



# MAY 2019

## SMART START MENU

Seasonal fruits will be served every morning for snack time. (10:00 a.m.)

This menu can be found on the [www.kindersmartstart.com](http://www.kindersmartstart.com)

We Celebrate "Meatless Monday" in our menu once a week! 每周一蔬食日 減碳愛地球

	Mon	Tue	Wed	Thu	Fri
Lunch			<b>1</b> <b>Labor Day</b> 勞工節 國定假日	<b>2</b> <b>Fried Shredded Chicken with Curry Source</b> <b>Fried Onion with Egg</b> <b>Stir Fried Green Vegetable</b> <b>Radish &amp; Pork Ribs Soup</b> 咖哩炒雞片 洋蔥炒蛋 炒時蔬 排骨蘿蔔湯	<b>3</b> <b>Noodles with Pork Sauce</b> <b>Braised Bean Curd, Seaweed &amp; Eggs</b> <b>Stir Fired Vegetable</b> <b>Winter Gourd &amp; Carrot Soup</b> 乾拌肉燥麵 滷海帶豆干雞蛋 炒時蔬 冬瓜紅蘿蔔湯
Snack				<b>Red Bean &amp; Huanren Soup</b> 紅豆薏仁湯湯	<b>Blueberry Pancake &amp; Lemon Water</b> 藍莓鬆餅 檸檬水
Lunch	<b>6</b> <b>Healthy Tofu Macaroni and Cheese with Tomatoes</b> <b>Corn &amp; Egg Soup</b> 起士豆腐番茄焗通心麵 玉米蛋花濃湯	<b>7</b> <b>Stewed Sliced Pork and Mushrooms</b> <b>Stewed Bean Thread</b> <b>Stir Fried Vegetable</b> <b>Kohlrabi Soup</b> 蘑菇炒肉片 螞蟻上樹 炒時蔬 大頭菜湯	<b>8</b> <b>Stir Fried Chicken with Sweet Bean Sauce</b> <b>Stewed Chinese Cabbage with Mushroom</b> <b>Stir Fried Vegetable</b> <b>Pork Ribs and Corn Soup</b> 醬爆雞丁 香菇白菜滷 炒時蔬 玉米排骨湯	<b>9</b> <b>Rice with Stir Fried Pork, Onions &amp; Assorted Vegetable</b> <b>Stir Fried Cabbage</b> <b>Miso Tofu Soup</b> 洋蔥時蔬豬肉蓋飯 炒高麗菜 豆腐味增湯	<b>10</b> <b>Sesame Cold Noodles</b> <b>With Cucumber, Carrot &amp; Egg</b> <b>Miso Tofu &amp; Onion Soup</b> 芝麻涼麵 佐小黃瓜紅蘿蔔雞蛋絲 洋蔥豆腐味噌湯
Snack	<b>French Toast &amp; Wheat Tea</b> 法國吐司 無糖麥茶	<b>Chicken &amp; Egg Noodles Soup</b> 雞肉鮮蔬雞蛋湯麵	<b>Steamed Buns &amp; Soy Mil</b> 小饅頭 豆漿	<b>Chicken &amp; Corn Congee</b> 雞蓉玉米粥	<b>Cheese Sandwich</b> <b>Sugarless Wheat Tea</b> 起士三明治 麥茶

Lunch	<b>13</b> Curry Potato & Mushroom with Rice Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱燉飯 味噌海苔豆腐湯	<b>14</b> Stewed Pork with Eryngii Fried Egg with Corn Fried Vegetable Pork Ribs Soup with Turnip 紅燒五花肉佐杏鮑菇 玉米炒蛋 炒時蔬 蘿蔔排骨湯	<b>15</b> Braised swordfish Stewed Bean Thread with Tomato Stir Fried Vegetable Pumpkin Soup 紅燒旗魚 茄汁豆皮 炒時蔬 南瓜湯	<b>16</b> Stewed cucumber & Pork Steam Eggs Fried Egg with Tomato Seaweed Soup 小黃瓜炒雞絲 鮮蕃茄炒蛋 炒時蔬 海苔湯	<b>17</b> Rice with Stir Fried Pork, Onions & As- sorted Vegetable Stir Fried Cabbage Miso Tofu Soup 洋蔥時蔬豬肉蓋飯 炒高麗菜 豆腐味噌湯
Snack	Banana Pancake & Wheat Tea 香蕉鬆餅 無糖麥茶	Fish Congee with Spinach 菠菜小魚粥	Ai-yu Lemonade 檸檬愛玉	Curry Noodle with Chicken Soup 咖喱雞湯麵	Sweet Potato Soup 地瓜甜湯
Lunch	<b>20</b> Stewed Bean Curd & Carrot Braise Pumpkin Fried Vegetable Eggs & Seaweed Soup 滷香百頁結紅蘿蔔 奶香南瓜 炒時蔬 海苔蛋花湯	<b>21</b> Stewed Potato & Corn Fried Vegetables Radish & Pork Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 蘿蔔排骨湯	<b>22</b> Japanese Baby Fish Rice Fried Vegetable Pork Ribs and Corn Soup 日式小魚拌飯 炒時蔬 玉米排骨湯	<b>23</b> Braised Pork with Soy Source Scrambled Eggs with Basil Fried Vegetable Onion with Potato & Carrot Soup 五香燉肉紅白蘿蔔 九層塔炒蛋 炒時蔬 洋蔥馬鈴薯紅蘿蔔湯	<b>24</b> Fried Udon Noodles With Assorted Vegetable Miso Soup with Onion & Tofu 肉絲時蔬魚板炒烏龍麵 洋蔥豆腐味噌湯
Snack	Ai-yu Lemonade 檸檬愛玉	Yellow Noodle Soup 切仔麵	Green Bean Huanren Soup 綠豆薏仁湯	Noodle Corn Soup 玉米濃湯麵	Grass Jelly 仙草凍飲
Lunch	<b>27</b> 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	<b>28</b> 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	<b>29</b> Braised Radish with Pork Stewed Bean Thread Stir Fried Vegetable Winter Gourd & Carrot Soup 蘿蔔燒肉 螞蟻上樹 炒時蔬 冬瓜紅蘿蔔湯	<b>30</b> Stewed Tofu Skin with Tomato Fried Eggs with Carrot Fried Vegetables Huanren with Ribs Soup 肉絲豆皮炒蕃茄 紅蘿蔔炒蛋 炒時蔬 大薏仁排骨湯	<b>31</b> Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯
Snack	Pumpkin & Chicken Rice Noodle Soup 南瓜雞肉米粉	DouTua 豆花	Grass Jelly 仙草凍飲	Red Bean & Purple Rice 紫米紅豆湯	Red Bean Pancake & Lemon Water 紅豆鬆餅 檸檬水