



Smart Start Preschool

*** August 2018 Menu ***

八月份餐表 (8/13-8/31)



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	13 Curry Pork Rice Miso Soup with Tofu 咖哩豬肉燴飯 豆腐味噌湯	14 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 炒青菜 香菇雞湯	15 Noodles with Pork Sauce Miso Soup with Tofu 炸醬麵 豆腐味噌湯	16 Stewed Tofu Skin with Tomato Fried Eggs with Carrot Fried Vegetables Ribs Soup with Seaweed 蕃茄炒豆皮 紅蘿蔔炒蛋 炒青菜 海帶排骨湯	17 Eggs & Potatoes Sandwich Corn Soup 馬鈴薯沙拉三明治 玉米濃湯
Snack	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Fruits Aiyu Jelly 水果愛玉	Steamed Milk Buns Sugarless Rice Tea 鮮奶小饅頭 無糖麥茶	Yellow Noodle Soup 切仔麵	Wheaten Cookie Sugarless Rice Tea 高纖餅 無糖麥茶
Lunch	20 Chicken Risotto Tomato Soup 雞肉義大利燴飯 蕃茄湯	21 Stir Fried Chicken & Tungua Stewed Tofu with Egg Fried Vegetables Egg Drop Soup 冬瓜燜雞 家常豆腐 炒青菜 蛋花湯	22 Japanese Rice Omelet Seaweed Soup 日式蛋包飯 紫菜湯	23 Fried Shredded Pork Stewed Bean Thread Fried Vegetable Radish & Pork Soup 醬燒肉絲 螞蟻上樹 炒青菜 蘿蔔排骨湯	24 Noodle Salad Corn Soup 涼拌義大利麵 玉米湯
Snack	Cream Bread Sugarless Rice Tea 奶酪麵包 無糖麥茶	Fruits Aiyu Jelly 水果愛玉	Steamed Brown Sugar Buns Sugarless Rice Tea 黑糖小饅頭 無糖麥茶	Corn Congee 玉米粥	Cheese Cracker Sugarless Rice Tea 起士餅 無糖麥茶
Lunch	27 Japanese Baby Fish Rice Boiled Vegetable Seaweed Soup 日式小魚拌飯 炒青菜 海苔湯	28 Fried Shredded Pork Stewed Bean Thread Fried Vegetable Radish & Pork Soup 醬燒肉絲 螞蟻上樹 炒青菜 蘿蔔排骨湯	29 Fried Udon Noodles Miso Soup 肉絲魚板炒烏龍麵 味噌湯	30 Fried Shredded Pork & Bean Curd Fried Eggs with Tomato Fried Vegetable Winter Gourd Soup 芹菜豆干炒肉絲 蕃茄炒蛋 炒青菜 冬瓜湯	31 Stir-fry Rice with Pork Sliced & Cabbage Borsch Soup 肉片高麗菜燴飯 羅宋湯
Snack	Cheese Sandwich Sugarless Rice Tea 起士三明治 無糖麥茶	Pork Congee 廣東粥	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Green Bean & Pearl 綠豆粉圓	Wheaten Cookie Sugarless Rice Tea 高纖餅 無糖麥茶