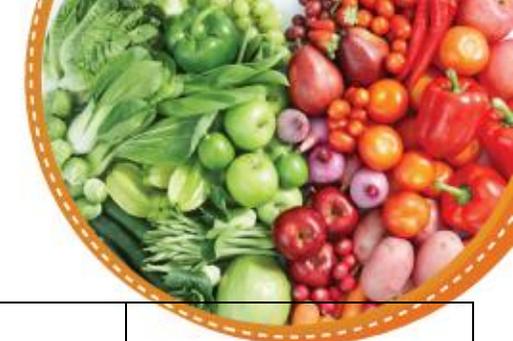


MENU FOR TERM 2 – NOVEMBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	05/11/2018	Cinnamon Danish	Fresh milk	Lufa with shrimp broth	Mixed cabbage in Korean style	Chicken tempura	Stir fried noodles with shrimp, pork and vegetables	Fruit	Asian lunch set	Minced meat with vegetables congee	Fruit juice
					Rice							Fresh milk
	TUE	06/11/2018	Caramel cream	Orange Juice	Amaranth with shrimp broth	Stir fried chayote	Roasted pork	Boiled eggs	Fruit	Asian + Western lunch set	Dumpling	Fruit juice
					Rice							Fresh milk
	WED	07/11/2018	Water melon	Fresh milk	Pumpkin 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	08/11/2018	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 veggie, egg soup	Fruit juice
					Rice							Fresh milk
	FRI	09/11/2018	Banana	Fresh milk		Herbs	Noodles with fish pies		Fruit	Asian lunch set	Spring roll	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 2 – NOVEMBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	12/11/2018	Rice crackers	Fresh milk	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	13/11/2018	Vanilla choux	Fresh milk	Sauropus with shrimp broth	Stir fried glory morning vegetables	Braised fish with soya sauce	Braised pork with mushroom	Fruit	Asian lunch set	Cream wafer	Fruit juice
					Rice							Fresh milk
	WED	14/11/2018	Yoghurt	Apple juice	Pumpkin with shrimp broth	Cucumber, tomato, lettuce	Rice with grilled pork		Fruit	Asian lunch set	Fried sausage	Fruit juice
							Fresh milk					
	THU	15/11/2018	Muffin	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							Yoghurt
	FRI	16/11/2018	Grapes	Fresh milk		Herbs	Noodles with shrimp, pork and eggs		Fruit	Asian lunch set	Apple gateaux	Fruit juice
							Fresh milk					

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KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 2 – NOVEMBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	MON	19/11/2018	Water-melon	Fresh milk	Winter melon with shrimp broth	Boiled vegie with fish sauce	Grilled chicken with lime leaves	Omelet	Fruit	Western + Asian lunch set	Beef congee	Fruit juice
					Rice							Fresh milk
	TUE	20/11/2018	Croissant	Fresh milk	Vegie with meat broth	Fried potato	Spaghetti with minced beef		Fruit	Western lunch set	Fish ball tempura	Fruit juice
												Fresh milk
	WED	21/11/2018	Banana	Fresh milk	Papaya with shrimp broth	Stir fried Bok Choy with oyster oil	Braised fish	Shu mai with tomato sauce	Fruit	Asian lunch set	Cream Danish	Fruit juice
					Rice							Fresh milk
	THU	22/11/2018	Pineapple gateaux	Fresh milk	Cabbage with minced meat broth	Grilled pumpkin	Roasted pork	Mixed noodles with mushroom and fried pork	Fruit	Asian lunch set	Tapioca, minced pork and vegie soup	Fruit juice
					Rice							Fresh milk
	FRI	23/11/2018	Chocopie	Fresh milk		Local vegetables	Noodles in Hanoi style		Fruit	Asian lunch set	Pop corn	Fruit juice
												Fresh milk

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KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 2 – NOVEMBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
6	MON	26/11/2018	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 veggie congee	Fruit juice
					Rice							Fresh milk
	TUE	27/11/2018	Banana	Fresh milk	Vine spinach with meat broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Chips	Fruit juice
					Rice							Fresh milk
	WED	28/11/2018	Bread with pork floss	Fresh milk	Tomato with eggs broth	Grilled veggie	Grilled pork loin with Demi sauce		Fruit	Western lunch set	Dumpling	Fruit juice
					Rice							Fresh milk
	THU	29/11/2018	Caramel cream	Fresh milk	Pumpkin with shrimp broth	Stir fried green bean	Fried chicken with fish sauce	Braised pork with turnip	Fruit	Asian lunch set	Minced beef soup	Fruit juice
					Rice							Yoghurt
	FRI	30/11/2018	Rice crackers	Fresh milk		Herbs	Chicken Pho		Fruit	Asian lunch set	Fried baguette with minced shrimp and pork	Fruit juice
												Fresh milk

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