



# KIDS KINGDOM SNACK & LUNCH MENU

## School Year 2015 – 2016 (Semester 2)



### Weeks 1, 5, 9, 13, 17

Details	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Cornflakes and milk	Whole-wheat Cheese sandwich / milk	Cheese & ham pizza / milk	Banana Muffin / milk	Homemade yoghurt w/ fresh strawberries
<b>Fruits</b>		Bananas	Melon	Pears	Watermelon & grapes	Apples
<b>Lunch</b>	12.00 pm	Fried rice with ham, eggs & carrots	Spaghetti w/minced chicken in fresh tomato sauce	Sticky rice with Thai style grilled pork	Rice with Stir-fried chicken / broccoli & mushroom	Chicken Burger with lettuce & tomatoes (whole wheat)
<b>Main Course</b>		Tom yum soup / Corn on the cob	Grilled carrots / pumpkin	Papaya salad (Thai style)	Tofu and Chinese cabbage soup / steamed egg	Pumpkin soup / Japanese peas
<b>Soup / breads / Vegetables</b>		Carrot & tuna bread roll / apples / milk	Mini rice crackers / bananas / milk	Red bean bread / apples/ milk	Cheese sandwich / bananas / milk	-----
<b>After school snack</b>	2.30 pm					

### Weeks 2, 6, 10, 14, 18

Details	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Pancakes / milk	Tuna & Avocado bread roll / milk	Breadsticks & cucumbers with dip / milk	3-grain rice crackers/ milk	Cheese crackers / raisins / yoghurt
<b>Fruits</b>		Bananas	Guavas	Rose Apples	Watermelon	Apples
<b>Lunch</b>	12.00 pm	Rice with minced chicken / baby corns and basil leaves / omelette	Grilled Fish & potato wedges	Rice with roasted pork in red sauce / boiled egg	Rice with tofu & minced chicken in mabo sauce / scrambled egg	Ham & Cheese whole-wheat Sandwich
<b>Main Course</b>		Tofu soup / Sliced cucumbers	Dinner rolls / Tomato soup	Rocket salad with cherry tomatoes / cucumbers	Grilled mushroom & carrots / Plain croissants	Spinach cream Soup / Boiled sweet corns
<b>Soup / breads / Vegetables</b>		Boiled corns / apples / milk	Mini crackers / bananas / milk	Yoghurt & apples	Toasted bread w/ cream cheese / milk	-----
<b>After school snack</b>	2.30 pm					



## KIDS KINGDOM SNACK & LUNCH MENU

### School Year 2015 – 2016 (Semester 2)



#### Weeks 3, 7, 11, 15, 19

Details	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Cornflakes and milk	Whole wheat Cheese Sandwich / milk	Veggie plate with dip / milk	Banana bread / milk	Homemade yoghurt w / fresh strawberries
<b>Fruits</b>		Bananas	Pears	Apples	Watermelon & grapes	Fruity kabab
<b>Lunch</b>	12.00 pm	Rice with steamed chicken / Boiled egg	Penne in cream sauce with ham	Rice with Stir-fried pork & asparagus with oyster sauce	Stir-fried noodles with chicken / baby corns & carrots	Roast chicken with gravy
<b>Main Course</b>		Clear soup with carrots and radish / sliced cucumbers	Steamed broccoli & green beans	Chinese cabbage & soft tofu soup	Egg & onion soup / cherry tomatoes	Whole wheat French bread / Steamed radish and carrots
<b>After school snack</b>	2.30 pm	Carrot & tuna bread roll / apples / milk	Mini rice crackers / bananas / milk	Red bean bread / apples / milk	Cheese sandwich / bananas / milk	-----

#### Weeks 4, 8, 12, 16, 20

Details	Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Pancakes / milk	Cheese & corn Quesadilla /milk	Boiled egg / ciabatta bread / milk	Pumpkin & Carrot bread / milk	Cheese crackers / raisins / yoghurt
<b>Fruits</b>		Bananas	Guava	Melon	Apples	Watermelon
<b>Lunch</b>	12.00 pm	Rice with chicken in red sauce / glass noodles stir-fried w/ bean sprouts	Pasta with sweet peas and prawns	Rice with Japanese chicken katsu curry	Yellow noodles with marinated pork and veggies	Crunchy chicken fingers with yoghurt dip
<b>Main Course</b>		Cherry tomatoes	Garlic bread / Mixed salad	Diced potatoes and carrots / Japanese peas	Radish soup / carrot sticks	Plain croissants / mashed broccoli & potatoes
<b>After school snack</b>	2.30 pm	Boiled corns / apples / milk	Mini crackers / bananas / milk	Yoghurt & apples	Toasted bread w/ cream cheese / milk	-----

