

JANUARY

SMART START MENU



Seasonal	fruits will be served every morn	ing for snack time. (10:00 a.m.)	This menu can be found on the web www.kindersmartstart.com		
	Mon	Tue	Wed	Thu	Fri
Lunch		1 New Year's Day 元旦放假日	2 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	3 Stewed cucumber & Pork Steam Eggs Fried Vegetables Seaweed Soup 小黃瓜菜炒雞絲 蒸蛋 炒時蔬 海苔湯	4 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯
Snack			Chinese Pancake Sugarless Wheat Tea 蔥油餅 麥茶	Noodle Corn Soup 玉米濃湯麵	Oatmeal Cookies Sugarless Wheat Tea 麥餅 麥茶
Lunch	7 Pesto Risotto with Mushroom Onion Soup 摩菇青醬燉飯 洋蔥湯	8 Braise Cucumber & Meatball Stew Curry Chicken Winter Gourd Soup 大黃瓜燴貢丸 咖哩雞 冬瓜湯	9 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯	10 Stew Pork with Eryngii Fried Egg with Corn Fried Vegetable Pork Ribs Soup with Turnip 紅燒五花肉佐杏靤菇 玉米炒蛋 炒時蔬 蘿蔔排骨湯	11 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯
Snack	Banana Pancake 香蕉鬆餅	DouTua 豆花	Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥	Fish Ball String Noodles 魚丸麵線	Cheese Cracker Sugarless Wheat Tea 起士餅 麥茶
Lunch	14 Stewed Bean Curd Braise Pumpkin Fried Vegetables Eggs & Seaweed Soup 滷香百頁 奶香南瓜 炒時蔬 海苔蛋花湯	15 Stewed Bean skin Fried Eggs with Corn Fried Vegetables Turnip Soup 乾燒豆皮 三色玉米蛋 什錦時蔬 蘿蔔湯	16 Fried Rice with Eggs, Vegetables and Tomatos Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	17 Stir Fried Pork with Carrots Stewed Tofu Fried Vegetables Chicken with Mushroom Soup 魯香紅蘿蔔燒肉 家常豆腐 香菇雞湯	18 Noodles Fried with Pork Sliced Meat Ball Soup 什錦肉絲炒麵 買丸湯
Snack	Cheese Sandwich Sugarless RiceTea 起士三明治 麥茶	Steamed Buns 小饅頭	Egg Noodles Soup 鮮蔬雞蛋湯麵	Pork Congee 廣東粥	Cookies Sugarless Wheat Tea 酥餅 麥茶

Lunch	21 Curry Mushroom Rice Miso Soup with Tofu 咖哩野菇燴飯 豆腐味噌湯	22 Stewed Fried Chicken & Onion Chives Stir Fried TianBuLa Fried Vegetables Tomatos & Eggs Soup 醬燒洋蔥雞柳 韭菜甜不辣 炒時蔬 番茄蛋花湯	23 Stir Fried Pork with Edamame Stewed Bean Thread Fried Vegetables Radish Soup 毛豆肉末豆干丁 螞蟻上樹 炒時蔬 蘿蔔湯	24 Stewed cucumber & Pork Steam Eggs Fried Vegetables Seaweed Soup 小黃瓜菜炒雞絲 蒸蛋 炒時蔬 海苔湯	25 International Day 國際日
Snack	French Toast Sugarless Wheat Tea 法國吐司 麥茶	Pancake Sugarless Wheat Tea 鬆餅 麥茶	Corn Congee 玉米粥	Red Bean & Purple Rice 紫米紅豆湯	

January 28 -February 8 - Chinese New Year Holiday (No school)
 1/28-2/8 春節連續假期