

MENU FOR TERM 3 – MARCH 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	04/03/2019	Danish	Fresh milk	Amaranth with meat broth	Mixed cabbage in Korean style	Fried chicken	Boiled eggs	Fruit	Western + Western + Asian lunch set	Minced meat with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	05/03/2019	Caramel cream	Orange juice	Lufa with shrimp broth	Stir fried chayote	Roasted pork	Stir fried noodles with shrimp and vegetables	Fruit	Western + Asian lunch set	Butter cream cake	Fruit juice
					Rice							Fresh milk
	WED	06/03/2019	Grapes	Fresh milk	Vegies with minced meat broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Pork ball tempura	Fruit juice
							Fresh milk	Fresh milk				
	THU	07/03/2019	Donut	Fresh milk	Napa cabbage with shrimp broth	Stir fried green gourd with onion	Roasted shrimp, pork with fish sauce	Stir fried green bean with pork	Fruit	Asian lunch set	Shrimp and vegie, egg soup	Fruit juice
					Rice							Yoghurt
	FRI	08/03/2019	Banana	Fresh milk		Herbs	Noodles with fish pies		Fruit	Asian lunch set	Dumpling	Fruit juice
							Fresh milk					

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability



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5	MON	11/03/2019	Banana	Fresh milk	Winter melon with shrimp broth	Boiled vegetables	Roasted chicken	Mixed noodles with mushroom and fried pork	Fruit	Western + Asian lunch set	Tapioca, minced pork and veggie soup	Fruit juice
					Rice							Fresh milk
	TUE	12/03/2019	Yoghurt	Orange juice	Lufa with shrimp broth	Grilled pumpkin	Fried pork with lemongrass and lime leaves	Omelette	Fruit	Western + Asian lunch set	Bread with pork floss	Fruit juice
					Rice							Fresh milk
	WED	13/03/2019	Cream choux	Fresh milk	Cabbage with minced meat broth	Fried potato	Spaghetti with chicken balls sauce		Fruit	Western lunch set	Chicken nugget	Fruit juice
												Fresh milk
	THU	14/03/2019	Grapes	Fresh milk	Tungho with shrimp broth	Stir fried green gourd	Braised pork with lemongrass	Shu mai with tomato sauce	Fruit	Asian lunch set	Minced beef and veggie soup	Fruit juice
					Rice							Fresh milk
	FRI	15/03/2019	Muffin	Fresh milk		Herbs	Noodles with pork, shrimp and eggs		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

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KINDERWORLD INTERNATIONAL KINDERGARTEN

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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
6	MON	18/03/2019	Cornflakes	Fresh milk	Amaranth with shrimp broth	Stir fried long cabbage	Braised pork with fish sauce	Mixed grilled tuna with sesame and noodles	Fruit	Western + Asian lunch set	Shrimp and vegie congee	Fruit juice
					Rice							Fresh milk
	TUE	19/03/2019	Grapes	Fresh milk	Vine spinach with meat broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Chocolate wafer	Fruit juice
					Rice							Fresh milk
	WED	20/03/2019	Cream wafer	Fresh milk	Tomato with eggs broth	Grilled vegies	Grilled pork with Demi sauce		Fruit	Western lunch set	Fried fish balls	Fruit juice
					Rice							Fresh milk
	THU	21/03/2019	Croissant	Fresh milk	Seaweed broth	Stir fried green bean	Fried chicken with fish sauce	Braised pork with turnip	Fruit	Asian lunch set	Minced beef with tapioca soup	Fruit juice
					Rice							Yoghurt
	FRI	22/03/2019	Bread with pork floss	Fresh milk		Herbs	Chicken Pho		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	25/03/2019	Pate Chaud	Probi yoghurt	Vine spinach with pork broth	Stir fried kohlrabi	Braised pork in Chinese style	Mixed penne with shrimp, pork and vegies	Fruit	Western + Asian lunch set	Shrimp congee	Fruit juice
					Rice							Fresh milk
	TUE	26/03/2019	Rice crackers	Fresh milk	Sauropus with shrimp broth	Stir fried glory morning vegetables	Braised fish with soya sauce	Braised beef with mushroom	Fruit	Western + Asian lunch set	Potato biscuits	Fruit juice
					Rice							Fresh milk
	WED	27/03/2019	Banana	Fresh milk	Pumpkin with shrimp broth	Cucumber, tomato, lettuce	Rice with grilled pork		Fruit	Asian lunch set	Fried sausage	Fruit juice
					Rice							Fresh milk
	THU	28/03/2019	Pineapple gateaux	Fresh milk	Pok choy with pork broth	Stir fried broccoli	Fish tempura	Tofu with tomato and minced pork sauce	Fruit	Western + Asian lunch set	Beef and vegies soup	Fruit juice
					Rice							Fresh milk
	FRI	29/03/2019	Grapes	Fresh milk		Local vegetables	Quang noodles (Beef)		Fruit	Asian lunch set	Chocopie	Fruit juice
												Fresh milk

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