











KIDS KINGDOM SNACK & LUNCH MENU

SCHOOL YEAR 2022 - 2023



Weeks 1, 5, 9, 13, 17, 21						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Cornflakes/ Milk 	Cheese & Sausage Bread Roll/ Milk	Cereals/ Drinking Yoghurt	Banana Muffin/ Milk	Whole-wheat Cheese Sandwich /Milk 
Fruits		Apple	Banana	Guava	Cantaloupe	Watermelon
Lunch Main Course	12.00 pm	Fried Rice with Carrots, Peas & Chicken	Spaghetti w/Minced Chicken in Fresh Tomato Sauce	 Fried Dori/ Mashed Potatoes	Sticky Rice with Thai Style Fried Pork	Rice with Steamed Chicken/ Boiled Egg
Soup / Breads Vegetables		Tom Yum Tuna Soup/ Corn on the cob	Roasted Veggies (Pumpkin) 	Whole Wheat Dinner Rolls / Cream Corn Soup	Papaya salad (Thai Style)/ Boiled Corns	Clear Soup with Radish/ Sliced Cucumbers & Carrots
After school snack	2.20 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits




Weeks 2, 6, 10, 14, 18, 22						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Pancakes with Honey /Milk 	Breadsticks & Cucumbers with Dip /Milk	Homemade Yoghurt w/ Fresh Fruits	Carrot Cake /Milk	Ham/Cheese Sandwich /Milk 
Fruits		Banana	Guava	Cantaloupe	Watermelon	Apple
Lunch Main Course	12.00 pm	Rice with Chicken in Egg Soup (Paloh)	Chicken Burger 	Rice with Fish in Teriyaki Sauce	 Penne Pink Sauce	Rice with Roasted Pork in Red Sauce
Soup / Breads Vegetables		Cherry tomatoes/ Boiled Beans	Pumpkin Soup Potato Wedges	Glass Noodles Stir-fried with Carrot	Salad	Clear Tofu Soup/ Sliced Cucumbers & Carrots
After school snack	2.20 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits






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SCHOOL YEAR 2022 - 2023



Weeks 3, 7, 11, 15, 19						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Cornflakes/ Milk	Cheese & Sausage Bread roll/ Milk	Homemade Yoghurt with Fresh Fruits	Pumpkin Cake /Milk	Pizza Toast/ Milk
Fruits		Guava	Cantaloupe	Watermelon	Apple	Banana 
Lunch Main Course	12.00 pm	 Mac & Ham	Sticky Rice with Grilled Chicken	 Fried Dori/ Baked Potato Wedges	Yellow Noodles with Marinated Pork and Veggies	Rice with Chicken in Garlic Sauce/ Stir-fried Veggies
Soup / Breads Vegetables		Garlic Bread/ Steamed Broccoli	Papaya Salad	Plain Croissants/ Steamed Broccoli	Clear Soup/ Carrot Sticks	Omelet
After school snack	2.20 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

Weeks 4, 8, 12, 16, 20						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Pancakes with Honey /Milk	Whole Wheat Egg Mayo Sandwich/ Milk	Cheese Crackers/ Raisins/ Yoghurt	Strawberry Jam Bread /Milk	Mini Cheese Pizza /Milk
Fruits		Cantaloupe	Watermelon	Apple	Banana	Guava
Lunch Main Course	12.00 pm	Whole Wheat Soft Roll with Ccrambled Egg	Rice with Chicken Nuggets & Clear Soup	 Grilled Salmon	Roast Chicken with Gravy	Rice with Japanese Chicken Katsu Curry
Soup / Breads Vegetables		Boiled Veggies 	Clear Vegetable Soup/ Sliced Cucumbers & Cherry Tomatoes	Whole Wheat Soft Roll Creamed Spinach	French Bread/ Stir-fried Radish & Carrots	 Diced Potatoes & Carrots / Japanese Peas
After school snack	2.20 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits