

### **MENU FOR TERM 2 – KINDERGARTEN – OCTOBER 2023**



			1			400.00	LUNCH			1		
<	DAY	DATE	MORNIN	IG SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOOI	N SNACK	
	MON	23/1 <mark>0/</mark> 2023	Magic crackers sandwich	Fresh milk	Fried seaf	food noodles	Russian salad	Sweet leaf with meat broth	Fresh Fruit	Wafer	Fresh milk	
			Sandwich					Steamed rice				
	TUE	24/10/2023	Fresh Fruit	Fresh milk	Baked chicken with cheese			Wintermelone with shrimp broth	Fresh Fruit	Coconut jelly	Vinamilk yoghurt	
	(	10000	Trait		sauce	sauce	with garlic	Steamed rice			) og. i art	
	WED	25/10/2023	Banana cake	Apple juice		th leek served with read	Herbs	Steamed rice/ Bread	Fresh Fruit	Ham sandwich	Fresh mill	
1	THU	26/10/2023	Beef soup	Fresh milk	Pan-fried fish fillet with passion	Noodle mix minced	Stir-fried bok choy with oyster oil &	Seaweed with shrimp broth	Fresh Fruit	Fresh Fruit	Fresh mill	
Ab	000		333.		fruit sauce pork		mushroom	Steamed rice		1		
	FRI	27/10/2023	Orange jam	Yoghurt	Spaghetti with minced meat and tomato sauce served with potato wedges		Herbs	Malabar spinach with meat broth	Fresh Fruit	Butter cream sponge cake	Fresh mil	
A			bread		sauce served with potato wedges		Steamed rice					

MENU FOR TERM 2 - KINDERGARTEN - OCTOBER + NOVEMBER 2023



							LUNCH				
WEEK	DAY	DATE	MORNING	SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOO	N SNACK
	MON	30/10/2023	Cornflakes	Fresh milk	Grilled chicken with French mustard sauce	Stir fried potato with bacon	Stir fried morning glory with garlic	Malabar spinach with meat broth  Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
49	TUE	31/10/2023	Fresh Fruit	Fresh milk	Pan-fried fish fillet with lemon butter sauce	Tofu stuffed with mince pork	Grilled pumpkin with Oregano	Gourd with shrimp broth  Steamed rice	Fresh Fruit	Coffee jelly	Vinamilk yoghurt
2	WED	01/11/2023	Carrot cake	Apple juice	SaiGon brok	ken rice	Salad with mayonnaise sauce	Papaya with meat broth	Fresh Fruit	Grilled sausage	Fresh milk
	THU	02/11/2023	Seafood soup	Fresh milk	Baked pork tenderloin with European sauce	Stir fried chayote with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	03/11/2023	Butter & jam bread	Yoghurt	Chicken spaghetti se sweet po	•	Vegetables w	ith meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

Vegetables 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 – KINDERGARTEN – NOVEMBER 2023**



						100	LUNCH				
WEEK	DAY	DATE	MORNING	SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOO	N SNACK
	MON	06/11/2023	Cosy Marie biscuits	Fresh milk	Roasted pork with grilled bell pepper sauce	Roll eggs with ham	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth	Fresh Fruit	Rice crackers	Fresh milk
	TUE	07/11/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth  Steamed rice	Fresh Fruit	Passion fruit jelly	Vinamilk yoghurt
3	WED	08/11/2023	Cream choux	A <mark>pple</mark> juice	Hoi An chick	ken rice	Lettuce, tomato, cucumber salad	Malabar spinach with meat broth	Fresh Fruit	Ham bread	Fresh milk
196	THU	09/11/2023	Minced pork soup	Fresh milk	Shrimp tempura	Korean pancake	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	10/11/2023	Chocolate sponge cake	Yoghurt	Thanh Tri fresh rice flat	t paper & pork loaf	Herbs	Leaf mustard with meat broth	Fresh Fruit	Donut	Fresh milk



### **MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER 2023**



	01.40	nce 1986		I		T						HICE
								LUNCH			1	
WEE	K D	DAY	DATE	MORNING	SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE  DESSERT		AFTERNOON SNACK	
	Т	TUE	14/11/2023	Seaweed rice crackers	Fresh milk	Baked chicken topped with cheese & tomato sauce	Singapore fried rice vermicelli	Stir-fried luffa with bean sprouts & basil leaves	Sweet leaf with meat broth  Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk
Salt 20	W	WED	15/11/2023	Black sesame roll bread	Apple juice	Indian chicken curry s	erved with bread	Herbs	Bread	Fresh Fruit	Banana cake	Fresh milk
4	T	THU	16/11/2023	Pumpkin soup with cream	Fresh milk	Bacon wrapped with vegetables	Cheese omelette	Stir fried chayote with meat	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
		FRI	17/ <mark>11/2023</mark>	Coconut sponge cake	Yoghurt	Veggie pizza served w	ith potato wedges	Herbs	Wintermelone with meat broth Steamed rice	Fresh Fruit	Hot-dog	Fresh milk

Vegetables 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 – KINDERGARTEN – NOVEMBER 2023**



						LU	JNCH			- Course Ru	
WEEK	DAY	DATE	MORNING	S SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNACK	
	MON	20/44/2022	Motor	Frank mills	Roasted chicken with Han	Boiled eggs	Honey roasted	Pumpkin with meat broth	Fresh Fruit	Egg sponge	Erach wills
	MON	20/11/2023	Wafer	Fresh milk	Quoc sauce		carrots with dill seeds	Steamed rice		cake	Fresh milk
1	TUE	21/11/2023	Fresh Fruit	Fresh milk	Grilled pork with mushroom sauce	Eggplant with minced pork	Stir fried bok choy with garlic	Amaranth with shrimp broth	Fresh Fruit	Chocolate jelly	Vinamilk yoghurt
	- 10	3				sauce		Steamed rice		, ,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
5	WED	22/11/2023	Butter cream	Apple	Stewed pork trotter w	rith vegetables	Herbs	Steamed rice	Fresh Fruit	Coconut	Fresh milk
			sponge cake	juice				Bread	4	bread	
	THU	23/11/2023	Chicken soup	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork &	Stir fried cabbage with	Seaweed with shrimp broth	Fresh Fruit	Fresh fruit	Fresh milk
			осир		out of	shrimp	carrot	Steamed rice		-	
	FRI	24/11/2023	Cheese bread	Yoghurt	Ham burger	Fried sweet potato with Paprika powder	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk



MENU FOR TERM 2 - KINDERGARTEN - NOVEMBER + DECEMBER 2023



						100	LUNCH				
WEEK	DAY	DATE	MORNIN	IG SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNAC	
	MON	27/11/2023	Magic crackers sandwich	Fresh milk	Baked chicken with cheese sauce	Roll eggs with ham	Stir-fried jicama with garlic	Wintermelone with shrimp broth  Steamed rice	Fresh Fruit	Wafer	Fresh milk
27/2	TUE	28/11/2023	Fresh Fruit	Fresh milk	Fried seaf	food noodles	Russian salad	Sweet leaf with meat broth  Steamed rice	Fresh Fruit	Coconut jelly	Vinamilk yoghurt
6	WED	29/11/2023	Banana cake	Apple juice		h leek served with read	Herbs	Steamed rice/ Bread	Fresh Fruit	Ham sandwich	Fresh milk
	THU	30/11/2023	Beef soup	Fresh milk	Pan-fried fish fillet with passion fruit sauce	Noodle mix minced pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	01/12/2023	Orange jam bread	Yoghurt		Sausage pizza served with potato wedges		Malabar spinach with meat broth  Steamed rice	Fresh Fruit	Butter cream sponge cake	Fresh milk

Vegetables 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 – KINDERGARTEN – DECEMBER 2023**



04/1 <mark>2/</mark> 2023	MORNING  3 Cornflakes	Fresh milk	MAIN COURSE  Grilled chicken with	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOOI	N SNACK
04/12/2023	3 Cornflakes	Frosh milk	Grilled chicken with	0:1 (1 )					
		I IG2II IIIIK	French mustard sauce	Stir fried wintermelone with shrimp	Stir fried string bean with garlic	Malabar spinach with meat broth  Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
05/12/2023	3 Fresh Fruit	Fresh milk	Pan-fried fish fillet with lemon butter sauce	Tofu stuffed with mince pork	Grilled pumpkin with Oregano	Gourd with shrimp broth Steamed rice	Fresh Fruit	Coffee jelly	Vinamilk yoghurt
06/12/2023	3 Carrot cake	Apple juice	SaiGon broke	ken rice	Salad with mayonnaise sauce	Papaya with meat broth	Fresh Fruit	Grilled sausage	Fresh milk
07/12/2023	Seafood soup	Fresh milk	Baked pork tenderloin with European sauce	Stir fried chayote with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
08/12/2023	Butter & jam bread	Yoghurt			Vegetables w	ith meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk
09/12/2023	3 Fresh Fruit	Fresh milk			Herbs		Fresh fruit	Wafer	Fresh milk
	06/12/2023	06/12/2023 Carrot cake  07/12/2023 Seafood soup  08/12/2023 Butter & jam bread	06/12/2023 Carrot cake Apple juice  07/12/2023 Seafood soup Fresh milk  08/12/2023 Butter & Yoghurt	05/12/2023       Fresh Fruit       Fresh milk       with lemon butter sauce         06/12/2023       Carrot cake       Apple juice       SaiGon brok         07/12/2023       Seafood soup       Fresh milk       Baked pork tenderloin with European sauce         08/12/2023       Butter & jam bread       Yoghurt       Minced meat spagh grilled swee         09/12/2023       Fresh Fruit       Fresh milk       Stewed chicken with	05/12/2023       Fresh Fruit       Fresh milk       with lemon butter sauce       Tofu stuffed with mince pork         06/12/2023       Carrot cake       Apple juice       SaiGon broken rice         07/12/2023       Seafood soup       Fresh milk       Baked pork tenderloin with European sauce       Stir fried chayote with meat         08/12/2023       Butter & jam bread       Yoghurt grilled sweet potato       Minced meat spaghetti served with grilled sweet potato	Fresh Fruit  Fresh milk  Fresh milk  Fresh milk  Fresh milk  SaiGon broken rice  Salad with mayonnaise sauce  Steamed white cabbage served with sweet soy sauce  O8/12/2023  Butter & jam bread  Fresh Fruit  Fresh milk  Fresh milk  SaiGon broken rice  Salad with mayonnaise sauce  Steamed white cabbage served with meat  Steamed white cabbage served with sweet soy sauce  Minced meat spaghetti served with grilled sweet potato  Vegetables w  O9/12/2023  Fresh Fruit  Fresh milk  Stewed chicken with red wine served  He	Fresh Fruit Fresh milk with lemon butter sauce Salad with mince pork with Oregano Steamed rice  Carrot cake Apple juice SaiGon broken rice Salad with mayonnaise sauce Papaya with meat broth meat broth  Steamed with mince pork Steamed with mayonnaise sauce Steamed with meat broth meat broth  Baked pork tenderloin with European sauce Steamed white cabbage served with sweet soy sauce Steamed rice  O8/12/2023 Butter & jam bread Joghurt Minced meat spaghetti served with grilled sweet potato  With lemon butter with Oregano Steamed rice  Steamed white cabbage served with shrimp broth with sweet soy sauce Steamed rice  Vegetables with meat broth  Stewed chicken with red wine served Herbs	Fresh Fruit    Steamed rice   Fresh Fruit   Fresh milk   Fresh milk	Fresh Fruit Fresh milk with lemon butter sauce SaiGon broken rice Salad with mayonnaise sauce Seafood soup Seafood Seafo



### **MENU FOR TERM 2 - KINDERGARTEN - DECEMBER 2023**



							100	LUNCH				
WE	EK	DAY	DATE	MORNING	SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNACK	
	М	MON	11/12/2023	Cosy Marie biscuits	Fresh milk	Roasted pork with grilled bell pepper sauce	Roll eggs with ham	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk
8.08	9	TUE	12/12/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth	Fresh Fruit	Passion fruit jelly	Vinamilk yoghurt
8	į.	1	13/12/2023	Cream		Hại An chịc	con rico	Lettuce, tomato,	Steamed rice  Malabar spinach	Fresh Fruit	Ham bread	Fresh milk
		WED	13/12/2023	choux	App <mark>le</mark> juice	Hoi An chicke	Ken nice	cucumber salad	with meat broth	Trestriuit	Tiam breau	TIESHIIIIK
	2	THU	14/1 <mark>2/202</mark> 3	Minced pork soup	Fresh milk	Shrimp tempura	Korean pancake	Stir-fried bok choy with oyster	Seaweed with shrimp broth	Fresh Fruit	Fresh Fruit	Fresh milk
					A	PV		oil	Steamed rice	49		
		FRI	15/12/2023	Chocolate sponge cake	Yoghurt	Roasted chicken & egg noodle with Teriyaki sauce	Baked potato with butter & garlic	Herbs	Leaf mustard with meat broth	Fresh Fruit	Donut	Fresh milk



### **MENU FOR TERM 2 – KINDERGARTEN – JANUARY 2024**



						4	LUNCH				
WEEK	DAY	DATE	MORNING	S SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNACK	
	TUE 02/01/2024 Fresh Fruit Fresh milk		Fish katsu	Cheese omelette	Stir-fried malabar spinach with garlic	Leaf mustard with shrim broth  Steamed rice	Fresh Fruit	Fruits jelly	Vinamilk yoghurt		
	WED	03/01/2024	Pineapple sponge cake	Apple juice	Indian chicken curry s	Indian chicken curry served with bread		Bread	Fresh Fruit	Orange jam sandwich	Fresh milk
9	THU	04/01/2024	Pumpkin soup with cream	Fresh milk	Bacon wrapped with vegetables	Tofu with sweet sour sauce & mince pork	Stir fried chayote with meat	Seaweed with shrimp broth  Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	05/01/2024	Black sesame roll bread	Yoghurt	Veggi <mark>e p</mark> izza served w	ith potato wedges	Herbs	Wintermelone with meat broth  Steamed rice	Fresh Fruit	Banana cake	Fresh milk

Vege<mark>tables in the Menu mai</mark>nly come from organic gardens plan<mark>ted</mark> at Pegasu<mark>s a</mark>nd SIS campus.

Menu may be changed due to market availability.



### **MENU FOR TERM 2 - KINDERGARTEN - JANUARY 2024**



						LU	JNCH				
WEEK	DAY	DATE	MORNING	S SNACK	MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNACI	
	MON	08/01/2024	Wafer	Fresh milk	Roasted chicken with Han	Boiled eggs	Honey roasted	Pumpkin with meat broth	Fresh Fruit	Egg sponge	Fresh milk
	IVIOIN	00/01/2024	vvalei	1 16311 IIIIIK	Quoc sauce		carrots with dill seeds	Steamed rice		cake	TIESHIIIIK
100	TUE	09/01/2024	Fresh Fruit	Fresh milk	Grilled pork with mushroom sauce	Eggplant with minced pork	Stir fried morning glory	Amaranth with shrimp broth	Fresh Fruit	Chocolate jelly	Vinamilk yoghurt
190	O Dec	Sta de	No. of Lot	200	madimodini dados	sauce	with garlic	Steamed rice	1	jeny	yognar
10	WED	10/01/2024	Butter cream	Apple	Stewed pork trotter w	rith vegetables	Herbs	Steamed rice	Fresh Fruit	Coconut	Fresh milk
			sponge cake	juice		7		Bread	1	bread	
	THU	11/01/2024	Chicken	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork &	Stir fried cabbage with	Seaweed with shrimp broth	Fresh Fruit	Fresh fruit	Fresh milk
			soup	1100111111111	Sauce	shrimp	carrot	Steamed rice			
	FRI	12/01/2024	Cheese bread	Yoghurt	Ham burger	Fried sweet potato with Paprika powder	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk