

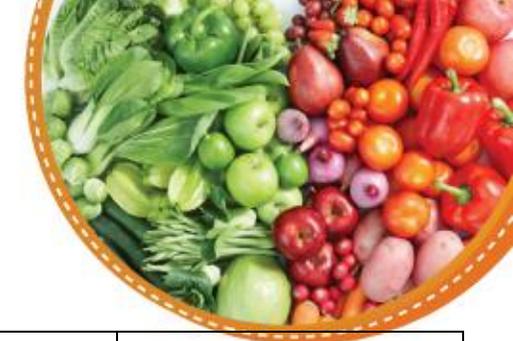
MENU FOR TERM 1 – OCT 2017



| WEEK | DAY | DATE | MORNING SNACK | | LUNCH | | | | | | AFTERNOON SNACK | |
|------|-----|-----------|-----------------------|-------------|----------------------------|---------------------------------|---------------------------------|---|---------|---------------------------|-----------------------|-------------|
| | | | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 9 | MON | 2/10/2017 | Bread with dried pork | Apple juice | Sauropus with shrimp broth | Stir fried Napa cabbage | Grilled chicken with honey | Minced pork stuffed in tofu with tomato sauce | Fruit | Asian + Western lunch set | Rice crackers (salty) | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | TUE | 3/10/2017 | Water melon | Fresh milk | Turnip with meat broth | Stir fried kohlrabi with garlic | Grilled pork loaf | Fish loaf with sweet and sour sauce | Fruit | Asian + Western lunch set | Coconut jelly | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | WED | 4/10/2017 | Cupcake | Fresh milk | | Herbs | Beef Pho | | Fruit | Asian lunch set | Moon cakes | Fruit juice |
| | | | | | | | Fresh milk | | | | | |
| | THU | 5/10/2017 | Pineapple Danish | Fresh milk | Amaranth with shrimp broth | Stir fried jicama | Braised pork in Chinese style | Stir fried noodles in Singaporean style | Fruit | Asian lunch set | Crackers | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | FRI | 6/10/2017 | Banana | Fresh milk | | Herbs | Noodles with pork and pork loaf | | Fruit | Asian lunch set | Cookies | Fruit juice |
| | | | | | | | Fresh milk | | | | | |

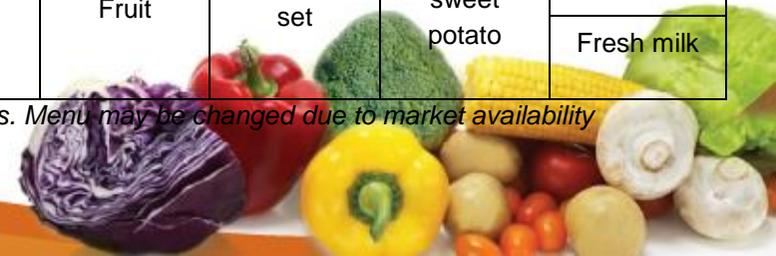
Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability





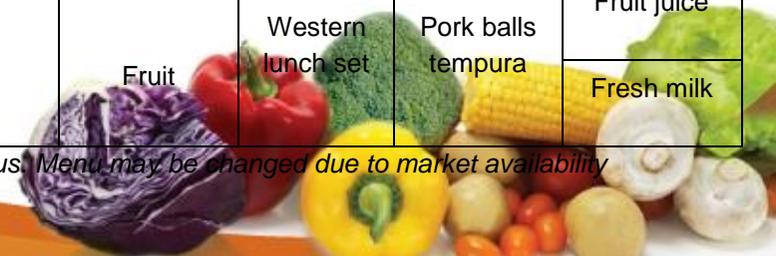
| WEEK | DAY | DATE | MORNING SNACK | | LUNCH | | | | | | AFTERNOON SNACK | |
|------|-----|------------|-------------------|-------------|--------------------------------|-------------------------------------|--|--------------------------|---------|---------------------------|-------------------------|-------------|
| | | | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 10 | MON | 9/10/2017 | Cornflakes | Fresh milk | Vine spinach with pork broth | Stir fried glory morning vegetables | Grilled fish | Braised pork with turnip | Fruit | Asian + Western lunch set | Cheese wafer | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | TUE | 10/10/2017 | Dragon fruit | Apple juice | Winter melon with shrimp broth | Stir fried chayote | Grilled pork | Shu mai | Fruit | Asian + Western lunch set | Chocolate chips cookies | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | WED | 11/10/2017 | Butter cream cake | Fresh milk | Tomato with beef broth | Fried potato | Spaghetti with minced beef sauce | | Fruit | Western lunch set | Quail eggs dumpling | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | THU | 12/10/2017 | Water melon | Fresh milk | Papaya with pork broth | Stir fried Bok Choy | Braised pork with mushroom | Fried eggs | Fruit | Asian + Western lunch set | Sesame crackers | Fruit juice |
| | | | | | Rice | | Yoghurt | | | | | |
| | FRI | 13/10/2017 | Almond croissant | Fresh milk | | Local vegetables | Quang noodles (shrimp, pork, quail eggs) | | Fruit | Asian lunch set | Shaken sweet potato | Fruit juice |
| | | | | | | | | | | | | Fresh milk |

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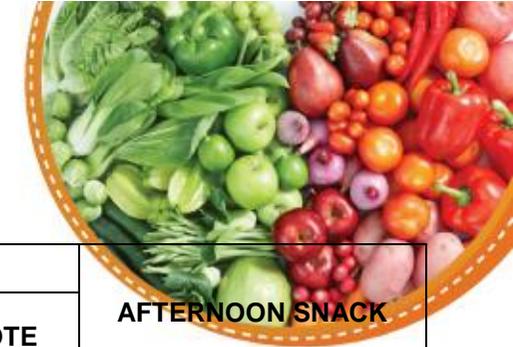
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|------|------------|------------|---------------|----------------------------|---------------------------|-------------------------------------|---|-------------------------------------|---------------------------|---------------------------|-----------------|-------------|
| | | | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 11 | MON | 23/10/2017 | Grapes | Apple juice | Sauropus with pork broth | Stir fired Bok Choy with oyster oil | Stir fried chicken with butter and garlic | Braised quail eggs in Chinese style | Fruit | Asian + Western lunch set | Pound cake | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | TUE | 24/10/2017 | Rice crackers | Fresh milk | Pumpkin with shrimp broth | Boiled cabbage | Shrimp tempura | Fish balls with oyster oil | Fruit | Asian + Western lunch set | Banana cake | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | WED | 25/10/2017 | Choux pastry | Orange juice | Vegie with meat broth | Lettuce, cucumber | Chicken rice in Hoian style | | Fruit | Asian lunch set | Cheese rolls | Fruit juice |
| | | | | | | | | Fresh milk | | | | |
| THU | 26/10/2017 | Banana | Fresh milk | Amaranth with shrimp broth | Stir fried green bean | Braised fish | Stir fried soya noodles with crab stick | Fruit | Asian + Western lunch set | Coconut Danish | Fruit juice | |
| | | | | Rice | | | | | | | Fresh milk | |
| FRI | 27/10/2017 | Crullers | Fresh milk | | Shaken potato with salt | Shrimp sandwich | | Fruit | Western lunch set | Pork balls tempura | Fruit juice | |
| | | | | | | | | | | | Fresh milk | |





KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 2 – OCT + NOV 2017



| WEEK | DAY | DATE | MORNING SNACK | | LUNCH | | | | | | AFTERNOON SNACK | |
|------|-----|------------|-----------------------|-------------|-------------------------------|--|----------------------------------|---------------------------------|---------|---------------------------|-----------------------|-------------|
| | | | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 12 | MON | 30/10/2017 | Water melon | Fresh milk | Vine spinach with pork broth | Boiled vegie | Char siu | Shu mai with tomato sauce | Fruit | Asian + Western lunch set | Rice crackers (salty) | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | TUE | 31/10/2017 | Strawberry Danish | Fresh milk | Green gourd with shrimp broth | Stir fried Napa cabbage | Grilled chicken | Fried fish loaf with oyster oil | Fruit | Asian + Western lunch set | Chocolate crackers | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | WED | 01/11/2017 | Dragon fruit | Fresh milk | Turnip with pork broth | Tempura sweet potato | Beef steak | | Fruit | Western lunch set | Fried fish balls | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | THU | 02/11/2017 | Chocolate croissant | Fresh milk | Bok Choy with shrimp broth | Mixed morning glory vegetables with sesame | Mackerel with tomato sauce | Stir fried penne with shrimp | Fruit | Asian + Western lunch set | 3 flavor jelly | Fruit juice |
| | | | | | Rice | | | | | | | Fresh milk |
| | FRI | 03/11/2017 | Bread with dried pork | Apple juice | | Herbs | Noodles with wonton and char siu | | Fruit | Asian lunch set | Ham pizza | Fruit juice |
| | | | | | | | | | | | | Fresh milk |

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