


**\*\*\* March 2018 Menu \*\*\***

**三月份菜單**

**Smart Start Preschool & Kindergarten**

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](http://www.kindersmartstart.com)

|              | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--------------|---|--|---|--|--|
| <b>Lunch</b> |   |   |   | <b>1</b><br>Chicken Italian Spaghetti<br>Corn Soup<br>茄汁肉醬義大利麵<br>奶油蘑菇湯  | <b>2</b><br>Rice with Stewed Minced Pork & Onion<br>Stir Fried Cabbage<br>Radish & Pork Soup<br>洋蔥肉燴飯<br>炒高麗菜<br>蘿蔔排骨湯 |
| <b>Snack</b> |   |  |   | Pork congee<br>廣東粥   | Oatmeal Cookies<br>Sugarless Rice Tea<br>麥餅 麥茶   |
| <b>Lunch</b> | <b>5</b><br>Stewed Shredded Potatoes<br>Seaweed Soup<br>馬鈴薯燉飯<br>紫菜湯  | <b>6</b><br>Stir Fried Pork & Winter Gourd<br>Stewed Potato & Corn<br>Fried Vegetables<br>Egg Drop Soup<br>冬瓜燜肉 芙蓉玉米羹<br>炒什錦蔬菜 蛋花湯 | <b>7</b><br>Fried Shredded Pork with<br>Bean Crud<br>Fried Tempura with Chives<br>Stir Fried Green Vegetable<br>Winter Gourd Soup<br>豆干炒肉絲<br>韭菜炒甜不辣<br>炒青菜 冬瓜湯 | <b>8</b><br>Pickled Mustard & Shredded Pork<br>Fried Egg with Onions<br>Fried Vegetable<br>Pork Ribs Soup with Turnip<br>榨菜炒肉絲 洋蔥炒蛋<br>炒青菜 蘿蔔排骨湯 | <b>9</b><br>Stir Rice with Mushroom & Taro<br>Seaweed and Pork Ribs Soup<br>蘑菇芋香燉飯<br>海帶芽排骨湯                           |
| <b>Snack</b> | Pancake<br>Sugarless Rice Tea<br>鬆餅 麥茶                                | Chinese Pancake<br>Sugarless Rice Tea<br>蔥油餅 麥茶  | Sweet Potato Soup<br>地瓜湯  | Corn Congee<br>玉米粥   | Cheese Cracker<br>Sugarless Rice Tea<br>起士餅 麥茶   |
| <b>Lunch</b> | <b>12</b><br>Mushroom Italian Spaghetti<br>Corn Soup<br>野菇義大利麵<br>玉米湯 | <b>13</b><br>Fried Shredded Pork<br>Stewed Bean Thread<br>Stir Fried Vegetable<br>Radish & Pork Soup<br>醬燒肉絲 螞蟻上樹<br>炒青菜 蘿蔔排骨湯     | <b>14</b><br>Fried Rice with Pork & Eggs<br>with Tomato Sauce<br>Winter Gourd Soup<br>茄汁蛋炒飯<br>冬瓜湯  | <b>15</b><br>Stewed Pork with Bean Curd,<br>Seaweed & Eggs<br>Fried Squash<br>Eggs Soup<br>紅燒燉肉 滷蛋豆干海帶<br>炒絲瓜 蛋花湯                                | <b>16</b><br>Pork & Vegetables<br>Noodle Soup<br>大滷湯麵  |
| <b>Snack</b> | Vegetarian Bread Sugarless Rice Tea<br>香椿麵包 麥茶                        | Noodles Soup<br>切仔麵  | Corn Congee<br>玉米粥  | Green Bean & Tapioca Soup<br>綠豆粉圓湯   | Cookies & Sugarless Rice Tea<br>酥餅 麥茶  |

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|--------------|--|--|--|--|---|
| <b>Lunch</b> | <b>19</b><br>Curry Mashroom Rice<br>Miso Soup with Tofu<br>素咖哩燴飯<br>豆腐味噌湯                | <b>20</b><br>Chicken and Rice Salad<br>Stir Fried Cabbage<br>Winter Gourd Soup<br>雞肉飯<br>炒高麗菜<br>冬瓜湯                                       | <b>21</b><br>Noodles with Pork Sauce<br>Miso Soup with Tofu<br>炸醬麵<br>豆腐味噌湯      | <b>22</b><br>Pork with Tomato Sauce<br>Scrambled Egg with Dried Turnip<br>Fried Green Vegetables<br>Ribs Soup with Bean Sprouts<br>茄汁里肌 煎菜脯蛋<br>炒青菜 黃豆芽排骨湯 | <b>23</b><br>Macaroni and Cheese<br>Corn Soup<br>焗通心麵<br>玉米濃湯                   |
| <b>Snack</b> | Pancake<br>Sugarless Rice Tea<br>鬆餅 麥茶   | Red Bean Soup<br>紅豆湯   | Fish Ball String Noodles<br>魚丸麵線   | Noodle Soup<br>湯麵  | Wheaten Cookie<br>Sugarless Rice Tea<br>高纖餅 麥茶                                  |
| <b>Lunch</b> | <b>26</b><br>Stir-fried Rice with<br>Mashroom & Vegetables<br>Turnip Soup<br>野菇燴飯<br>蘿蔔湯 | <b>27</b><br>Pork Sliced with Tomato Sauce<br>Stir Fried Wheat Gluten<br>Stir Fried Vegetable<br>Fish Ball Soup<br>茄汁里肌 紅燒素麵腸<br>炒青菜 芹菜魚丸湯 | <b>28</b><br>Pork Rice with<br>Eggs & Vegetables<br>Tomato Soup<br>肉片滑蛋燴飯<br>蕃茄湯 | <b>29</b><br>Stewed Tofu with Minced Pork<br>Carrot with Potato<br>Fried Vegetables<br>Tomatos & Eggs Soup<br>肉末紅燒豆腐 紅蘿蔔炒蛋<br>炒青菜 番茄蛋花湯                    | <b>30</b><br>Noodles Fried with Pork Sliced<br>Meat Ball Soup<br>什錦肉絲炒油麵<br>貢丸湯 |
| <b>Snack</b> | Vegetarian Bread<br>Sugarless Rice Tea<br>香椿麵包 麥茶  | Chicken congee<br>雞肉粥  | Chinese Pancake<br>Sugarless Rice Tea<br>蔥油餅 麥茶                                  | Red Bean & YiRen Soup<br>紅豆薏仁湯   | Oatmeal Cookies<br>Sugarless Rice Tea<br>麥餅 麥茶                                  |