香煎葱油饼 Pan-fried Chinese spring onion pancake	炸酱蒸肠粉 Steamed rice noodle with fried bean and meat sauce	叉烧包 BBQ pork bun	提子干蛋糕 Raisin cake	芹菜瘦肉蒸饺 Chinese cabbage dumpling	豆沙包 Steamed bun stuffed with red bean paste	青菜瘦肉汤面 Vegetable noodles	肠仔煎蛋 Fried egg with sausage	肉松面包 Flavoured bread	蓝莓多士 Blueberry toast
	火龙果块 Dragon fruit	橙块 Orange	火龙果块 Dragon fruit	苹果块 Apple	橙块 Orange	雪梨块 Pear	苹果块 Apple	火龙果块 Dragon fruit	雪梨块 Pear	提子 Grapes	苹果块 Apple
中餐 Lunch	杏仁青萝卜煲龙骨汤 Almond, carrot and pork bone soup	番茄蛋花汤 Tomato & egg soup	玉米煲家鸡汤 Chicken and sweet corn soup	莲子百合煲龙骨汤 Lotus seed,lily and pork bone soup	无花果煲猪骨汤 Fig and pork bone soup	胡萝卜玉米马蹄 煲龙骨汤 Carrot, corn & pork bone soup	雪梨银耳红枣汤 Pear & snow fungus & red dates soup	椰子煲家鸡汤 Coconut and chicken soup	红萝卜煲猪骨汤 Carrot, and pork bone soup	南北杏菜干煲龙骨汤 Almond, carrot and pork bone soup	山药苡实煲家鸡汤 Fresh yam, euryale ferox with chicken soup
	鸡肉汉堡包 Chicken Hamburger	韩式炒乌冬 Korean style Udon	俄国牛柳丝 Russian Style Braised Beef stroganoff	芝士焗意大利千层面 Italian lasagne	吉列鱼柳配薯条 Fish fillet w/ fries	百里香烤鸡腿 Grilled chicken leg with Thyme	土豆煎饼 Potato pancake	蘑菇汁薄牛扒 Thin steak in black pepper sauce	椰香咖喱鸡 Curry chicken	鲜茄汁猪扒 Fresh tomato pork chop	热狗包 Hot dog
	萝卜焖肉 Braised pork w/ radish	蒜子焖南瓜 Braised pumpkin w/ garlic	客家红烧肉 Braised pork w/ soy sauce	卤水鸡亦 Marinated chicken wing	番茄魔芋丝煮小肉丸 Meat balls w/ tomato	扬州炒饭 Yangzhou fried rice	番茄炒鸡蛋 Fried tomato & egg	培根黑椒洋葱炒薯角 Fried potato Wedges w/ becon	秘制蜜汁叉烧 Home-made honey BBQ pork	土豆焖肉 Braised potato & pork	肉末粉丝 Bean vermicelli w/ minced pork
	南瓜蒸饭 Rice w/ pumpkin	红薯蒸饭 Rice w/ yam	荞麦蒸饭 Rice w/ corn	淮山蒸饭 Rice w/ yam	白饭 Plain rice	扬州炒饭 Yangzhou fried rice	红薯蒸饭 Rice w/ yam	淮山蒸饭 Rice w/ yam	白饭 Plain rice	玉米蒸饭 Rice w/ corn	荞麦蒸饭 Rice w/ buckwheat
	清炒西兰花 Fried broccoli	蒜蓉炒菜心 Stir-fried choi sum with garlic	上汤娃娃菜 Baby cabbage in broth	白灼唐生菜 Boiled lettuce	盐水菜心 Salt choi sum	上汤菠菜 Spinach in broth	蒜蓉炒菜心 Stir-fried choi sum with garlic	白灼唐生菜 Boiled lettuce	蒜蓉炒上海青 Fried chinese cabbage w/ garlic	清炒双色包菜 Stir-fried cabbage	蒜蓉炒油麦菜 Stir-fried Indian lettuce
	鲜橙块 Orange	雪梨块 Pear	香蕉段 Banana	雪梨块 Pear	香蕉段 Banana	苹果块 Apple	雪梨块 Pear	提子 Grapes	香蕉段 Banana	橙块 Orange	香蕉 Banana
下午茶水果 Fruit time	香菇玉米饼 Mushroom & corn pancake	芝士三文治 Cheese sandwich	紫薯饼 Purple sweet potato pankage	纸杯小蛋糕 Cup cake	双色花卷 Twisted roll	吞拿鱼三文治 Tuna sandwich	戚风蛋糕 Chiffon cake	蒸甜玉米 Steamed sweet corn	丹麦羊角包 Danish croissant	菠菜汁馒头 Spinach bun	椰香南瓜派 Coconut Pumpkin pie
	苹果块 Apple	苹果块 Apple	雪梨块 Pear	提子 Grapes	雪梨块 Pear	香蕉段 Banana	橙块 Orange	香蕉段 Banana	苹果块 Apple	火龙果块 Dragon fruit	提子 Grapes
	鲜牛奶 Milk	鲜牛奶 Milk	鲜牛奶 Milk	酸奶 Yoghurt	鲜牛奶 Milk	鲜牛奶 Milk	鲜牛奶 Milk	鲜牛奶 Milk	酸奶 Yoghurt	鲜牛奶 Milk	鲜牛奶 Milk

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日期 Date	3月18日	3月19日	3月20日	3月21日	3月22日	3月25日	3月26日	3月27日	3月28日	3月29日	
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday International Tasting Day-European Day	
早点 Morning Snack	香煎葱油饼 Pan-fried Chinese spring onion pancake	朱古力蛋糕 Chocolate cake	白菜猪肉蒸饺 Chinese cabbage dumpling	抹茶海绵蛋糕 Macha cake	菜肉包 Cabbage & meat bun	蓝莓卷 Blueberry rolls	香菇肉末蒸肠粉 Steamed rice noodle w/ meat and mushroom sauce	焗餐包 Bun	朱古力蛋糕 Chocolate cake	叉烧包 BBQ pork bun	
	橙块 Orange	苹果块 Apple	橙块 Orange	提子 Grapes	雪梨块 Pear	橙块 Orange	雪梨块 Pear	火龙果块 Dragon fruit	苹果块 Apple	提子 Grapes	
中餐 Lunch	番茄土豆汤 Tomato & potato soup	赤小豆煲龙骨汤 Bean w/ pork bone soup	莲藕煲龙骨汤 Lotus root and pork bone soup	木瓜煲鸡汤 Papaya and chicken soup	胡萝卜玉米马蹄煲龙 骨汤 Carrot, corn & pork bone soup	鲜腐皮蛋白汤 Tofu & egg white soup	椰子煲家鸡汤 Coconut & chicken soup	土茯苓煲老鸭汤 Chinese root and pork bone soup	海带黄豆煲龙骨汤 Kelp and soybean with pork bone soup	牛尾浓汤 Ox tail soup	
	鲜什果披萨 Vegetable & pineapple pizza	黑椒牛柳丝炒意粉 Shredded beef with black pepper and spaghetti	公司三文治 Club sandwich	鲜茄汁猪扒 Fresh tomato pork chop	低脂日式咖喱牛肉 Japanese style low- fat beef curry	橄榄油茄汁炒意粉 Spaghetti w/ tomato sauce	热狗包 Hot dog	洋葱汁鸡扒 Chicken w/ onion sauce	西班牙炒饭 Paella	芝士鲜茄焗猪扒饭 Baked tomato pork chop w/ rice	
	云海扒玉子豆腐 Pan fried egg tofu	香菇马蹄肉饼 Steamed minced pork w/ mushroom & waternut	青瓜百合炒虾仁 Fried cucumber w/ shrimp	豉油皇煎马鲛鱼 Pan-fried mackerel	荷叶蒸鸡 Steamed chicken wrapped in lotus leaves	香菇碎粉丝蒸蛋 Steamed egg w/ mushroom & silk noodles	萝卜焖牛腩 Braised beef brisket w/ radish	五彩肉丁 Colorful pork	潮式卤肉 Braised pork	刁草焗鸡腿 Fried chicken leg w/ dill	
	南瓜蒸饭 Rice w/ pumpkin	红薯蒸饭 Rice w/ yam	淮山蒸饭 Rice w/ yam	高粱蒸饭 Rice w/ sorghum	玉米蒸饭 Rice w/ corn	红薯蒸饭 Rice w/ yam	淮山蒸饭 Rice w/ yam	小米蒸饭 Rice w/ millet	西班牙炒饭 Paella	芝士鲜茄焗猪扒饭 Baked tomato pork chop w/ rice	
	清蒸椰菜花 Steamed cauliflower	蒜蓉炒菜心 Stir-fried choi sum with garlic	白灼唐生菜 Boiled lettuce	蒜蓉炒油麦菜 Stir-fried Indian lettuce w/ garlic	清炒双色包菜 Stir-fried cabbage	白灼唐生菜 Boiled lettuce	盐水菜心 Salt choi sum	上汤菠菜 Spinach broth	清蒸椰菜花 Steamed cauliflower	蒜蓉牛油双色花菜 Garlic butter broccoli & cauliflower	
	苹果块 Apple	雪梨块 Pear	提子 Grapes	香蕉段 Banana	橙块 Orange	雪梨块 Pear	提子 Grapes	香蕉段 Banana	橙块 Orange	香蕉段 Banana	
下午茶水果 Fruit time	草莓多士 Strawberry toast	窝窝头 Steamed corn bread	肉松面包 Flavoured bread	蛋挞 Egg tart	芝士蛋糕 Cheese cake	燕麦馒头 Oat bun	甜甜圈 Doughnut	越式春卷 Vietnam style spring roll	蒸红薯 Steamed sweet potato	芝士蛋三文治 Cheese & egg sandwich	
	火龙果块 Dragon fruit	鲜橙块 Orange	雪梨块 Pear	火龙果块 Dragon fruit	苹果块 Apple	火龙果块 Dragon fruit	苹果块 Apple	番石榴 Guava	香蕉段 Banana	橙块 Orange	
	鲜牛奶 Milk	鲜牛奶 Milk	酸奶 Yoghurt	鲜牛奶 Milk	鲜牛奶 Milk	鲜牛奶 Milk	鲜牛奶 Milk	酸奶 Yoghurt	鲜牛奶 Milk	鲜牛奶 Milk	