



DECEMBER 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 Fried Shredded Chicken with Curry Source Fried Onion with Egg Stir Fried Green Vegetable Cabbage & Tofu Soup 咖哩炒雞片 洋蔥炒蛋 炒時蔬 高麗菜油豆腐湯	2 Stewed Sliced Pork, Potatoes & Mushrooms Stewed Bean Thread Stir Fried Vegetable Kohlrabi Soup 馬鈴薯蘑菇炒肉片 螞蟻上樹 炒時蔬 菜心燉湯	3 Stir Fried Chicken with Sweet Bean Sauce Stewed Chinese Cabbage with Mushroom Stir Fried Vegetable White Gourd Soup 醬爆雞丁 香菇白菜滷 炒時蔬 冬瓜湯	4 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 豆腐味增湯
Snack		Chicken Noodle Soup 什錦雞絲湯麵	Green Bean Soup 綠豆湯	Brown Rice Congee with Ribs 糙米排骨粥	Banana Pancake & Lemon Water 香蕉鬆餅 檸檬水
Lunch	7 Pesto Mushroom Spaghetti Onion Soup 蘑菇青醬義大利麵 洋蔥湯	8 Stewed Pork with Eryngii Fried Egg with Corn Fried Vegetable Bean Sprouts & Ribs Soup 紅燒五花肉佐杏鮑菇 玉米炒蛋 炒時蔬 豆芽燉排骨湯	9 Rice with Stir Fried Pork & Onions Vegetables & Miso Soup 洋蔥豬肉蓋飯 蔬菜味增湯	10 Stewed cucumber & Pork Steam Eggs Fried Egg with Tomato Seaweed & Eggs Soup 小黃瓜炒雞絲 鮮蕃茄炒蛋 海苔蛋花湯	11 Christmas Concert 聖誕節表演 
Snack	Honey Pancake Lemon Water 蜂蜜鬆餅 檸檬水	Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥	DouTua 豆花	Curry Noodle with Chicken Soup 咖喱雞湯麵	
Lunch	14 Japanese Mushroom Omelet Covered Rice Winter Gourd Soup 日式野菇蛋包飯 冬瓜湯	15 Meat Ball 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 Fried Udon Noodles Miso Soup with Onion 肉絲魚板炒烏龍麵 味增洋蔥湯
Snack	French Toast & Wheat Tea 法國吐司 麥茶	Corn & Pork Congee 玉米豬肉粥	Steamed Bund & Soy Milk 小饅頭 豆漿	Pumpkin & Chicken Rice Noodle Soup 南瓜雞肉米粉湯	Whole Wheat Biscuit Wheat Tea 全麥餅乾 麥茶

Lunch	21 Curry Mushroom Rice Radish & Kelp Knot Soup 咖哩野菇燴飯 蘿蔔海帶結湯	22 Stewed Potato & Corn Fried Vegetables Corn & Ribs Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 玉米排骨湯	23 Stewed Potato & Pork Fried Bean Curd & Vegetables Fried Vegetables Tofu & Vegetables Soup 洋芋燉肉 蔬菜炒豆乾絲 炒時蔬 豆腐蔬菜羹	24 Fried Shredded Chicken with Curry Source Fried Tempura with Chives Stir Fried Green Vegetable Radish & Pork Soup Egg Drops & Tomatoes Soup 咖哩炒雞片 韭菜炒甜不辣 炒青菜 蕃茄蛋花湯	25 Stir-fry Rice with Pork Sliced & Cabbage Borsch Soup 肉片高麗菜燴飯 羅宋湯
Snack	Pancake Wheat Tea 鬆餅 麥茶	Pork Congee 廣東粥	Cereal & Milk 牛奶 玉米片	Chinese Pancake Wheat Tea 蔥油餅 麥茶	Cheese Cracker Wheat Tea 起士餅 麥茶
Lunch	28 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	29 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	30 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	31 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	
Snack	Sweet Potato Soup 地瓜甜湯	Corn Congee 玉米粥	Red Bean & Purple Rice 紫米紅豆湯	Black Sugar Cake Lemon Water 黑糖糕 檸檬水	