



*** April 2018 Menu ***
四月份餐表



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	2 Curry Vegetables & Mushroom Noodles Soup 蘑菇素咖哩燴麵	3 Pork Sliced with Tomato Sauce Stir Fried Wheat Gluten Fried Fried Vegetable Fish Ball Soup 茄汁里肌 紅燒素麵腸 炒青菜 芹菜魚丸湯	4 Sweeping Tomb Holiday (no school) 清明連續節 國定假日	5 Sweeping Tomb Holiday (no school) 清明連續節 國定假日	6 Sweeping Tomb Holiday (no school) 清明連續節 國定假日
Snack	French Toast Sugarless Wheat Tea 法國吐司 無糖麥茶	Steamed Brown Sugar Buns Sugarless Rice Tea 黑糖小饅頭 無糖麥茶	/		
Lunch	9 Japanese Style Omelet covered Rice Ribs Soup with Seaweed 日式蛋包飯 海帶排骨湯	10 Fried Shredded Pork with Bean Crud, Fried Tempura with Chives, Stir Fried Green Vegetable, Radish & Pork Soup 豆干炒肉絲 韭菜炒甜不辣 炒青菜 蘿蔔排骨湯	11 Noodles with Pork Sauce Fried Vegetables Miso Soup with Tofu 炸醬麵 炒青菜 豆腐味噌湯	12 Stewed Tofu with Minced Pork Fried Eggs with Potato Fried Vegetables Meat Ball Soup 肉末紅燒豆腐 馬鈴薯炒蛋 炒青菜 貢丸湯	13 Ham & Egg Sandwich Corn Soup 火腿蛋三明治 玉米濃湯
Snack	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Red Bean & Purple Rice 紫米紅豆湯	Egg Roll Sugarless Rice Tea 蛋餅 無糖麥茶	Corn Congee 玉米粥	Cheese Cracker Sugarless Rice Tea 起士餅 無糖麥茶
Lunch	16 Japanese Baby Fish Rice Boiled Vegetable Seaweed Soup 日式小魚拌飯 炒青菜 海苔湯	17 Stir Fried Shredded Pork Fried Bean Curd with Carrot and Bean Sprouts Fried Vegetable Mushroom and Chicken Soup 醬燒肉 銀芽三絲 青菜 香菇雞湯	18 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	19 Stewed Tofu Skin with Tomato Sauce Fried Eggs with Carrot Fried Vegetables Ribs Soup with Seaweed 茄汁豆皮 紅蘿蔔炒蛋 炒青菜 海帶排骨湯	20 Chicken Italian Spaghetti Mushroom Cream Soup 茄汁肉醬義大利麵 奶油蘑菇湯
Snack	Cheese Sandwich 起士三明治 麥茶	Green Bean & Bubble Jelly Soup 綠豆粉圓湯	Chicken Congee 雞肉粥	Chinese Pancake Sugarless Rice Tea 蔥油餅 無糖麥茶	Wheaten Cookie Sugarless Rice Tea 高纖餅 無糖麥茶

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	23 Stir-fried Rice with Vegetables & Onions Turnip Soup 洋蔥鮮蔬燉飯 蘿蔔湯	24 Stir Fried Shredded beanCurd Steam Egg Stir Fried Vegetables, Seaweed Soup 醬爆豆干絲 蒸蛋 炒青菜 紫菜湯	25 Vegetarian Pasta Onion Soup 蕃茄蔬菜義大利麵 洋蔥湯	26 Stewed Bean Thread & Pork Stewed Tofu with Carrot Fried Vegetable, Seaweed and Pork Ribs Soup 豆芽菜炒雞絲 乾燒豆腐 炒青菜 海帶芽排骨湯	27 Rice with Stewed Minced Pork & Cucumber Fish ball soup 瓜仔肉燴飯 魚丸湯
Snack	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Yellow Noodle Soup 切仔麵	Chinese Pancake Sugarless Rice Tea 蔥油餅 無糖麥茶	Red Bean & Purple Rice with 紫米紅豆湯	Oatmeal Cookies Sugarless Rice Tea 麥餅 無糖麥茶
Lunch	30 Vegetarian Fried Noodles Winter Squash Soup 田園風素炒麵 冬瓜湯				
Snack	Cream Bread Sugarless Rice Tea 奶酪麵包 無糖麥茶				