



SAMPLE FOOD MENU

Bright Seeds International Kindergarten School Year 2019 - 2020

WEEKS 1, 5, 9, 13, 17, 21

🍴	🕒	MON	TUE	WED	THU	FRI
Snack	10.00 am	Cornflakes & Milk	Cheese & Sausage Bread Roll + Milk	Homemade Yogurt w/ Fresh Fruits	Banana Muffin + Milk	Whole Wheat Cheese Sandwich + Milk
Fruits		Bananas	Guava	Apples	Watermelon	Rose Apple
Lunch Main Course	12.00 pm	Whole Wheat Soft roll w/ Scrambled Egg	Spaghetti w/ Minced Chicken in Fresh Tomato Sauce	Rice w/ Chicken in Garlic Sauce / Stir-fried Veggies	Sticky Rice w/ Thai Style Fried Pork	Rice w/ Steamed Chicken / Boiled Egg
Soup / Breads / Vegetables		Boiled Vegetables	Roasted Veggies (Pumpkin)	Omelet	Papaya Salad (Thai Style) / Boiled Corns	Clear soup w/ 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

🍴	🕒	MON	TUE	WED	THU	FRI
Snack	10.00 am	Pancake w/ Honey	Croissant & Boiled Egg + Milk	Breadsticks & Cucumbers w/ Dip + Milk	Cereals / Drinking Yogurt	Ham / Cheese Sandwich
Fruits		Bananas	Rose Apples	Guavas	Watermelon	Apples
Lunch Main Course	12.00 pm	Fried rice w/ Carrots, Peas & Chicken	Penne Pink Sauce	Rice w/ Egg Soup	Fried Dori	Rice w/ Roasted Pork in Red Sauce
Soup / breads / Vegetables		Tom Yum Soup / Corn On The Cob	Salad	Cherry Tomatoes / Grilled Beans	Whole Wheat Dinner Rolls / Cream Corn Soup	Clear Tofu Soup / Sliced Cucumbers & Carrots
After school snack	2.20 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

Nurturing Young Minds to Become Kind & Happy Lifelong Learners

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