



*****September 2018 Menu*****



九月份餐表

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	3 Japanese Baby Fish Rice Boiled Vegetable Miso Soup 日式小魚拌飯 炒青菜 味增湯	4 Stewed Minced Pork & Cucumber Fried eggs with Onions Stir Fried Cabbage Radish & Pork Soup 燉瓜仔肉 洋蔥炒蛋 炒高麗菜 蘿蔔排骨湯	5 Chicken Italian Spaghetti Mushroom Cream Soup 茄汁肉醬義大利麵 奶油玉米湯	6 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	7 Stir-fry Rice with Pork Sliced & Cabbage Borsch Soup 肉片高麗菜燉飯 羅宋湯
Snack	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Noodle Soup 什錦湯麵	AiYu Jelly Lemonade 愛玉湯	Steamed Brown Sugar Buns Sugarless Rice Tea 黑糖小饅頭 無糖麥茶	Cookies Sugarless Rice Tea 餅乾 無糖麥茶
Lunch	10 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	11 Pickled Mustard & Shredded Pork Fried Egg with Corn Fried Vegetable Ribs Soup with Seaweed 榨菜炒肉絲 玉米炒蛋 炒青菜 海帶芽排骨湯	12 Fried Rice with Pork Seaweed Soup 什錦肉絲炒飯 紫菜湯	13 Macaroni and Cheese Corn Soup 焗通心麵 玉米濃湯	14 Stewed Tofu Sheets with Pork Sliced Steam Eggs Fried Vegetables Ribs Soup with Pearl Barley 肉絲紅燒豆皮 和風蒸蛋 炒青菜 薏仁排骨湯
Snack	French Toast & Sugarless Rice Tea 法國吐司 無糖麥茶	Fish Ball String Noodles 魚丸麵線	Red Bean & Purple Rice 紫米紅豆湯	Corn Congee 玉米粥	Cheese Cracker Sugarless Rice Tea 起士餅 無糖麥茶
Lunch	17 Curry Chicken Noodles Miso Soup with Tofu Seaweed & Egg Soup 咖哩雞肉燴麵 海苔蛋花湯	18 Braised Pork with Soy Source Scrambled Egg with Dried Turnip Fried Green Vegetables Ribs Soup with Bean Sprouts 五香燉肉 煎菜脯蛋 炒青菜 黃豆芽排骨湯	19 Rice with Stir Fried Pork & Onions Miso Soup 洋蔥豬肉蓋飯 味增湯	20 Stir Fried Pork with WinterGourd Stewed Tofu with Egg Fried Vegetables Egg Drop Soup 冬瓜燒肉 家常豆腐 炒什錦蔬菜 蛋花湯	21 Fried Udon Noodles Miso Soup 肉絲魚板炒烏龍麵 味增湯
Snack	Pancake Sugarless Rice Tea 鬆餅 無糖麥茶	Flat Noodles Soup 湯板條	Dou Hua 豆花	Pork congee 廣東粥	Chocolate Biscuit Sugarless Rice Tea 巧克力餅 無糖麥茶

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	24 Moon Festival Holiday (No School) 中秋假期不上課	25 Japanese Style Omelet covered Rice Ribs Soup with Seaweed 日式蛋包飯 海帶排骨湯	26 Tuna & Spinach Spaghetti Corn Soup 鮪魚菠菜義大利麵 玉米濃湯	27 Braised Pork with Soy Source Scrambled Eggs with Basil Fried Vegetable Winter Gourd Soup 五香燉肉 九層塔炒蛋 炒青菜 冬瓜湯	28 Rice Noodle with Sesame Egg Strips Winter Gourd Soup 星洲炒米粉 冬瓜湯
Snack		Cheese Sandwich Sugarless Rice Tea 起士三明治 無糖麥茶	Milk Steamed Bun Sugarless Rice Tea 鮮奶饅頭 無糖麥茶	Pork congee 廣東粥	Wheaten Cookie Sugarless Rice Tea 高纖餅 無糖麥茶