

MENU FOR TERM 1 – AUG 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	05/08/2019	Danish	Fresh milk	Amaranth with meat broth	Mixed cabbage in Korean style	Fillet chicken tempura	Boiled eggs	Fruit	Western + Asian lunch set	Minced beef with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	06/08/2019	Caramel cream	Orange juice	Turnip with shrimp broth	Stir fried chayote	Braised fish with pineapple	Stir fried noodles with shrimp and vegetables	Fruit	Asian lunch set	Salty rice crackers	Fruit juice
					Rice							Fresh milk
	WED	07/08/2019	Grapes	Fresh milk	Veggies with minced pork broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Chicken ball tempura	Fruit juice
							Fresh milk					
	THU	08/08/2019	Donut	Fresh milk	Winter melon with shrimp broth	Stir fried green gourd with onion	Fried fish	Stir fried beef with sweet and sour sauce	Fruit	Western + Asian lunch set	Shrimp and veggie, egg soup	Fruit juice
					Rice							Yoghurt
	FRI	09/08/2019	Banana	Fresh milk		Herbs	Braised beef + rice		Fruit	Asian lunch set	Bánh bao nhân thịt	Fruit juice
					Fresh milk		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



MENU FOR TERM 1 – AUG 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	12/08/2019	Cornflakes	Fresh milk	Amaranth with shrimp broth	Stir fried long cabbage	Grilled fish	Braised chicken with mushroom	Fruit	Western + Asian lunch set	Shrimp and vegies congee	Fruit juice
					Rice							Fresh milk
	TUE	13/08/2019	Grapes	Fresh milk	Vine spinach with beef broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
					Rice							Fresh milk
	WED	14/08/2019	Pate Chaud	Fresh milk	Tomato with eggs broth	Sauté potato with butter and garlic	Pork balls with Demi sauce		Fruit	Western lunch set	Fish tempura	Fruit juice
					Rice							Fresh milk
	THU	15/08/2019	Croissant	Fresh milk	Seaweed with shrimp broth	Stir fried green bean	Sauté fillet fish	Tofu with tomato and minced meat sauce	Fruit	Western + Asian lunch set	Tapioca, minced beef soup	Fruit juice
					Rice							Fresh milk
	FRI	16/08/2019	Apple	Fresh milk		Herbs	Fish pies noodles		Fruit	Asian lunch set	Pork balls tempura	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.



KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 1 – AUG 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	19/08/2019	Banana	Fresh milk	Winter melon with shrimp broth	Boiled vegetables	Grilled chicken with lime leaves	Mixed noodles with mushroom and fried pork	Fruit	Western + Asian lunch set	Tapioca, shrimp and vegies congee	Fruit juice
					Rice						Fresh milk	
	TUE	20/08/2019	Yoghurt	Orange juice	Lufa with shrimp broth	Stir fried morning glory vegetables	Braised fish	Fried eggs with mushroom and minced pork	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fruit juice
					Rice						Fresh milk	
	WED	21/08/2019	Salty rice crackers	Fresh milk	Cabbage with minced beef broth	Fried potato	Spaghetti with Bolognese sauce		Fruit	Western lunch set	Donut	Fruit juice
					Rice						Fresh milk	
	THU	22/08/2019	Grapes	Fresh milk	Tungho with shrimp broth	Grilled pumpkin	Grilled chicken with teriyaki sauce	Stir fried beef with pineapple	Fruit	Asian lunch set	Minced beef with vegies soup	Fruit juice
					Rice						Yoghurt	
	FRI	23/08/2019	Muffin	Fresh milk		Herbs	Wonton and char siu noodles		Fruit	Asian lunch set	Steamed sweet potato	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.



KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 1 – AUG 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	26/08/2019	Cornflakes	Fresh milk	Pumpkin with shrimp broth	Stir fried kohlrabi	Grilled chicken with teriyaki sauce	Mixed grilled fish with sesame, herbs and noodles	Fruit	Western + Asian lunch set	Beef and vegies congee	Fruit juice
					Rice							Fresh milk
	TUE	27/08/2019	Caramel cream cake	Probi yoghurt	Sauropus with meat broth	Mixed noodles with vegies in Thai style	Fried fish with salt	Braised quail eggs in Chinese style	Fruit	Western + Asian lunch set	Danish	Fruit juice
					Rice							Fresh milk
	WED	28/08/2019	Bread with pork floss	Fresh milk	Pok choy with shrimp broth	Cucumber, tomato, lettuce	Rice with grilled pork		Fruit	Asian lunch set	Fried sausage	Fruit juice
	THU	29/08/2019	Apple	Fresh milk	Green gourd with shrimp broth	Stir fried Napa cabbage	Roasted chicken with lime sauce	Stir fried broccoli with minced beef	Fruit	Western + Asian lunch set	Shrimp and vegies soup	Fruit juice
					Rice							Fresh milk
	FRI	30/08/2019	Cream Choux	Fresh milk		Herbs	Pork pies noodles in Hanoi style		Fruit	Asian lunch set	Potato biscuits	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.

