

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUGUST 2018



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	06/08/2018	Winter melon with shrimp broth	Stir fried glory morning vegetables + Optional salad	Sauteed fish with mustard sauce	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Vanilla Choux	Fruit juice
			Rice		Mixed soya noodles with crab stick					Fresh milk
	TUE	07/08/2018	Tomato with beef broth	Stir fried green gourd with onion + Optional salad	Grilled pork ribs	Fried squid with fish sauce	Fruit	Western + Asian lunch set	Cream wafer	Fruit juice
			Rice		Boiled eggs					Fresh milk
	WED	08/08/2018	Pumpkin with shrimp broth	Fried sweet potato	Stir fried noodles with chicken	Stir fried noodles with beef	Fruit	Western lunch set	Fried sausage	Fruit juice
									Fresh milk	
THU	9/08/2018	Bok Choy with pork broth	Stir fried broccoli + Optional salad	Fish tempura	Steamed pork with lemongrass	Fruit	Western + Asian lunch set	Cinnamon Danish	Fruit juice	
		Rice		Tofu with tomato and minced pork sauce					Yoghurt	
FRI	10/08/2018		Herbs	Noodles with pork rib, eggs, shrimp	Noodles in Hanoi style	Fruit	Asian lunch set	Brioche	Fruit juice	
									Fresh milk	

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2	MON	13/08/2018	Winter melon with shrimp broth	Boiled vegie with fish sauce + Optional salad	Braised pork in Chinese style	Roasted chicken	Fruit	Western + Asian lunch set	Muffin	Fruit juice
			Rice		Omelet					Fresh milk
	TUE	14/08/2018	Veggie with meat broth	Fried potato	Spaghetti with chicken balls	Spaghetti with minced beef	Fruit	Western lunch set	Pork balls tempura	Fruit juice
					Shu mai with tomato sauce					Fresh milk
	WED	15/08/2018	Papaya with shrimp broth	Stir fried Bok Choy + Optional salad	Fish tempura	Fried pork with lemongrass	Fruit	Western + Asian lunch set	Cream Danish	Fruit juice
					Shu mai with tomato sauce					Fresh milk
THU	16/08/2018	Cabbage with minced meat broth	Grilled pumpkin + Optional salad	Grilled chicken with lime leaves	Roasted pork	Fruit	Western + Asian lunch set	Coconut tart	Fruit juice	
				Mixed grilled tuna with sesame and noodles					Fresh milk	
FRI	17/08/2018		Local vegetables + Herbs	Noodles with fish pies	Quang noodles (shrimp, pork, quail eggs)	Fruit	Asian lunch set	Croissant	Fruit juice	
									Fresh milk	

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3	MON	20/08/2018	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Braised pork with fish sauce	Shrimp with garlic	Fruit	Western + Asian lunch set	Banana Gateaux	Fruit juice
			Rice		Mixed soya noodles with mushroom and fried pork					Fresh milk
	TUE	21/08/2018	Vine spinach with meat broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Fried pork leg with sweet and sour soya sauce	Fruit	Western + Asian lunch set	Butter cookies	Fruit juice
			Rice		Braised pork with turnip					Fresh milk
	WED	22/08/2018	Tomato with eggs broth	Grilled vegie + Optional salad	Beef steak	Grilled pork loin with pepper sauce	Fruit	Western lunch set	Salty rice crackers	Fruit juice
Bread/Rice			Fresh milk							
THU	23/08/2018	Pumpkin with shrimp broth	Stir fried green bean + Optional salad	Braised fish	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Raisin Danish	Fruit juice	
		Rice		Eggs tempura					Fresh milk	
FRI	24/08/2018		Herbs	Wonton with Char siu noodles	Chicken Pho	Fruit	Asian lunch set	Fried sticky rice	Fruit juice	

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4	MON	27/08/2018	Sauropus with pork broth	Stir Kohlrabi + Optional salad	Fried pork	Braised chicken with mushroom	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Pad Thai					Fresh milk
	TUE	28/08/2018	Winter melon with shrimp broth	Boiled cabbage + Optional salad	Fried fish	Roasted pork with lime sauce	Fruit	Western + Asian lunch set	Strawberry cookies	Fruit juice
			Rice		Tofu tempura with soya sauce					Fresh milk
	WED	29/08/2018	Green mustard with pork broth	Lettuce, cucumber, tomato	Chicken rice in Hoi-an style	Rice with grilled pork loin	Fruit	Asian lunch set	Fish balls tempura	Fruit juice
THU	30/08/2018	Green gourd with shrimp broth	Fried veggie cake + Optional salad	Grilled pork loaf	Satay chicken	Fruit	Western + Asian lunch set	Dumpling	Fruit juice	
		Rice		Steamed eggs in Korean style					Caramel cream	
FRI	31/08/2018		Local vegetables	Beef noodles	Noodles with pork pies	Fruit	Asian lunch set	Donut	Fruit juice	
									Fresh milk	

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