



# MARCH 2022

## 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](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		<b>1</b> Fried Shredded Chicken with Curry Sauce Fried Onion with Egg Stir Fried Green Vegetable Radish & Pork Ribs Soup 咖哩炒雞片 洋蔥炒蛋 炒時蔬 排骨蘿蔔湯	<b>2</b> Pork Italian Spaghetti Mushroom Cream Soup 肉醬義大利麵 奶油蘑菇湯	<b>3</b> Stewed Tofu Skin with Tomato Fried Eggs with Carrot Fried Vegetables Pork Ribs and Corn Soup 肉絲豆皮炒蕃茄 紅蘿蔔炒蛋 炒時蔬 玉米排骨湯	<b>4</b> Chicken and Rice Salad Stir Fried Cabbage with Carrot Egg-Drop Soup with Vegetable & Tofu 雞肉飯 紅蘿蔔炒高麗菜 青菜豆腐湯
Snack		Brown Rice Congee with Ribs 糙米排骨粥	French Toast Wheat Tea 法國吐司 麥茶	Chicken Rice Noodle Soup 雞肉米粉湯	Green Onion Biscuit Wheat Tea 香蔥餅乾 麥茶
Lunch	<b>7</b> Turmeric Risotto with Mushroom Onion Soup 薑黃野菇燉飯 洋蔥濃湯	<b>8</b> Stir Fried Pork with Carrots Stewed Tofu with Greens Fried Vegetables Chicken with Mushroom Soup 魯香紅蘿蔔燒肉 家常豆腐 炒時蔬 香菇雞湯	<b>9</b> Chicken Pesto Risotto Onion Soup 雞肉青醬燉飯 洋蔥湯	<b>10</b> Stewed Fried Pork & Onion Stewed Chinese Cabbage with Mushroom Stir Fried Vegetable Huanren with Ribs Soup 醬燒洋蔥豬柳 香菇白菜滷 炒時蔬 大薏仁排骨湯	<b>11</b> 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	Red Bean with Black Glutinous Rice Soup 紫米紅豆湯	Chicken Noodle Soup 什錦雞絲湯麵	Black Sugar Pancake Lemon Water 黑糖鬆餅 檸檬水	Chinese Pancake Wheat Tea 蔥油餅 麥茶	Multi-Grain Cracker Wheat Tea 麥餅 麥茶

Lunch	<b>14</b> Curry Vegetables & Mushroom with Macaroni Miso with Seaweed Tofu Soup 野菇蔬食馬鈴薯咖喱燴通心粉 味噌海苔豆腐湯	<b>15</b> Curry Pork Noodles with Vegetables Miso with Tofu Soup 咖喱豬肉什錦燴麵 味噌豆腐湯	<b>16</b> Creamy Ham & Cheese Pasta with Assorted Greens Pumpkin & Ribs Soup 奶油火腿義大利麵 南瓜排骨燉湯	<b>17</b> Stewed cucumber & Pork Steam Eggs Fried Egg with Tomato Seaweed Soup 小黃瓜炒雞絲 鮮蕃茄炒蛋 炒時蔬 海苔湯	<b>18</b> Meat Broth with Assorted Vegetables over Rice 香菇肉羹飯	
Snack	Red Bean Pancake Lemon Water 紅豆鬆餅 檸檬水	Fish Congee with Spinach 菠菜小魚粥	Cake & Milk 蛋糕 牛奶	Curry Noodle with Chicken Soup 咖喱雞湯麵	Cheese Cracker Wheat Tea 起士餅 麥茶	
Lunch	<b>21</b> Risotto Assorted Wild Mushroom and Vegetables Borscht Soup 好菇鮮蔬素燴飯 羅宋湯	<b>22</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>23</b> Cheeseburger Corn Soup 起士漢堡 玉米濃湯	<b>24</b> 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	<b>25</b> Fried Udon Noodles Miso Soup with Onion 肉絲魚板炒烏龍麵 味噌洋蔥湯	
Snack	Cheese Toast Wheat Tea 起士吐司 麥茶	Yellow Noodle Soup 切仔麵	Noodle Corn Soup 玉米濃湯麵	Pork Congee 廣東粥	Green Onion Biscuit Wheat Tea 香蔥餅乾 麥茶	
Lunch	<b>28</b> Mushroom, Bean Skin & Assorted Vegetable over Rice Miso with Seaweed Soup 香菇豆皮青蔬蓋飯 味噌海苔湯	<b>29</b> 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	<b>30</b> Sausage Risotto Onion Soup 臘腸燉飯 洋蔥湯	<b>31</b> Noodles Fried with Pork Sliced Radish & Pork Ribs Soup 什錦肉絲炒米粉 排骨蘿蔔湯		
Snack	Green Bean Huanren Soup 綠豆薏仁湯	Corn & Pork Congee 玉米豬肉粥	Pasta 義大利麵	Chinese Pancake Wheat Tea 蔥油餅 麥茶		