



JANUARY 2020

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 New Year's Day 元旦放假日	2 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	3 Rice with Stir Fried Pork, Onions & Assorted Vegetable Stir Fried Cabbage Miso Tofu Soup 洋蔥時蔬豬肉蓋飯 炒高麗菜 豆腐味增湯
Snack				Noodle Corn Soup 玉米濃湯麵	Black Sugar Cake & Lemon Water 黑糖糕 檸檬水
Lunch	6 Pesto Risotto with Mushroom Onion Soup 摩菇青醬燉飯 洋蔥湯	7 Braise Cucumber & Meatball Stew Curry Chicken Winter Gourd Soup 大黃瓜燴貢丸 咖哩雞 冬瓜湯	8 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯	9 Stew 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	10 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	Green Bean & Huanren Soup 綠豆薏仁湯
Lunch	13 Fresh Tomato Risotto with Grilled Greens Onion Soup 鮮茄燉飯佐烤時蔬 洋蔥湯	14 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	15 Fried Rice with Eggs, Vegetables and Tomatos Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	16 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	17 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	Red Bean with Black Glutinous Rice Soup 紫米紅豆湯	Egg Noodles Soup 鮮蔬雞蛋湯麵	Pork Congee 廣東粥	Blueberry Pancake Wheat Tea 藍莓鬆餅 麥茶