



KIDS KINGDOM SNACK & LUNCH MENU (SY '20 – '21 semester 1)

WW=whole wheat / V=Vegetarian

Meatless MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 1, 5, 9, 13, 17, 21				
SNACK (10.00 AM)				
Soft muffin w/ cream cheese / banana / milk	Boiled egg / soft roll / milk Seasonal fruit <i>V: Hash brown w/ soft roll</i>	WW* Cheese sandwich milk / apples	Pizza Toast / Seasonal fruit / milk	Homemade yoghurt w/ granola / mangoes
LUNCH (12.00 PM)				
Thai style Fried rice w/ carrots, tofu & eggs Tom yum soup Corn on the cob Cucumbers <i>V: no eggs</i>	Spaghetti w/minced chicken in fresh tomato sauce Roasted orange sweet potatoes & baby corns <i>V: minced mushroom sauce</i>	Rice w/ crispy fried chicken strips & Boiled egg Clear soup with radish Cucumbers <i>V: fried tofu & protein nuggets</i>	Sticky rice w/ Thai style grilled pork Carrots & cherry tomatoes <i>V: grilled tofu</i>	Chicken Burger w/ lettuce Pumpkin soup Japanese peas <i>V: Cheese & veggie burger</i>
Meatless MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 2, 6, 10, 14, 18, 22				
SNACK (10.00 AM)				
Pancakes w/ honey Bananas / milk	Steamed stuffed bun w/ minced chicken (salapao) Seasonal fruit <i>V: Steamed bun w/ black beans</i>	Corn cheese balls Seasonal fruit / milk	Toasted tuna sandwich Seasonal fruit / milk	Warm Pita bread w/ hummus / Seasonal fruit
LUNCH (12.00 PM)				
Tomato & mushroom Pizza Spinach soup Cos salad w/ mango & cherry tomatoes	Rice w/ butter chicken creamy curry / steamed egg / broccoli & cucumbers <i>V: rice w/ cottage cheese creamy curry</i>	Rice w/ roasted pork in red sauce & boiled egg Cherry tomatoes Steamed asparagus <i>V: rice w/ roasted tofu</i>	Crunchy Fish Parmesan-baked potato wedges WW Dinner rolls Steamed broccoli <i>V: Vegetable cutlet</i>	Rice w/ minced chicken, baby corns and basil Clear Tofu soup Cucumbers & carrots <i>V: minced protein nuggets</i>
AFTER SCHOOL SNACK (2.30 PM) *For children taking after school classes				
Cheese or ham sandwich / plain crackers / milk	Digestive biscuits or cheese crackers / fruit / drinking yoghurt	Greek yoghurt / apples / carrot sticks	Boiled egg or cheese toast / fruit / milk	-----



KIDS KINGDOM SNACK & LUNCH MENU (SY '20 – '21 semester 1)

WW=whole wheat / V=Vegetarian

Meatless MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 3, 7, 11, 15, 19				
SNACK (10.00 AM)				
Cereal and milk Bananas	Homemade yoghurt w / fresh strawberries Toast w/ cream cheese spread	Cheese crackers / Sweet potato / Milk	WW* egg mayo sandwich Seasonal fruit / milk V: Cheese sandwich	Cheese toast Seasonal fruit / Drinking yoghurt
LUNCH (12.00 PM)				
Penne Pomodoro (fresh tomato sauce) w/ parmesan Baked cauliflower & carrots Boiled egg V: no boiled egg	Rice w / chicken katsu curry w/ diced potatoes and carrots Japanese peas V: Japanese curry with potatoes & carrots	Grilled salmon fillet w/ bread Mashed potatoes & pumpkin Steamed broccoli V: Almond crusted vegetarian nuggets	Yellow noodles w/ minced pork and vegetables Clear soup Cucumbers V: plain noodles w/ minced tofu	Rice w/ chicken in garlic sauce / Omelet Cucumbers & cherry tomatoes V: tofu in garlic sauce
Meatless MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 4, 8, 12, 16, 20				
SNACK (10.00 AM)				
Pancakes w/Honey Bananas / milk	Cheese & Ham sandwich / Seasonal fruit / milk V: cheese sandwich	Warm Pita w/ yoghurt dip Seasonal fruit	Cheese & corn Quesadilla carrot sticks / milk	Banana muffin Fruit platter / milk
LUNCH (12.00 PM)				
Pasta carbonara Garlic bread Steamed broccoli	Rice w/ fish in teriyaki sauce Stir-fried vegetables Clear soup V: Rice w/ tofu in teriyaki sauce	Rice w/ chicken in red sauce Stir-fried glass noodles w/ bean sprouts Cherry tomatoes V: Rice w/ vegetables in red sauce	Ramen noodles in chicken broth w/ minced chicken, carrots & beans Potato & peas cutlets V: vegetarian broth w/ carrots & beans Potato & peas cutlets	Roast chicken in gravy French bread Radish & carrots V: Roast tofu in gravy
AFTER SCHOOL SNACK (2.30 PM) *For children taking after school classes				
Tuna or egg sandwich / fruit / milk	Boiled corns or sweet potato / milk / fruit	Toast w/ sandwich spread or with cream cheese / fruit / milk	Banana cake or banana oat cookies / drinking yoghurt	-----