



KIDS KINGDOM SNACK & LUNCH MENU

SY 2023-2024: SEMESTER 1



* V=Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 1, 5, 9, 13, 17				
SNACK (10.00 AM)				
Cheese sandwich Apples / Milk	Carrot cup cakes Fresh orange juice	Banana bread roll w/ maple syrup Milk	Corn cheese balls Milk	Greek yoghurt w/ mango Digestive biscuits
LUNCH (12.00 PM)				
Spaghetti w/ Minced chicken in fresh tomato sauce Steamed Broccoli <i>V: minced mushroom sauce</i>	Rice w/garlic pork Omelet Stir-fried vegetables <i>V: garlic tofu</i>	Pad Thai noodles with tofu, bean sprouts & eggs Crunchy chicken strips <i>V: crunchy mushrooms</i>	Fried Fish Baked potato wedges Soft rolls <i>V: Vegetable cutlet</i>	Rice w /chicken katsu curry w/ potatoes and carrots Japanese peas <i>V: No chicken</i>
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 2, 6, 10, 14, 18				
SNACK (10.00 AM)				
Plain Croissants Apples / Milk	Pancakes w/ honey Banana	Pita bread w/ ham Guava / Milk	Crackers w/ cheese Watermelon/ Milk	Fruit platter Plain crackers Milk
LUNCH (12.00 PM)				
Macaroni Cheese Grilled Pumpkin Carrot sticks	Rice w/roasted pork in red sauce & boiled egg Tomatoes & cucumbers <i>V: roasted tofu in red sauce</i>	Ramen noodles w/ minced chicken, carrots & beans Potato croquettes <i>V: vegetarian broth w/ carrots & beans</i>	Chicken Tortilla roll Carrots & Broccoli <i>V: Cottage cheese</i>	Fried rice w/ chicken, carrots, & eggs Tom yum soup Cucumbers <i>V: no chicken</i>
SNACKS FOR AFTER SCHOOL STUDENTS (2.20 PM)				
W1: Pumpkin Bread & Milk W2: Carrot Bread & Milk	W1: Cream cheese toast & milk W2: Mini cheese sandwich & milk	W1: Sweet corn & apples W2: Sweet potato & apples	W1: Jam roll & milk W2: Soft cream roll & milk	W1: Oat cookies & bananas W2: Cheese crackers & bananas



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 3, 7, 11, 15, 19				
SNACK (10.00 AM)				
Cheese Toast Apples / Milk	Banana muffins Fresh orange juice	Mini Cinnamon rolls Guava / Milk	Cream cheese bagel Rose apple / Milk	Trail mix & Milk (chex, dried fruits, mini crackers etc)
LUNCH (12.00 PM)				
Pasta carbonara w/ ham Garlic bread Carrot sticks V: no ham	Hainan Rice w/ boiled chicken & egg Clear soup w/ radish Cucumbers V: tofu & protein nuggets	Sticky rice w/ Thai style grilled pork Carrots & cherry tomatoes V: grilled tofu	Grilled salmon fillet Mashed potatoes Steamed broccoli Soft roll V: Grilled cottage cheese	Egg Fried Rice w/ carrots Tuna & corn croquette Glass noodle soup V: potato & corn croquette
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks: 4, 8, 12, 16, 20				
SNACK (10.00 AM)				
Cheese Croissants Apples / Milk	Pancakes w/Honey Bananas	Sausage roll Guava / Milk	Cheese & corn Quesadilla Milk	Greek yoghurt w/ frozen fruits Digestive biscuits
LUNCH (12.00 PM)				
Margherita Pizza Corn on the cob Tomatoes	Rice w/ chicken and basil leaves Omelet Cucumbers & carrots V: minced protein nuggets	Yellow noodles w/ pork in red sauce and vegetables Clear soup w/ carrot & radish V: No pork	Chicken Burger French fries Pumpkin soup V: Cottage cheese burger	Rice w/ Fish in Teriyaki sauce scrambled egg Clear Tofu soup V: Tofu in teriyaki sauce
SNACKS FOR AFTER SCHOOL STUDENTS (2.20 PM)				
W1: Pumpkin Bread & Milk W2: Carrot Bread & Milk	W1: Cream cheese toast & milk W2: Mini cheese sandwich & milk	W1: Sweet corn & apples W2: Sweet potato & apples	W1: Jam roll & milk W2: Soft cream roll & mil	W1: Oat cookies & bananas W2: Cheese crackers & bananas