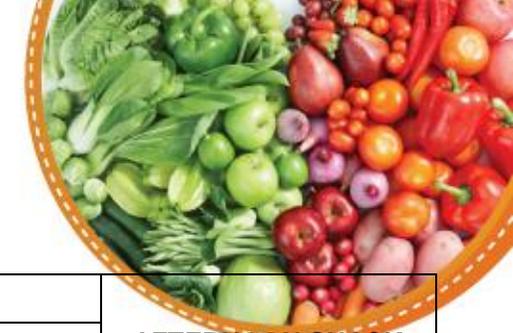
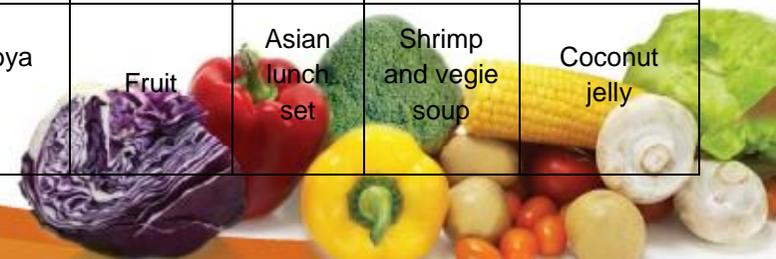


MENU FOR TERM 1 – AUG 2016



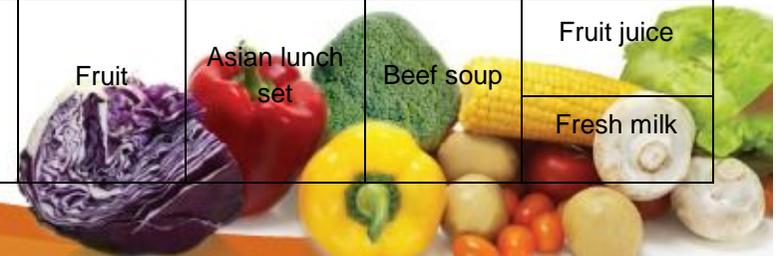
WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK		
					SOUP	VEGETABLE		MAIN COURSE 1	MAIN COURSE 2	DESSERT			NOTE
1	MON	08/08/2016	Rice crackers	Apple juice	Sauropus with beef broth	Boiled Bok choy		Braised chicken	Stir fried pork with broccoli	Fruit	Asian + Western lunch set	Sandwich with pate and pork	Fruit juice
					Rice/Bread			Braised beef	Fish balls with soy sauce				Fresh milk
	TUE	09/08/2016	Cornflake	Fresh milk	Winter melon with shrimp broth	Stir fried green gourd		Pork ribs BBQ	Stir fried chicken	Fruit	Asian + Western lunch set	Waffle with honey	Fruit juice
					Rice/Bread			Roasted chicken	Omelet				Fresh milk
	WED	10/08/2016	Watermelon	Orange juice	Tofu with tomato and beef broth	Stir fried chayote		Braised tilapia with tomato sauce	Stir fried vegie with beef	Fruit	Asian + Western lunch set	String Danish	Fruit juice
					Rice/Bread			Grilled pork	Stir fried shrimp with turnip				Fresh milk
	THU	11/08/2016	Raisin Danish	Yoghurt	Vegie with meat broth	Stir fried Bok choy		Fried chicken wings with fish sauce	Grilled potato and sausage	Fruit	Asian + Western lunch set	Samosa (chicken)	Fruit juice
					Rice/Bread			Stir fried pork pies	Beef balls with tomato sauce				Fresh milk
	FRI	12/08/2016	Banana	Apple juice		Local vegetables	Herbs	Beef noodles in Hue style	Chicken soya noodles	Fruit	Asian lunch set	Shrimp and vegie soup	Coconut jelly



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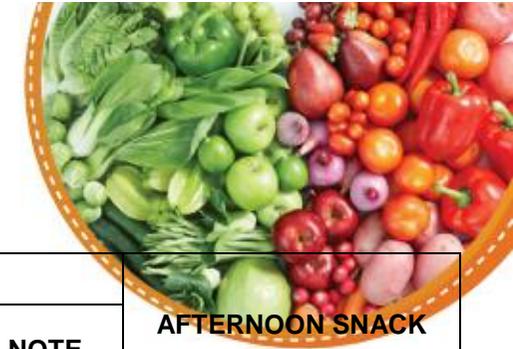
WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	15/08/2016	AFC crackers	Fresh milk	Vine spinach with pork broth	Stir fried Glory morning vegetable	Stewed beef	Stir fried cauliflower with shrimp	Fruit	Asian + Western lunch set	Fried fish balls	Fruit juice
					Rice/Bread		Chicken curry	Grilled pork rolled lemongrass				Fresh milk
	TUE	16/08/2016	Dragon fruit	Apple juice	Lufa with shrimp broth	Stir fried green bean	Braised basa fish in Chinese style	Omelet with bacon	Fruit	Asian + Western lunch set	Dumpling with meat and quail egg	Fruit juice
					Rice/Bread		Roasted shrimp with pork	Grilled chicken sticks				Fresh milk
	WED	17/08/2016	Croissant	Fresh milk	Amaranth with beef broth	Steamed vegie	Spaghetti with minced beef sauce	Spaghetti with chicken and cream, mushroom sauce	Fruit	Asian + Western lunch set	Fruits stick	Fruit juice
					Rice							Fresh milk
	THU	18/08/2016	Watermelon	Orange juice	Pumpkin with pork broth	Stir fired green gourd with shrimp	Braised duck with ginger	Stir fried pork pies	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
					Rice/Bread		Roasted shrimp with tamarind sauce	Grilled pork rolled lolot				Fresh milk
	FRI	19/08/2016	Butter cupcake	Fresh milk	Tomato with eggs broth	Herbs	Stuffed pancake with grilled pork, spring rolls	Noodles with grilled pork, spring rolls	Fruit	Asian lunch set	Beef soup	Fruit juice
					Rice							Fresh milk



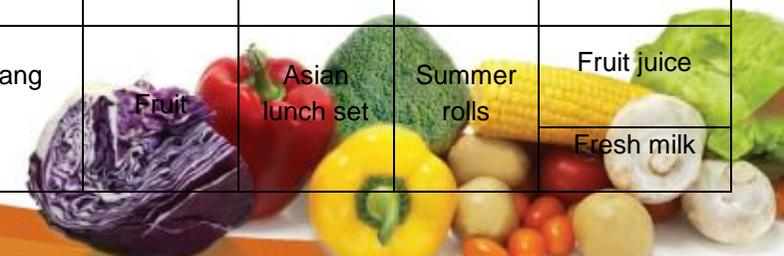


KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 1 – AUG 2016



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK		
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
3	MON	22/08/2016	Dragon fruit	Fresh milk	Winter melon with shrimp broth	Stir fried Bok Choy	Roasted shrimp with tamarind sauce	Grilled potato with eggs	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice	
					Rice/Bread		Fried tilapia with sweet and sour fish sauce	Fish balls with sweet and sour sauce				Fresh milk	
	TUE	23/08/2016	Banana cake	Orange juice	Sauropus with beef broth	Mixed salad	Sandwich with chicken and eggs	Beef burger	Fruit	Asian + Western lunch set	Crepe	Fruit juice	
					Rice								
	WED	24/08/2016	Grapes	Fresh milk	Bok Choy with shrimp broth	Mixed shrimp, pork with noodles	Braised fish with turmeric	Pork rolled in lot	Fruit	Asian + Western lunch set	Quail eggs soup	Fruit juice	
					Rice/Bread		Mixed chicken with herbs	Stir fried beef with pineapple and tomato				Fresh milk	
	THU	25/08/2016	Cornflake	Yoghurt	Chayote with meat broth	Stir fried kohlrabi	Braised pork with eggs	Stir fried chicken with pineapple	Fruit	Asian + Western lunch set	Pateso	Fruit juice	
					Rice/Bread		Braised pork pies	Grilled pumpkin and ham				Fresh milk	
	FRI	26/08/2016	Water-melon	Apple juice		Herbs	Local vegetables	Beef noodles in Hue style	Chicken Quang noodles	Fruit	Asian lunch set	Summer rolls	Fruit juice
													Fresh milk





WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK		
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
4	MON	29/08/2016	Rice crackers	Fresh milk	Spinach with meat broth	Glory morning vegetable with sesame salad	Grilled pork stick	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Samosa (pork)	Fruit juice	
					Rice/Bread		Grilled chicken wings with BBQ sauce	Stir fried cauliflower with beef				Fresh milk	
	TUE	30/08/2016	Dragon fruit	Apple juice	Pumpkin with beef broth	Tomato, lettuce	Broken rice with grilled pork ribs and pork-pies	Rice with roasted chicken thigh	Fruit	Asian + Western lunch set	Grilled chicken stick	Fruit juice	
												Fresh milk	
	WED	31/08/2016	Cornflake	Fresh milk	Sauropus with shrimp broth	Cabbage salad with mayonnaise sauce	Teryzaki chicken	Fried shrimp with garlic	Fruit	Asian + Western lunch set	Waffle	Fruit juice	
					Rice/Bread		Roasted pork	Fried eggs				Fresh milk	
	THU	01/09/2016	Banana	Orange juice	Vine spinach with shrimp broth	Cucumber salad	Braised fish with pickles	Grilled chicken with lemon leaves	Fruit	Asian + Western lunch set	Grilled pork stick	Fruit juice	
					Rice/Bread		Pork ribs BBQ	Braised pork with mushroom				Fresh milk	
	FRI	02/09/2016	Croissant	Fresh milk		Local vegetables	Basil	Noodles with pork ribs	Beef "Pho"	Fruit	Asian lunch set	Fruit juice	Fruit juice
													Fresh milk

