



GLOBAL ENGLISH SCHOOL

KINDERGARTEN LUNCH MENU

WEEK OF JANUARY 30

MONDAY | JAN. 30

Empty box for Monday's lunch menu details.

TUESDAY | JAN. 31

Empty box for Tuesday's lunch menu details.

WEDNESDAY | FEB. 1

LUNCH: Korean pork, boiled eggs with tamarind sauce,
cabbage, clear soup with tofu and seasonal fruit
SNACK: fruits & fruit juice

THURSDAY | FEB. 2

LUNCH: Marinated chicken, stir fried glass noodles, boiled
corn, stir fried chinese cabbage with minced pork
and seasonal fruit
SNACK: cookie & fruits

FRIDAY | FEB. 3

LUNCH: grilled chicken, grilled fish, cucumber, braised pork
and seasonal fruit
SNACK: banana & yogurt



GLOBAL ENGLISH SCHOOL

KINDERGARTEN LUNCH MENU

WEEK OF FEBRUARY 6

MONDAY | FEB. 6

LUNCH: roasted chicken with curry powder sauce
and seasonal fruit
SNACK: rose apple & fruit juice

TUESDAY | FEB. 7

LUNCH: pork stew, fried noodle with black soy sauce, boiled
corn, chinese cabbage soup with seaweed and seasonal fruit
SNACK: pancake & fruits

WEDNESDAY | FEB. 8

LUNCH: fish and chips, red pork, cabbage, pak choi soup
with chicken and seasonal fruit
SNACK: cookie & fruit juice

THURSDAY | FEB. 9

LUNCH: roasted chicken with mexican sauce, steamed
eggs, cucumber, clear soup with white radish
and seasonal fruit
SNACK: potato nuggets & fruit juice

FRIDAY | FEB. 10

LUNCH: roasted pork ratatouille sauce, fried sausages,
carrots, braised pork and seasonal fruit
SNACK: fruits & yogurt



GLOBAL ENGLISH SCHOOL

KINDERGARTEN LUNCH MENU

WEEK OF FEBRUARY 13

MONDAY | FEB. 13

NO SCHOOL

TUESDAY | FEB. 14

LUNCH: pork tonkatsu, steamed chicken with rice, cucumber,
clear soup with wax gourd and seasonal fruit
SNACK: apple & fruit juice

WEDNESDAY | FEB. 15

LUNCH: grilled fish, stir fried rice noodles with coconut
milk, broccoli, clear soup with tofu and seasonal fruit
SNACK: cookie & fruits

THURSDAY | FEB. 16

LUNCH: braised pork, boiled eggs in brown sauce, carrots,
brown soup and seasonal fruit
SNACK: dragon fruit & fruit juice

FRIDAY | FEB. 17

LUNCH: fried chicken, stir fried cucumber with minced pork,
tomatoes, clear soup with white radish and seasonal fruit
SNACK: banana & yogurt



GLOBAL ENGLISH SCHOOL

KINDERGARTEN LUNCH MENU

WEEK OF OCTOBER FEBRUARY 20

MONDAY | FEB. 20

LUNCH: chicken lasagna, omelet, pumpkin, stir fried cabbage
with fish balls and seasonal fruit
SNACK: pancake & fruits

TUESDAY | FEB. 21

LUNCH: roasted pork with prune sauce, fried fish, carrots,
sukiyaki, and seasonal fruit
SNACK: fruits & fruit juice

WEDNESDAY | FEB. 22

LUNCH: roasted chicken with red sauce, stir fried glass
noodles, broccoli, braised pork and seasonal fruit
SNACK: chicken nuggets & fruits

THURSDAY | FEB. 23

LUNCH: fried pork, stir fried chicken with oyster sauce, cu-
cumber, yellow noodle soup with minced pork
and seasonal fruit
SNACK: fruits & fruit juice

FRIDAY | FEB. 24

LUNCH: fried fish tofu, steamed minced chicken with soy
sauce, tomatoes, chinese cabbage soup with seaweed
and seasonal fruit
SNACK: fruits & yogurt