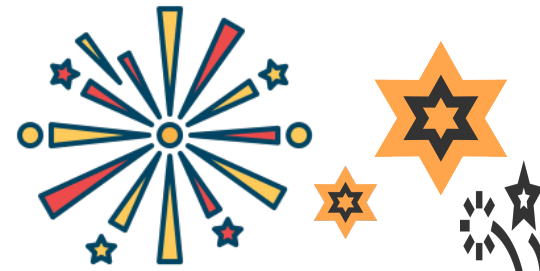




JANUARY 2022

SMART START MENU



Seasonal fruits will be served every morning for snack time.

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	3 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	4 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	5 Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯	6 Stewed cucumber & Pork Steam Eggs Fried Vegetables Seaweed Soup 小黃瓜炒雞絲 蒸蛋 炒時蔬 海苔湯	7 Chicken and Rice Salad Stir Fried Cabbage Winter Gourd Soup 雞肉飯 炒高麗菜 冬瓜湯
Snack	Noodle Corn Soup 玉米濃湯麵	Yellow Noodle Soup 切仔麵	Chicken & Corn Congee 雞蓉玉米粥	Chinese Pancake Wheat Tea 蔥油餅 麥茶	Whole Wheat Biscuits Wheat Tea 全麥餅乾 麥茶
Lunch	10 Pesto Risotto with Mushroom Onion Soup 蘑菇青醬燉飯 洋蔥湯	11 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	12 Chicken Pesto Risotto Onion Soup 青醬雞肉燉飯 洋蔥湯	13 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	14 Meat Broth over Rice 香菇肉羹飯
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	17 Japanese Mushroom & Omelet Rice Winter Gourd Soup 日式蘑菇蛋包飯 冬瓜湯	18 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	19 Corissant Sandwich with Ham & Cheese Corn Soup 起士火腿可頌三明治 玉米濃湯	20 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	21 Noodles Fried with Pork Sliced Miso with Tofu Soup 什錦肉絲炒麵 味噌豆腐湯
Snack	Cheese Sandwich Lemon 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