



KIDS KINGDOM SNACK & LUNCH MENU



SY 2022-2023: SEMESTER 1

* V=Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 1, 5, 9, 13, 17		SNACK (10.00 AM)		
Cheese sandwich Milk	Boiled egg & apples Milk <i>V: Hash brown</i>	Mini cinnamon rolls Milk	Corn cheese balls & Guava Milk	Granola Greek yoghurt
LUNCH (12.00 PM)				
Fried rice w/ chicken, carrots, & eggs Tom yum soup Cucumbers <i>V: Tofu / no eggs</i>	Spaghetti w/ Minced chicken & baby corns in fresh tomato sauce Steamed Broccoli <i>V: minced mushroom sauce</i>	Rice w/ boiled chicken & egg Clear soup w/ radish Cucumbers <i>V: tofu & protein nuggets</i>	Chicken Burger Japanese peas Pumpkin soup <i>V: Cottage cheese burger</i>	Sticky rice w/ Thai style grilled pork Carrots & cherry tomatoes <i>V: grilled tofu</i>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 2, 6, 10, 14, 18		SNACK (10.00 AM)		
Carrot Cup cakes Milk	Tuna Sandwich Guava <i>V: Cheese sandwich</i>	Pancakes w/ honey Banana	Crackers w/ cheese Apples / Milk	Banana muffins Fresh orange juice
LUNCH (12.00 PM)				
Penne in fresh tomato sauce) w/ parmesan Baked cauliflower Boiled egg <i>V: no eggs</i>	Japanese Chicken & Egg rice (Oyakodon) Steamed broccoli <i>V: mushrooms / No eggs</i>	Rice w/ roasted pork in red sauce & boiled egg Tomatoes & cucumbers <i>V: rice w/ roasted tofu</i>	Crunchy Fish Baked potato wedges Dinner rolls <i>V: Vegetable cutlet</i>	Rice w/ minced chicken and basil Clear Tofu soup Cucumbers & carrots <i>V: minced protein nuggets</i>
AFTER SCHOOL SNACK 2.20 PM				
Raisin bread or Sausage bread / Bananas	Mini crackers or Digestive biscuits Banana / milk	Cheese sandwich or Toast w/ cream cheese Drinking yoghurt	Boiled corns or Sweet potato milk	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 3, 7, 11, 15, 19				
SNACK (10.00 AM)				
Trail mix (chex/dried fruits/mini cracker etc.) Milk	Boiled egg & crackers Apples	Cheese & Ham sandwich Milk <i>V: Cheese sandwich</i>	Carrot sticks and pita bread w/ dip Banana	Goldfish crackers & Greek yoghurt w/ strawberries
LUNCH (12.00 PM)				
Pasta carbonara w/ ham Garlic bread Steamed broccoli <i>V: no ham</i>	Rice w/ chicken in red sauce / Stir-fried glass noodles w/ bean sprouts <i>V: Tofu in red sauce</i>	Ramen noodles w/ minced chicken, carrots & beans Potato cutlets <i>V: vegetarian broth w/ carrots & beans</i>	Grilled salmon fillet Mashed potatoes Steamed broccoli Soft roll <i>V: Grilled cottage cheese</i>	Rice w/ chicken in garlic sauce / Omelet Cucumbers & cherry tomatoes <i>V: tofu in garlic sauce</i>
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 4, 8, 12, 16, 20				
SNACK (10.00 AM)				
Banana cup cakes Milk	Pancakes w/Honey Bananas	Cheese & corn Quesadilla Milk	Cream cheese & cucumber sandwich Apples	Raisin bread drinking yoghurt
LUNCH (12.00 PM)				
Margherita Pizza Corn on the cob Tomatoes	Rice w/ Fried fish Stir-fried vegetables <i>V: Rice w/ tofu stir-fried w carrots</i>	Yellow noodles w/ pork and vegetables Clear soup w/ carrot & radish <i>V: Protein nuggets</i>	Roast chicken in gravy Radish & carrots French bread <i>V: Roast tofu in gravy</i>	Rice w / chicken katsu curry w/ potatoes and carrots Japanese peas <i>V: Japanese curry with potatoes & carrots</i>
AFTER SCHOOL SNACK 2.20 PM				
Rice crackers or Cheese crackers guava / milk	Tuna sandwich or Ham sandwich Apples <i>V: cheese</i>	Chocolate bread or Black beans bread Drinking yoghurt	Carrots & cucumber sticks Or Bread sticks w/ dip Bananas	