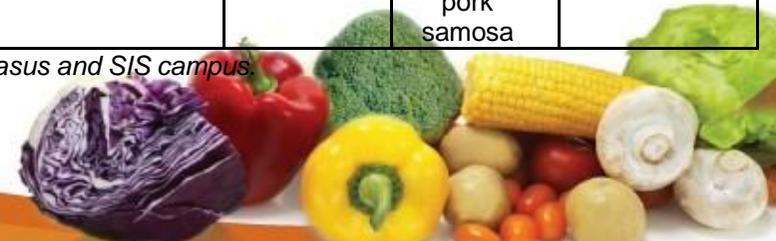


## MENU FOR TERM 1 – SEPTEMBER 2022



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
5	MON	05/09/2022	Butter cream sponge cake	Fresh milk	Grilled vegan chicken penne & tomato sauce		Roasted carrots & honey with cumin seeds	Herbs Local vegetables	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	06/09/2022	Banana	Fresh milk	Baked pork shoulder with herb	Sautéed fish loaf with sweet and sour sauce	Stir fried morning glory with garlic	Calabash with shrimp broth Rice	Fresh Fruit	Grilled sausage	Fresh milk
	WED	07/09/2022	Coconut cake	Apple juice	Crispy crumble chicken fillet served with BBQ sauce	Boiled eggs with fish sauce concentration	Baked potato and garlic with Western spices	Pumpkin with mince pork broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	THU	08/09/2022	Dragon fruit	Fresh milk	Grilled pork with BBQ sauce	Mixed noodle with vegetable, meat & shrimp	Cabbage pickle (kimchi)	Seaweed with shrimp broth Rice	Fresh Fruit	Waffle	Fresh milk
	FRI	09/09/2022	Rice crackers	Yoghurt	Stewed pork ribs with tomato sauce (served with bread)		Herbs + Rice/ Bread		Fresh Fruit	Vietnamese pork samosa	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*





WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
6	MON	12/09/2022	Cornflakes	Fresh milk	Grilled chicken with butter lemon sauce	Sautéed pork loaf with sweet & sour sauce	Stir fried morning glory with garlic	Malabar spinach with meat broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	13/09/2022	Papaya	Yoghurt	Stewed pork with celery and Oregano	Chinese braised quail eggs	Grilled eggplant with Teriyaki sauce	Amaranth with shrimp broth Rice/ Bread	Fresh Fruit	Salty cookies	Fresh milk
	WED	14/09/2022	Pineapple cake	Fresh milk	Grilled chicken with garlic	Potato wedge	Lettuce, tomato, cucumber	Winter melon with mince pork broth Bread	Fresh Fruit	Chocolate tube cake	Fresh milk
	THU	15/09/2022	Watermelon	Apple juice	Stewed pork tenderloin with red wine	Tofu with tomato sauce and mince pork	White cabbage coleslaw	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	16/09/2022	Banana cake	Fresh milk	Grilled chicken fillet fusilli		Vegetables tempura		Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
7	MON	19/09/2022	Vanilla crackers	Fresh milk	Grilled pork cutlet with honey and garlic	Scramble eggs	Bake purple sweet potato	Chayote with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	20/09/2022	Banana	Fresh milk	Roasted chicken with mustard & thyme	Vegan shrimp coleslaw	Boiled vegetables	Papaya with mince pork broth Rice	Fresh Fruit	Rice crackers	Fresh milk
	WED	21/09/2022	Cream choux	Fresh milk	Chicken pasta with pesto sauce		Garden salad with vinegar dressing	Mustard leaf with shrimp broth	Fresh Fruit	Strawberry sponge cake	Fresh milk
	THU	22/09/2022	Caramel carrot cake	Fresh milk	Red wine stewed beef and tomato sauce	Korean mince pork and vegetable pancake	Grilled pumpkin with butter & Oregano	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	23/09/2022	Orange	Apple juice	Chicken burger		Potato soup		Fresh Fruit	Jam & butter toast	Fresh milk

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# KINDERWORLD INTERNATIONAL KINDERGARTEN

## MENU FOR TERM 1 – SEPTEMBER 2022



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
8	MON	26/09/2022	Salty cookies	Fresh milk	Grilled chicken & thyme with BBQ sauce	Sautéed crispy pork with sweet and sour sauce	Russia salad	Amaranth with mince pork broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	27/09/2022	Papaya	Fresh milk	Grilled pork cutlet & lemon butter sauce	Quail eggs with Thai tamarind sauce	Moroccan carrot rondelle cut salad	Malabar spinach with shrimp broth Rice	Fresh Fruit	Egg yolk oil sauce sweet bread	Fresh milk
	WED	28/09/2022	Banana cake	Fresh milk	Pan- seared chicken fillet serve with honey mustard sauce		Green salad with mayonnaise	Papaya with mince pork broth Rice/ Bread	Fresh Fruit	Fresh Fruit	Fresh milk
	THU	29/09/2022	Dragon fruit	Fresh milk	Roasted pork belly	Stir fried corn with baby shrimp and onion	Grilled pumpkin and bean salad	Seaweed with shrimp broth Rice/ Bread	Fresh Fruit	Rice crackers	Fresh milk
	FRI	30/09/2022	Butter and jam sandwich	Fresh milk	Red wine chicken stewed		Herbs + Rice/ Bread		Fresh Fruit	Donut	Fresh milk

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