



# JANUARY 2021

## SMART START MENU



Seasonal fruits will be served every morning for snack time.

This menu can be found on the web [www.kindersmartstart.com](http://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 New Year's Day 元旦放假日
Snack					
Lunch	4 Pesto Risotto with Mushroom Onion Soup 蘑菇青醬燉飯 洋蔥湯	5 Braise Cucumber & Meatball Stew Curry Chicken Winter Gourd Soup Fried Vegetable 大黃瓜燴貢丸 咖哩雞 炒時蔬 冬瓜湯	6 Meat Broth over Rice Seaweed Soup 香菇肉羹飯 海苔湯	7 Stew Pork with Eryngii Fried Egg with Corn Fried Vegetable Pork Ribs Soup with Turnip 紅燒肉佐杏鮑菇 玉米炒蛋 炒時蔬 蘿蔔排骨湯	8 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯
Snack	Banana Pancake Lemon Water 香蕉鬆餅 檸檬水	DouTua 豆花	Cake & Milk 雞蛋糕 鮮奶	Baby Fish Congee with Spinach and Egg Drop 菠菜蛋花小魚粥	Cheese Cracker Wheat Tea 起士餅 麥茶
Lunch	11 Stewed Bean Curd Braise Pumpkin Fried Vegetables Eggs & Seaweed Soup 滷香豆腐 奶香南瓜 炒時蔬 海苔蛋花湯	12 Stewed Bean skin with Pork Fried Eggs with Corn Fried Vegetables Turnip Soup 乾燒肉絲豆皮 三色玉米蛋 什錦時蔬 蘿蔔湯	13 Fried Rice with Eggs, Vegetables and Tomatos Winter Gourd Soup 茄汁蛋炒飯 冬瓜湯	14 Stir Fried Pork with Carrots Stewed Bean Curd Fried Vegetables Borscht Soup 滷香紅蘿蔔燒肉 紅燒豆皮 炒時蔬 羅宋湯	15 Noodles Fried with Pork Sliced Miso with Tofu Soup 什錦肉絲炒麵 味噌豆腐湯
Snack	Cheese Sandwich Lemond Water 起士三明治 檸檬水	Steamed Buns SoyMilk 小饅頭 豆漿	Green Bean & Tapioca Soup 綠豆小粉圓湯	Pork Congee 廣東粥	Egg Roll with Lettuce Wheat Tea 蔬菜蛋餅 麥茶

<b>Lunch</b>	<b>18</b> Curry Mushroom Rice Onion Soup 咖哩野菇燴飯 洋蔥湯	<b>19</b> Stewed Fried Chicken & Onion Chives Stir Fried TianBuLa Fried Vegetables Tomatos & Eggs Soup 醬燒洋蔥雞柳 韭菜甜不辣 炒時蔬 番茄蛋花湯	<b>20</b> Stir Fried Pork with Edamame Stewed Bean Thread Fried Vegetables Radish Soup 毛豆肉末豆干丁 螞蟻上樹 炒時蔬 蘿蔔湯	<b>21</b> Spinach & Chicken Spaghetti Corn Soup 菠菜雞肉義大利麵 玉米濃湯	<b>22</b> Pad Thai Winter Gourd Soup 泰式炒板條 冬瓜湯
<b>Snack</b>	French Toast Lemon Water 法國吐司 檸檬水	Meat Ball Rice Noodles 貢丸米粉湯	Breakfast Buns Wheat Tea 早餐包 麥茶	Corn Congee 玉米粥	Wheaten Cookie Wheat Tea 高纖餅 麥茶
<b>Lunch</b>	<b>25</b> Turmeric Risotto with Mushroom Mushroom Soup 薑黃蔬菜燴飯 蘑菇濃湯	<b>26</b> Pork with Tomato Sauce Scrambled Egg with Dried Turnip Fried Green Vegetables Ribs Soup with Bean Sprouts 茄汁里肌 煎菜脯蛋 炒青菜 黃豆芽排骨湯	<b>27</b> Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯	<b>28</b> Stewed cucumber & Pork Steam Eggs Fried Vegetables Seaweed Soup 小黃瓜炒雞絲 蒸蛋 炒時蔬 海苔湯	<b>29</b> Japanese Omelet Covered Rice Winter Gourd Soup 日式蛋包飯 冬瓜湯
<b>Snack</b>	Black Sugar Pancake Lemond Water 黑糖鬆餅 檸檬水	Yellow Noodle Soup 切仔麵	Red Bean & Purple Rice 紫米紅豆湯	Noodle Corn Soup 玉米濃湯麵	Chinese Pancake Wheat Tea 蔥油餅 麥茶