

KINDERWORLD INTERNATIONAL KINDERGARTEN

MENU FOR TERM 2 – DEC 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	02/12/2019	Yoghurt/ Rice crackers	Peach juice	Taro with beef broth	Stir fried long cabbage	Grilled chicken with teriyaki sauce	Omelet	Fruit	Western + Asian lunch set	Fried sticky cake	Fresh milk
					Rice							
	TUE	03/12/2019	Grapes/ Danish	Fresh milk	Vine spinach with shrimp broth	Stir fried chayote with carrot	Braised fillet fish with soya sauce	Stir fried beef with tomato and pineapple	Fruit	Western + Asian lunch set	Butter cream sponge	Fresh milk
					Rice							
	WED	04/12/2019	Pate chaud/ Water- melon	Fresh milk	Calabash with shirmp broth	Fried sweet potato	Spaghetti with chicken balls sauce		Fruit	Western lunch set	Grilled sausage/ Cheese wafer	Fresh milk
					Rice							
	THU	05/12/2019	Cream chaux	Fresh milk	Seaweed with shrimp broth	Stir fried Bok choy	Grilled chicken with BBQ sauce	Mixed noodles with grilled fish, sesame and herbs	Fruit	Western + Asian lunch set	Crackers	Fresh milk
					Rice							
	FRI	06/12/2019	Pear/ Choco pie	Fresh milk		Herbs	Fish cakes noodles		Fruit	Asian lunch set	Fried chicken balls/ Fresh bread	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 2 – DEC 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	09/12/2019	Caramel cream/ Rice crackers	Apple juice	Sauropus with beef broth Rice	Stir fried morning glory vegetables	Roasted chicken	Simmered tofu with lemongrass	Fruit	Western + Asian lunch set	Coconut cake	Fresh milk
	TUE	10/12/2019	Cornflakes	Fresh milk	Lufa with shrimp broth Rice	Stir fried vegies with sweet & sour sauce	Stir fried minced beef with Lot leaves	Braised quail eggs in Chinese style	Fruit	Western + Asian lunch set	Banana gateau	Fresh milk
	WED	11/12/2019	Sponge/ Grapes	Fresh milk	Green mustard with shrimp broth	Cucumber, tomato, lettuce	Chicken rice in Hoian style		Fruit	Asian lunch set	Chicken sponge	Fresh milk
	THU	12/12/2019	Pear/ Danish	Fresh milk	Winter melon with shrimp broth Rice	Stir fried cauliflower with garlic	Braised basa fish	Stir fried green bean with beef	Fruit	Western + Asian lunch set	Yoghurt/ Rice crackers	Fresh milk
	FRI	13/12/2019	Dumpling	Fresh milk	Herbs		Beef Pho		Fruit	Asian lunch set	Muffin/ Vanilla wafer	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 – DEC 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	16/12/2019	Danish/ Water-melon	Fresh milk	Calabash with shrimp broth	Stir fried long cabbage	Fried chicken with fish sauce	Stir fried fish cakes with sweet and sour sauce	Fruit	Western + Asian lunch set	Fried sticky cake	Fresh milk
					Rice							
	TUE	17/12/2019	Yoghurt/ Yeast cake	Peach juice	Vegies with minced beef broth	Stir fried green bean	Stir fried chicken with mushroom, lime leaves, lemongrass	Simmered Basa fish	Fruit	Western + Asian lunch set	Croissant/ Watermelon	Fresh milk
					Rice							
	WED	18/12/2019	Coconut cake/ Grapes	Fresh milk	Papaya with shrimp Broth	Lettuce, tomato, cucumber + Sweet potato tempura	Grilled fillet chicken with mustard and honey		Fruit	Western lunch set	Dimsum/ Caramel cream	Fresh milk
	THU	19/12/2019	Pate Chaud/ Dragon fruit	Fresh milk	Pumpkin with shrimp broth	Stir fried Napa cabbage	Grilled fish with salt and lime sauce	Stir fried broccoli with shrimp	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fresh milk
					Rice							
	FRI	20/12/2019	Pear/ Panibobo	Fresh milk	Herbs		Chicken Quang noodles		Fruit	Asian lunch set	Chocolate cookies	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

