



KINDER ACADEMY *Weekly Meal Plan*

from 19 - 23 June, 2023

	BREAKFAST	SNACKS	LUNCH	SNACKS
MONDAY	Creamy cheese sandwich, cherry tomatoes, plain milk	Guava fruit	Turmeric rice, pork meat balls in tomato sauce, steamed green beans, Squash soup,	French mini croissant, apple, plain yogurt
TUESDAY	Shrimp wonton , steamed cabbage , plain milk	Banana	Beef cheese burger, sliced cucumber, pumpkin soup	Butter cookies, grape , plain milk
WEDNESDAY	Peanut butter sandwich, banana, plain milk	Orange juice	Hawaii rice, Steamed carrots, Tomato egg soup,	Carrot cake, mango, plain yogurt
THURSDAY	Fish porridge, steamed purple cabbage, plain milk	Banana	Pasta with tomato sauce and baked salmon, steamed broccoli, creamy garlic soup	Banana cake, papaya, plain milk
FRIDAY	Steamed sticky rice with green bean, apple, plain milk	Dragon fruit	Well -cooked white rice, sweet potato & lentil pork curry, steamed chayote, spinach soup	Bread & Korean egg rolls, steamed cauliflower, plain yogurt

