尚城幼儿园幼儿食谱

周次:7

日期:2025年3月24日-28日

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| 餐别 星期 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
| 早餐 | 鲜肉丸蒸米线   Steamed Rice Noodles with Meatballs   蜜红豆卷   Red Bean Roll   紫菜虾皮汤   Laver Soup with Dried Shrimps | 淮山玉米肉末粥   Pork Porridge with Yam& Corn   肉松蛋糕   Meat Floss Cake   盐水花生   Boiled Peanuts   胡萝卜炒鸡蛋   Fried Egg with Carrot | 纯牛奶   Milk   水煮鹌鹑蛋   Boiled Quail Eggs   香酥豆沙面包   Bean Paste Bun | 时蔬鸡肉汤鲜面   Noodles with Vegetable in Chicken Soup   双色夹心馒头   Steamed Bun   水煮毛豆   Boiled Soybeans | 白果腐竹粥   Ginkgo Porridge with Beancurd Sticks   五香鸡蛋   Braised Egg   枣泥发糕   Steamed Sponge Cake with Date Paste   口蘑炒菜心   Mushrooms with Choy Sum |
| 早点 | 苹果   Apple   雪梨   Pear   红薯干   Dried Sweet Potatoes | 青枣   Green Dates   沃柑   Tangerine   巴坦木   Almonds | 贡梨   Pear   千禧圣女果   Cherry Tomatoes   提子干   Raisins | 香蕉   Banana   苹果   Apple   核桃仁   Walnuts | 网纹瓜   Rock Melon   红提   Grapes   山楂片   Haw Flakes |
| 中餐 | 二米饭   Mixed Rice   牛肉丝炒杏鲍菇   Fried Shredded Beef with Mushrooms   云南小瓜炒肉   Fried Pork with Cucumber   蚝油生菜   Lettuce in Oyster Sauce   黄花菜瘦肉汤   Lean Meat Soup with Day Lily | 二米饭   Mixed Rice   白灼基围虾   Boiled Shrimps   西芹豆干炒肉   Fried Meat with Celery& Bean Curd   素炒菜心   Choy Sum   虫草花大骨汤   Pork Bone Soup with Cordyceps Flowers | 二米饭   Mixed Rice   栗子烧鸡块   Chicken with Chestnuts   有机花椰菜炒肉丝   Fried Shredded Pork with Organic Cauliflower   白菜苔   Cabbage   沙参玉竹瘦肉汤 | 二米饭   Mixed Rice   豉汁蒸排骨   Braised Pork Ribs with Black Bean Sauce   莴笋炒鸡蛋     油菜炒香菇     木棉花鲫鱼汤 | 五彩蒸面     香菇西蓝花     薯条     汉堡包     咖喱鱼丸     芝麻脆皮肠     鸡中亦     陈皮鸽肉汤 |
| 体弱儿餐 | 赤小豆瘦肉粥 | 瘦肉青菜蝴蝶粉 | 白菜干排骨粥 | 山楂甜粥 | 菠菜瘦肉面 |
| 午点 | 纯牛奶牛角面包 | 海米肉末汤面皮 | 荸荠百合银耳汤     黄金糕 | 香芋紫薯西米露     蒸玉米棒 | 裙带菜汤小云吞 |