

MENU

CISB Early KGT Snack Menu Morning Snack & Afternoon Snack — 2022



thinkgreen
FOR YOU FOR THE PLANET

by sodexo*

	MEAL	MONDAY	TUESDAY 11.1	WEDNESDAY 11.2	THURSDAY 11.3	FRIDAY 11.4
Week 1	Morning Snack		Dragon Fruit 火龙果	Pear 梨	Apple 苹果	
	Afternoon Snack		Pineapple Bun 菠萝包 Pear Fruit Water 冰糖梨水	Fruit Jam Cake 果酱蛋糕 Yogurt 酸奶	Egg Tart 蛋挞 Red Bean with Coconut Milk 椰奶红豆沙	

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	MEAL	MONDAY 11.7	TUESDAY 11.8	WEDNESDAY 11.9	THURSDAY 11.10	FRIDAY 11.11
Week 2	Morning Snack	Pear 梨	Dragon Fruit 火龙果	Honey Melon 哈密瓜	Banana 香蕉	Apple 苹果
	Afternoon Snack	Oatmeal Cookies 燕麦饼干 Yogurt 酸奶	Pumpkin Cake 南瓜蛋糕 Red Bean Soup 红豆汤	Raisin Bread 葡萄干面包 Lime & Apple Water 青柠苹果水	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Pear Fruit Water 冰糖梨水

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	MEAL	MONDAY 11.14	TUESDAY 11.15	WEDNESDAY 11.16	THURSDAY 11.17	FRIDAY 11.18
Week 3	Morning Snack	Banana 香蕉	Honey Melon 哈密瓜	Dragon Fruit 火龙果	Pear 梨	Apple 苹果
	Afternoon Snack	Muffin 原味玛芬 100% Orange Juice 100%橙汁	Raisin Cake 提子蛋糕 Pear Fruit Water 冰糖梨水	Coconut Cookies 椰蓉曲奇饼 Yogurt 酸奶	Egg Tart 蛋挞 Red Bean Soup 红豆汤	Banana Bread 香蕉包 Milk 牛奶

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	MEAL	MONDAY 11.21	TUESDAY 11.22	WEDNESDAY 11.23	THURSDAY 11.24	FRIDAY 11.25
Week 4	Morning Snack	Apple 苹果	Banana 香蕉	Pear 梨	Honey Melon 哈密瓜	Dragon Fruit 火龙果
	Afternoon Snack	Cookies 黄油饼干 Yogurt 酸奶	Mini Croissant 迷你牛角 100% Orange Juice 100%橙汁	Chiffon Cake 戚风蛋糕 Mung Bean Soup 绿豆汤	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Lime & Apple Water 青柠苹果水

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by **sodexo**

	MEAL	MONDAY 11.28	TUESDAY 11.29	WEDNESDAY 11.30	THURSDAY	FRIDAY
Week 5	Morning Snack	Banana 香蕉	Dragon Fruit 火龙果	Apple 苹果		
	Afternoon Snack	Muffin 原味玛芬 100% Orange Juice 100%橙汁	Spinach Cheese Tower 菠菜芝士塔 Fresh Milk 鲜牛奶	Fruit Jam Cake 果酱蛋糕 Yogurt 酸奶		