



# SUMMER 2020

Jul. 27 – Aug. 07

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](http://www.kindersmartstart.com)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	<b>27</b> Curry Vegetables & Mushroom with Rice Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱燴飯 味噌海苔豆腐湯	<b>28</b> Fried Rice with Chicken & Corn Winter Gourd & Carrot Soup 玉米雞肉炒飯 冬瓜紅蘿蔔湯	<b>29</b> Fried Udon Noodles Borscht Soup 肉絲魚板炒烏龍麵 羅宋湯	<b>30</b> Japanese Style Sukiyaki Pork Ribs, Corn & Pumpkin Soup 日式壽喜燒肉丼 南瓜玉米排骨湯	<b>31</b> Ham & Cheese Sandwich Corn Soup 起士火腿三明治 玉米濃湯
<b>Snack</b>	French Toast Wheat Tea 法國吐司 無糖麥茶	Noodle Corn Soup 玉米濃湯麵	Green Bean Huanren Soup 綠豆薏仁湯	Egg Roll Soy Milk 蛋餅 豆漿	Oatmeal Cookies Sugarless Wheat Tea 麥餅 無糖麥茶
<b>Lunch</b>	<b>8/3</b> Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	<b>4</b> Stewed Cucumber & Chicken Fried Egg with Tomato Stir Fried Vegetable Seaweed Soup 小黃瓜炒雞絲 鮮蕃茄炒蛋 炒時蔬 海苔湯	<b>5</b> Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯	<b>6</b> Chicken and Rice Salad Stir Fried Cabbage & Carrot Ginger Winter Gourd Soup 雞肉拌飯 炒高麗菜紅蘿蔔 薑絲冬瓜湯	<b>7</b> Sesame Cold Noodles With Cucumber, Carrot & Egg Tofu & Egg Soup 芝麻涼麵 佐小黃瓜紅蘿蔔雞蛋絲 豆腐蛋花湯
<b>Snack</b>	Banana Pancake 香蕉鬆餅	Fish Congee with Spinach 菠菜小魚粥	Ai-yu Lemonade 檸檬愛玉	Buns Sugarless Wheat Tea 餐包 麥茶	Blueberry Pancake Lemon Water 藍莓鬆餅 檸檬水