

KINDERWORLD INTERNATIONAL KINDERGARTEN

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



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					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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WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					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

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MENU FOR TERM 2 – OCT + NOV 2017



KINDERWORLD INTERNATIONAL KINDERGARTEN 1986			MORNING SNACK		LUNCH						AFTERNOON SNACK	
WEEK	DAY	DATE			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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