



MARCH 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	2 Turmeric Risotto with Mushroom Onion Soup 薑黃野菇燉飯 洋蔥濃湯	3 Braised Cucumber & Homemade Meat Ball Braised Tofu with Assorted Vegetable Fried Vegetable Borscht Soup 大黃瓜燴自製肉丸子 紅燒什錦豆腐 炒時蔬 羅宋湯	4 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯	5 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	6 Chicken and Rice Salad Stir Fried Cabbage with Carrot Egg-Drop Soup with Vegetable & Tofu & Egg Soup 雞肉飯 紅蘿蔔炒高麗菜 青菜豆腐蛋花湯
Snack	Egg Noodles & Vegetables Soup 鮮蔬蛋湯麵	Red Bean with Black Glutinous Rice Soup 紫米紅豆湯	Steamed Bund & Soy Milk 小饅頭 豆漿	Pumpkin & Chicken Rice Noodle 南瓜雞肉米粉	Banana Pancake & Wheat Tea 香蕉鬆餅 無糖麥茶
Lunch	9 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	10 Fried Shredded Chicken with Curry Source Fried Onion with Egg Stir Fried Green Vegetable Radish & Pork Ribs Soup 咖哩炒雞片 洋蔥炒蛋 炒時蔬 排骨蘿蔔湯	11 Stewed Sliced Pork and Mushrooms Stewed Bean Thread Stir Fried Vegetable Kohlrabi Soup 蘑菇炒肉片 螞蟻上樹 炒時蔬 大頭菜湯	12 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	13 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 豆腐味噌湯
Snack	French Toast & Wheat Tea 法國吐司 無糖麥茶	Chicken Noodle Soup 什錦雞絲湯麵	Brown Rice Congee with Ribs 糙米排骨粥	Black Sugar Pancake & Lemon Water 黑糖鬆餅 檸檬水	Multi-Grain Cracker Sugarless Wheat Tea 麥餅 麥茶

Lunch	16 Curry Vegetables & Mushroom with Noodle Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱燴麵 味噌海苔豆腐湯	17 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	18 Stir Fried Pork with Carrots Stewed Tofu with Greens Fried Vegetables Chicken with Mushroom Soup 魯香紅蘿蔔燒肉 家常豆腐 炒時蔬 香菇雞湯	19 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	20 Noodles with Pork Sauce Braised Bean Curd, Seaweed & Eggs Stir Fired Vegetable Winter Gourd & Carrot Soup 乾拌肉燥麵 滷海帶豆干雞蛋 炒時蔬 冬瓜紅蘿蔔湯
Snack	Green Bean Soup 綠豆湯	Fish Congee with Spinach 菠菜小魚粥	DouTua 豆花	Curry Noodle with Chicken Soup 咖喱雞湯麵	Red Bean Pancake & Lemon Water 紅豆鬆餅 檸檬水
Lunch	23 Risotto Assorted Wild Mushroom and Vegetable Borscht Soup 好菇鮮蔬素燴飯 羅宋湯	24 Stir Fried Chicken with Winter Gourd Stewed Tofu with Mushroom Fried Vegetables Egg Drop & Vegetable Soup 冬瓜燒雞 香菇豆腐 炒時蔬 青菜蛋花湯	25 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	26 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	27 Fried Udon Noodles Miso Soup with Onion 肉絲魚板炒烏龍麵 味增洋蔥湯
Snack	Cheese Toast & Wheat Tea 起士吐司 無糖麥茶	Yellow Noodle Soup 切仔麵	Cereal & Milk 牛奶玉米片	Pork congee 廣東粥	Red Bean Huanren Soup 紅豆薏仁湯
Lunch	30 Noodle Fried with Mushroom, Bean skin & Assorted Vegetable Miso with Seaweed Soup 香菇豆皮青蔬炒麵 味噌海苔湯	31 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			
Snack	Sweet Potato Soup 地瓜甜湯	Corn & Pork Congee 玉米豬肉粥			

