

SEPTEMBER 2020

SMART START MENU

We Celebrate "Meatless Monday" in our menu once a week! 每周一蔬食日，減碳愛地球！

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

	Mon	Tue	Wed	Thu	Fri
Lunch		1 Stewed Cucumber & Chicken Japanese Steamed Egg Fried Vegetable Seaweed & Egg Soup 小黃瓜菜炒雞絲 和風蒸蛋 炒時蔬 海苔蛋花湯	2 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	3 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯	4 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
Snack		Sesame Egg Vermicelli 麻油蛋麵線	Green Bean & Huanren Soup 綠豆薏仁湯	Ai-yu Lemonade 檸檬愛玉	Black Sugar Pancake Lemon Water 黑糖糕 檸檬水
Lunch	7 Pesto Risotto with Mushroom Onion Soup 蘑菇青醬燴飯 洋葱湯	8 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	9 Homemade Meat Broth & Vegetables over Rice Soup 香菇白菜肉羹湯飯	10 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	11 Braise Cucumber & Meatball Stew Curry Chicken Winter Gourd Soup 大黃瓜燴貢丸 咖哩雞 冬瓜湯
Snack	Banana Pancake Lemon Water 香蕉鬆餅 檸檬水	DouHua 豆花	Egg Roll with Lettuce Sugarless Wheat Tea 蔬菜蛋餅 麥茶	Chicken & Corn Congee 雞蓉玉米粥	Butter Cream Biscuit Sugarless Wheat Tea 奶油起士餅 麥茶

Lunch	14 Turmeric Risotto with Mushroom Mushroom Soup 薑黃野菇燉飯 蘑菇濃湯	15 MeatBall 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	16 Italian Chicken Spaghetti Corn Soup 雞肉義大利義大利麵 玉米濃湯	17 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	18 Japanese Pork Omelet Covered Rice Vegetables Salad Miso with Onion & Tofu Soup 日式豬肉蛋包飯 涼拌時蔬 洋蔥味噌豆腐湯
Snack	Cheese Sandwich Wheat Tea 起士三明治 麥茶	Brown Rice Congee with Ribs 糙米排骨粥	Egg Noodles Soup 鮮蔬雞蛋湯麵	Cereal & Milk 玉米片 鮮奶	Redbean Pancake Lemon Water 紅豆鬆餅 檸檬水
Lunch	21 Potato & Mushroom Curry with Rice Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱飯 味噌海苔豆腐湯	22 Stewed Potato & Corn Fried Vegetables Radish & Pork Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 蘿蔔排骨湯	23 Stewed Chicken with Turnip Fried Egg with Tomato Fried Cauliflower with Abalone Mushroom Cabbage & Ribs Soup 紅燴雞丁蘿蔔 蕃茄炒蛋 鴻禧菇炒花椰菜 高麗菜燉排骨湯	24 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	25 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 Wheat Tea 法國吐司 麥茶	Thick Rice Noodle with Mushroom & Chives 香菇韭菜米苔目	Steamed Bun Wheat Tea 小饅頭 麥茶	Red Bean & Purple Rice 紫米紅豆湯	Whole Wheat Biscuit Sugarless Wheat Tea 全麥餅乾 麥茶
Lunch	28 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	29 Stir Fried Rice Noodle with Pumpkin, Mushroom & Assorted Vegetable Radish, Corn, Cabbage, Celery & Red Pepper Soup 南瓜炒米粉 五彩白玉湯	30 Scrambled Eggs with Pork Sliced Curry Potato with Carrot Braise Cabbage with Mushroom Seaweed & Egg Soup 滑蛋肉片佐時蔬 咖哩燉馬鈴薯紅蘿蔔 開陽白菜 紫菜蛋花湯		26 (make-up day 補課日) Chicken Pesto Spaghetti Borscht Soup 青醬雞肉義大利麵 羅宋湯
Snack	Blueberry Pancake Wheat Tea 藍莓鬆餅 麥茶	Pork Congee 廣東粥	Breakfast Bun & Yakult 小餐包 養樂多		Sweet Potato Soup 地瓜甜湯