



# SEPTEMBER 2021

## 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](http://www.kindersmartstart.com)

	Mon	Tue	Wed	Thu	Fri
Lunch			<b>1</b> Stewed Pork with Eryngii Fried Egg with Corn Fried Vegetable Pork Ribs Soup with Turnip 紅燒里肌肉佐杏鮑菇 玉米炒蛋 炒時蔬 蘿蔔排骨湯	<b>2</b> 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	<b>3</b> 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
Snack			Green Bean & Huanren Soup 綠豆薏仁湯	Chicken & Corn Congee 雞蓉玉米粥	Black Sugar Pancake Lemon Water 黑糖糕 檸檬水
Lunch	<b>6</b> Pesto Risotto with Mushroom Onion Soup 蘑菇青醬燉飯 洋葱湯	<b>7</b> 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	<b>8</b> Homemade Meat Broth & Vegetables over Rice Soup 香菇白菜肉羹湯飯	<b>9</b> Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯	<b>10</b> Braise Cucumber & Meatball Stew Curry Chicken Winter Gourd Soup 小黃瓜燴肉丸 咖喱雞 冬瓜湯
Snack	Banana Pancake Lemon Water 香蕉鬆餅 檸檬水	Noodle Soup 切仔麵	Egg Roll with Lettuce Sugarless Wheat Tea 蔬菜蛋餅 麥茶	Ai-yu Lemonade 檸檬愛玉	Butter Cream Biscuit Sugarless Wheat Tea 奶油起士餅 麥茶

Lunch	<b>13</b> Turmeric Risotto with Mushroom Mushroom Soup 薑黃野菇燉飯 蘑菇濃湯	<b>14</b> 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	<b>15</b> Italian Chicken Spaghetti Corn Soup 雞肉義大利麵 玉米濃湯	<b>16</b> Stir Fried Pork with Carrots Stewed Tofu Fried Vegetables Chicken with Mushroom Soup 滷香紅蘿蔔燒肉 家常豆腐 香菇雞湯	<b>17</b> 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	<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> Macaroni and Cheese with Chicken Grilled Vegetable Corn & Egg Soup 雞丁起士焗通心麵佐烤時蔬 玉米蛋花濃湯	<b>24</b> 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 Wheat Tea 全麥餅乾 麥茶
Lunch	<b>27</b> 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	<b>28</b> 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	<b>29</b> Fried Udon Noodles Radish & Pork Soup 肉絲魚板炒烏龍 蘿蔔排骨湯	<b>30</b> Stewed Cucumber & Chicken Japanese Steamed Egg Fried Vegetable Seaweed & Egg Soup 小黃瓜炒雞絲 和風蒸蛋 炒時蔬 海苔蛋花湯	<b>9/11 (make-up day 補課日)</b> 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	Sesame Egg Vermicelli 麻油蛋麵線	Sweet Potato Soup 地瓜甜湯