



NOVEMBER 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 web 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					1 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖哩雞燴飯 炒時蔬 味噌豆腐湯
Snack					Egg Noodles Soup 鮮蔬雞蛋湯麵
Lunch	4 Pesto Risotto with Mushroom Onion Soup 摩菇青醬燴飯 洋蔥湯	5 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯	6 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯	7 Stew Pork with Eryngii Fried Egg with Corn Stir 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	8 Noodles Fried with Pork Sliced Miso with Onion & Tofu Soup 什錦肉絲炒麵 洋蔥味噌豆腐湯
Snack	Banana Pancake Lemon Water 香蕉鬆餅 檸檬水	Douhua 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	Black Sugar Cake Lemon Water 黑糖糕 檸檬水
Lunch	11 Healthy Tofu Macaroni and Cheese with Tomatoes Corn & Egg Soup 起士豆腐番茄焗通心麵 玉米蛋花濃湯	12 Meat Ball With Soy Sauce Stewed Bean Thread Stir Fried Vegetable Radish & Pork Soup 紅燒獅子頭 螞蟻上樹 炒時蔬 蘿蔔排骨湯	13 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	14 Stir Fried Pork with Carrots Stewed Tofu Stir Fried Vegetables Chicken with Mushroom Soup 魯香紅蘿蔔燒肉 家常豆腐 炒時蔬香 香菇雞湯	15 Spinach & Chicken Spaghetti Corn Soup 菠菜雞肉義大利麵 玉米濃湯
Snack	Cheese Sandwich Sugarless Rice Tea 起士三明治 麥茶	Steamed Buns Soy Milk 小饅頭 豆漿	Egg Noodles Soup 鮮蔬雞蛋湯麵	Rice Congee with Ribs 糙米排骨粥	Red Bean Pancake Lemon Water 紅豆鬆餅 檸檬水

Lunch	18 Curry Mushroom Rice Miso Soup with Tofu 咖哩野菇燴飯 豆腐味噌湯	19 Stewed Winter Gourd with Chicken Braise Egg Tofu & Corn Stir Fried Vegetables Egg Drop & Vegetable Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 青菜豆腐湯	20 Chicken Pesto Spaghetti Borscht Soup 青醬雞肉義大利麵 羅宋湯	21 Stir Fried Chicken with Sweet Bean Sauce Stewed Chinese Cabbage with Mushroom Stir Fried Vegetable Pork Ribs and Corn Soup 醬爆雞丁 香菇白菜滷 炒時蔬 玉米排骨湯	22 Japanese Baby Fish Rice Fried Vegetable Seaweed Soup 日式小魚拌飯 炒時蔬 海苔湯
Snack	Green Bean & Huanren Soup 綠豆薏仁湯	Egg Roll Wheat Tea 蛋餅 麥茶	Pork Congee 廣東粥	Egg Noodles & Vegetables Soup 鮮蔬雞蛋湯麵	Pancake Sugarless Wheat Tea 原味鬆餅 麥茶
Lunch	25 Stewed Bean skin Fried Eggs with Corn Stir Fried Vegetables Turnip Soup 乾燒豆皮 三色玉米蛋 什錦時蔬 蘿蔔湯	26 Stewed Fried Chicken & Onion Chives Stir Fried TianBuLa Stir Fried Vegetables Tomatos & Eggs Soup 醬燒洋蔥雞柳 韭菜甜不辣 炒時蔬 番茄蛋花湯	27 Fried Rice with Eggs, Vegetables and Tomatos Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	28 Thanksgiving Turkey Feast 感恩節大餐	29 Chicken and Rice Salad Stir Fried Cabbage with Carrot Ginger Winter Gourd Soup 雞肉拌飯 炒高麗菜紅蘿蔔 薑絲冬瓜湯
Snack	French Toast Sugarless Wheat Tea 法國吐司 麥茶	Sweet Potato Soup 地瓜甜湯	Douhua 豆花	Noodle Corn Soup 玉米濃湯麵	Blueberry Pancake Lemon Water 藍莓鬆餅 檸檬水