



OCTOBER 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 Moon Festival Holiday No school 中秋假期不上課 | 2 Moon Festival Holiday No school 中秋假期不上課 | |
| Snack | | | | / | | |
| Lunch | 5 Fresh Tomato Risotto with Grilled Greens Onion Soup 鮮茄燉飯佐時蔬 洋蔥濃湯 | 6 Braised Cucumber & Meat Ball Braised Tofu with Vegetables Fried Vegetable Borscht Soup 大黃瓜燴肉丸子 紅燒什錦豆腐 炒時蔬 羅宋湯 | 7 Stewed Pork with Eryngii Fried Egg with Corn & Onion Fried Vegetable Pork Ribs, Corn & Pumpkin Soup 紅燒五花肉佐杏鮑菇 洋蔥玉米炒蛋 炒時蔬 南瓜玉米排骨湯 | 8 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯 | 9 Double Tenth Holiday (no school) 雙十假期 | |
| Snack | Banana Pancake Lemon Water 香蕉鬆餅 檸檬水 | Red Bean Huanren Soup 紅豆薏仁湯 | Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥 | Noodle Corn Soup 玉米濃湯麵 | / | |

| | | | | | |
|-------|--|---|---|---|--|
| Lunch | 12 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 | 13 Japanese Style Sukiyaki Pork Pork Ribs, Corn & Pumpkin Soup 日式壽喜燒肉丼 南瓜玉米排骨湯 | 14 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 | 15 Creamy Chicken Cheese Spaghetti Corn Soup 奶油雞肉白醬義大利麵 玉米濃湯 | 16 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯 |
| Snack | Cheese Sandwich Sugarless Wheat Tea 起士三明治 麥茶 | Steamed Cream & Butter Buns Sugarless Wheat Tea 奶油包 麥茶 | Egg Noodles Soup 鮮蔬雞蛋湯麵 | Chinese Pancake Sugarless Wheat Tea 蔥油餅 麥茶 | Blueberry Pancake Lemon Water 藍莓鬆餅 檸檬水 |
| Lunch | 19 Curry Mushroom Rice Miso Soup with Tofu 咖哩野菇燴飯 豆腐味噌湯 | 20 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 | 21 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 | 22 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯 | 23 Fried Udon Noodles Miso Soup with Onion 肉絲魚板炒烏龍麵 味噌洋蔥湯 |
| Snack | French Toast Sugarless Wheat Tea 法國吐司 麥茶 | Egg Roll with Lettuce Wheat Tea 蔬菜蛋餅 麥茶 | DouTua 豆花 | Curry Noodle with Chicken Soup 咖哩雞湯麵 | Cake & Milk 雞蛋糕 鮮奶 |
| Lunch | 26 Turmeric Risotto with Mushroom Mushroom Soup 薑黃蔬菜燉飯 蘑菇濃湯 | 27 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 | 28 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 大蔥仁排骨湯 | 29 Spinach & Chicken Spaghetti Corn Soup 菠菜雞肉義大利麵 玉米濃湯 | 30 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 | Pancake Sugarless Wheat Tea 原味鬆餅 麥茶 | Green Bean Soup 綠豆湯 | Yellow Noodle Soup 切仔麵 | Red Bean Pancake & Lemon Water 紅豆鬆餅 檸檬水 | Whole Wheat Biscuit Sugarless Wheat Tea 全麥餅乾 麥茶 |