



*** January 2018 Menu ***

一月份餐表



Seasonal fruits will be served every morning for snack time. (10:00 a.m.)

This menu can be found on the web www.kindersmartstart.com

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	1 New Year's Day 元旦放假一天	2 Stewed Tofu with Minced Pork Carrot with Potato Fried Vegetables Tomatos & Eggs Soup 肉末紅燒豆腐 紅蘿蔔炒蛋 炒青菜 番茄蛋花湯	3 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	4 Fried Shredded Pork with Bean Crud Fried Tempura with Chives Stir Fried Green Vegetable Winter Winter Gourd Soup 豆干炒肉絲 韭菜炒甜不辣 炒青菜 冬瓜湯	5 Cabbage & Pork Stew Rice Radish & Pork Soup 高麗菜燉飯 蘿蔔排骨湯
Snack	/		Noodle Soup 湯麵	Soybean Pudding (douhua) 豆花	Pork congee 廣東粥
Lunch	8 Stir-fried Rice with Mushroom & Onion Winter Gourd Soup 洋蔥野菇頓飯 冬瓜湯	9 Stir Fried Pork & Winter Gourd Stewed Potato & Corn Fried Vegetables Radish & Pork Soup 冬瓜燜肉 芙蓉玉米羹 炒什錦蔬菜 蘿蔔排骨湯	10 Macaroni and Cheese Corn Soup 焗通心麵 玉米濃湯	11 Bean Curd & Shredded Pork Fried Egg with Onions Fried Vegetable Pork Ribs Soup with Turnip 豆皮炒肉絲 洋蔥炒蛋 炒青菜 蘿蔔排骨湯	12 Fried Udon Noodles Radish & Pork Soup 肉絲魚板炒烏龍麵 蘿蔔排骨湯
Snack	Garlic Bread Sugarless RiceTea 大蒜麵包 麥茶	Pancake RiceTea 鬆餅 麥茶	Sweet Potato Soup 地瓜湯	Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥	Cheese Cracker RiceTea 起士餅 麥茶
Lunch	15 Tomato Spaghetti Onion Soup 番茄蔬菜義大利麵 洋蔥湯	16 Fried Shredded Pork Stewed Bean Thread Stir Fried Vegetable Radish & Pork Soup 醬燒肉絲 螞蟻上樹 炒青菜 蘿蔔排骨湯	17 Fried Rice with Pork & Eggs with Tomato Sauce Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	18 Stewed Pork with Bean Curd, Seaweed & Eggs Fried Squash Eggs Soup 紅燒嫩肉 滷蛋豆干海帶 炒絲瓜 蛋花湯	19 Pork & Vegetables Noodle Soup 大滷湯麵
Snack	Vegetarian Bread & RiceTea 香椿麵包 麥茶	Noodles Soup 切仔麵	Corn Congee 玉米粥	Green Bean & Tapioca Soup 綠豆粉圓湯	Cookies RiceTea 酥餅 麥茶

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	22 Vegetarian Curry Rice Miso Soup with Tofu 素咖哩燴飯 豆腐味噌湯	23 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	24 Rice with Stewed Minced Pork & Onion Tofu Soup with Egg 洋葱豬肉燴飯 豆腐蛋花湯	25 Pork with Tomato Sauce Scrambled Egg with Onion Fried Green Vegetables Ribs Soup with Bean Sprouts 茄汁里肌 洋葱炒蛋 炒青菜 黃豆芽排骨湯	26 Curry Pork Noodles Soup 咖哩豬肉燴麵
Snack	Pancake RiceTea 鬆餅 麥茶	Red Bean Soup 紅豆湯	Fish Ball String Noodles 魚丸麵線	Noodle Soup 湯麵	Wheaten Cookie RiceTea 高纖餅 麥茶
Lunch	29 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	30 Pork Sliced with Tomato Sauce Stir Fried Wheat Gluten Stir Fried Vegetable Fish Ball Soup 茄汁里肌 紅燒素麵腸 炒青菜 芹菜魚丸湯	31 Stewed Tofu with Minced Pork Carrot with Potato Fried Vegetables Tomatos & Eggs Soup 肉末紅燒豆腐 紅蘿蔔炒蛋 炒青菜 番茄蛋花湯		
Snack	French Bread RiceTea 法國吐司 麥茶	Chicken congee 雞肉粥	Steamed Brown Sugar Buns Rice Tea 黑糖小饅頭 麥茶		