



NOVEMBER 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	2 Curry Potato & Mushroom with Rice Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱燉飯 味噌海苔豆腐湯	3 Stewed Fried Pork & Onion Chives Stir Fried TianBuLa Stir Fried Vegetables Tomatoes & Eggs Soup 醬燒洋蔥豬柳 韭菜甜不辣 炒時蔬 番茄蛋花湯	4 Fried Rice with Eggs, Vegetables and Tomatoes Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	5 Stir Fried Chicken Stewed Chinese Cabbages Stir Fried Vegetables Pork Ribs and Corn Soup 醬爆雞丁 香菇白菜滷 炒時蔬 玉米排骨湯	6 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	Cheese Sandwich Wheat Tea 起士三明治 麥茶	Steamed Buns Soymilk 銀絲捲 豆奶	Red Bean & Purple Rice with 紫米紅豆湯	Noodle Corn Soup 玉米濃湯麵	Black Sugar Cake Lemon Water 黑糖糕 檸檬水
Lunch	9 Pesto Risotto with Mushroom Onion Soup 蘑菇青醬燉飯 洋蔥湯	10 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯	11 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯	12 Stew Pork with Eryngii Fried Egg with Corn Stir 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	13 Noodles Fried with Pork Sliced Miso with Onion & Tofu Soup 什錦肉絲炒麵 洋蔥味噌豆腐湯
Snack	Banana Pancake Lemon Water 香蕉鬆餅 檸檬水	Baby Fish & Spinach Congee 菠菜蛋花小魚粥	Green Bean & Huanren Soup 綠豆薏仁湯	Fish Ball String Noodles 魚丸麵線	Cheese Cracker Wheat Tea 起士餅 麥茶
Lunch	16 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	17 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	18 Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯	19 Stir Fried Pork with Carrots Stewed Tofu Stir Fried Vegetables Chicken with Mushroom Soup 滷香紅蘿蔔燒肉 家常豆腐 炒時蔬香 香菇雞湯	20 Spinach & Chicken Spaghetti Corn Soup 菠菜雞肉義大利麵 玉米濃湯
Snack	French Toast & Wheat Tea 法國吐司 麥茶	Steamed Buns & Soy Milk 小饅頭 豆漿	Cereal & Milk 玉米片 鮮奶	Rice Congee with Ribs 糙米排骨粥	Roasted Potatoes & Lemon Water 烤馬鈴薯 檸檬水

Lunch	23 Risotto Assorted Wild Mushroom and Vegetable Borscht Soup 好菇鮮蔬素燴飯 羅宋湯	24 Stewed Winter Gourd with Chicken Braise Egg Tofu & Corn Stir Fried Vegetables Egg Drop & Vegetable Soup 冬瓜燜肉 芙蓉玉米羹 炒時蔬 青菜豆腐湯	25 Chicken Pesto Spaghetti Borscht Soup 青醬雞肉義大利麵 羅宋湯	26 Thanksgiving Turkey Feast 感恩節火雞大餐	27 Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯
Snack	Garlic Butter Bread Wheat Tea 香蒜麵包 麥茶	Pork Congee 廣東粥	Breakfast Buns Yakult 早餐包 養樂多	Egg Noodles & Vegetables Soup 鮮蔬雞蛋湯麵	Whole Wheat Biscuit Wheat Tea 全麥餅乾 麥茶
Lunch	30 Stewed Bean skin Fried Eggs with Corn Stir Fried Vegetables Turnip Soup 乾燒豆皮 三色玉米蛋 什錦時蔬 蘿蔔湯				
Snack	Red Bean Pancake Lemon Water 紅豆鬆餅 檸檬水				