



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	29 Fresh Tomato Risotto with Grilled Greens Onion Soup 鮮茄燉飯佐烤時蔬 洋蔥湯	30 Japanese Pork Omelet Covered Rice Cauliflower Salad Miso with Onion & Tofu Soup 日式豬肉蛋包飯 涼拌花椰菜 洋蔥味噌豆腐湯	7/1 Macaroni and Cheese with Grilled Vegetable Corn & Egg Soup 起士焗通心麵佐烤時蔬 玉米蛋花濃湯	2 Rice with Stir Fried Pork, Onions & Assorted Vegetable Stir Fried Cabbage Seaweed & Egg Soup 洋蔥時蔬豬肉蓋飯 炒高麗菜 紫菜蛋花湯	3 Cheese & Pork Hamburg Borscht Soup 起士豬肉漢堡 羅宋湯
Snack	Blueberry Pancake Lemon Water 藍莓鬆餅 檸檬水	Chicken & Corn Congee 雞蓉玉米粥	Ai-yu Lemonade 檸檬愛玉	Cereal & Milk 玉米片 鮮奶	Oatmeal Cookies Sugarless Wheat Tea 麥餅 無糖麥茶
Lunch	6 Turmeric Risotto with Mushroom Corn & Egg Soup 薑黃野菇燉飯 玉米蛋花濃湯	7 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	8 Noodles with Pork Sauce Braised Bean Curd, Seaweed & Eggs Stir Fried Vegetable White Radish Soup 乾拌肉燥麵 滷海帶豆干雞蛋 炒時蔬 蘿蔔湯	9 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	10 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯
Snack	Red Bean Pancake Lemon Water 紅豆鬆餅 檸檬水	DouTua 豆花	Dinner Roll Soybean Milk 餐包 豆漿	Chinese Pancake Sugarless Wheat Tea 蔥油餅 麥茶	Apple Bread Sugarless Wheat Tea 蘋果麵包 無糖麥茶