

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – APRIL 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	01/04/2019	Amaranth with beef broth	Mixed cabbage in Korean style + Optional salad	Fried chicken	Braised fish	Fruit	Western + Asian lunch set	Cheese wafer	Fruit juice
			Rice		Boiled eggs					Fresh milk
	TUE	02/04/2019	Lufa with shrimp broth	Stir fried chayote + Optional salad	Braised fish with pineapple	Fried squid with fish sauce	Fruit	Western + Asian lunch set	Butter cream cake	Fruit juice
			Rice		Stir fried noodles with shrimp and vegetables					Fresh milk
	WED	03/04/2019	Vegies with minced beef broth	Fried sweet potato + Optional salad	Stir fried noodles with beef	Stir fried noodles with chicken	Fruit	Western lunch set	Chicken ball tempura	Fruit juice
										Fresh milk
	THU	04/04/2019	Napa cabbage with shrimp broth	Stir fried green gourd with onion+ Optional salad	Grilled chicken with salt and lemongrass	Fried tilapia	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Stir fried beef with sweet and sour sauce					Yoghurt
FRI	05/04/2019		Herbs	Noodles with fish, shrimp and eggs	Braised beef + Bread	Fruit	Asian lunch set	Chocolate cookies	Fruit juice	

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability

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9	MON	08/04/2019	Winter melon with shrimp broth	Boiled vegetables + Optional salad	Fried capelin	Grilled chicken with lime leaves	Fruit	Western + Asian lunch set	Milk cake	Fruit juice
			Rice		Mixed noodles with mushroom and shrimp					Fresh milk
	TUE	09/04/2019	Lufa with shrimp broth	Stir fried morning glory vegetables + Optional salad	Grilled squid with salt	Braised fish with lemongrass	Fruit	Western + Asian lunch set	Fresh bread	Fruit juice
			Rice		Omelet					Fresh milk
	WED	10/04/2019	Cabbage with minced beef broth	Fried potato + Optional salad	Spaghetti with minced beef sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Cheese wafer	Fruit juice
THU	11/04/2019	Tungho with shrimp broth	Grilled pumpkin + Optional salad	Grilled chicken with lemongrass	Fish tempura	Fruit	Western + Asian lunch set	Chocopie	Fruit juice	
		Rice		Stir fried squid with sweet and sour sauce					Fresh milk	
FRI	12/04/2019		Herbs	Seafood wonton and noodles	Beef noodles in Hue style	Fruit	Asian lunch set	Donut	Fruit juice	
									Fresh milk	

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