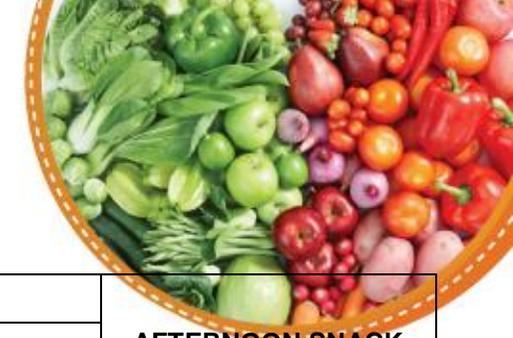




KINDERWORLD

KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 1 – OCT 2016



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK		
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
9	MON	03/10/2016	Rice crackers	Fresh milk	Pumpkin with pork broth	Stir fried green gourd	Braised pork	Braised quail eggs in Chinese style	Fruit	Asian lunch set	Chicken and mushroom pizza	Fruit juice	
					Rice							Fresh milk	
	TUE	04/10/2016	Watermelon	Apple juice	Sauropus with shrimp broth	Lettuce, tomato	Rice with roasted chicken thigh		Fruit	Asian + Western lunch set	AFC	Fruit juice	
					Fresh milk								
	WED	05/10/2016	Cornflake	Fresh milk	Lufa with shrimp broth	Stir fried vegie	Braised fish with turmeric	Stir fried pork with sweet and sour sauce	Fruit	Asian + Western lunch set	Shook fruits	Fruit juice	
					Rice							Fresh milk	
	THU	06/10/2016	Banana	Orange juice	Chayote with meat broth	Stir fried Lufa	BBQ pork ribs	Fish balls with oyster sauce	Fruit	Asian + Western lunch set	Donut	Fruit juice	
					Rice							Fresh milk	
	FRI	07/10/2016	Solite cake	Fresh milk	Rice	Local vegetables	Herbs	Braised beef		Fruit	Asian lunch set	3 flavors jelly	Fruit juice
													Fresh milk



MENU FOR TERM 1 – OCT 2016



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	10/10/2016	Papaya	Fresh milk	Winter melon with pork broth	Mixed Glory morning vegetable with sesame	Braised pork with eggs	Stir fried noodles with chicken and green bean	Fruit	Asian + Western lunch set	Crackers	Fruit juice
					Rice							Fresh milk
	TUE	11/10/2016	Croissant	Fruit juice	Sauropus with beef broth	Stir fried Bok Choy	BBQ Chicken	Stir fried pork with vegie	Fruit	Asian + Western lunch set	Milk bread	Fruit juice
					Rice							Fresh milk
	WED	12/10/2016	Solite Butter cupcake	Fresh milk	Green gourd with shrimp broth	Boiled vegie	Spaghetti with chicken balls sauce		Fruit	Asian + Western lunch set	Banana cake	Fruit juice
					Rice							Fresh milk
	THU	13/10/2016	Grapes	Fresh milk	Lufa with shrimp broth	Stir fired mushroom with vegie and meat	Shu mai	Stir fried beef with broccoli	Fruit	Asian + Western lunch set	Waffle	Ice cream
					Rice							
	FRI	14/10/2016	Danish	Fruit juice		Herbs	Wonton with Char siu noodles		Fruit	Asian lunch set	Chicken dumpling	Fruit juice
												Fresh milk

