

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUG 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	05/08/2019	Amaranth with meat broth	Mixed cabbage in Korean style + Optional salad	Fillet chicken tempura	Grilled squid with salt	Fruit	Western + Asian lunch set	Dumpling	Fruit juice
			Rice		Boiled eggs with fish sauce					Fresh milk
	TUE	06/08/2019	Turnip with shrimp broth	Stir fried chayote + Optional salad	Braised fish with pineapple	Grilled beef rolls with mushroom and veggies	Fruit	Western + Asian lunch set	Salty rice crackers	Fruit juice
			Rice		Stir fried noodles with shrimp and vegetables					Fresh milk
	WED	07/08/2019	Veggies 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	08/08/2019	Napa cabbage with shrimp broth	Stir fried green gourd with onion + Optional salad	Grilled chicken with salt and lemongrass	Fried tilapia with fish sauce	Fruit	Western + Asian lunch set	Chocolate cookies	Fruit juice
			Rice		Stir fried beef with sweet and sour sauce					Yoghurt
	FRI	09/08/2019		Herbs	Chicken Pho	Braised beef + Bread	Fruit	Asian lunch set	Boiled corn	Fruit juice

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8	MON	12/08/2019	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Grilled fish with spices	Shrimp with garlic	Fruit	Western + Asian lunch set	Chocolate wafer	Fruit juice
			Rice		Braised chicken with mushroom					Fresh milk
	TUE	13/08/2019	Vine spinach with beef broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Braised fish	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
			Rice		Eggs tempura					Fresh milk
	WED	14/08/2019	Tomato with eggs broth	Sauté potato with butter and garlic + Optional salad	Beef steak	Pork balls with Demi sauce	Fruit	Western lunch set	Fried fish balls	Fruit juice
			Rice/Bread							Fresh milk
	THU	15/08/2019	Seaweed with shrimp broth	Stir fried green bean + Optional salad	Sauté fish with mustard sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Donut	Fruit juice
			Rice		Tofu with tomato and minced meat sauce					Fresh milk
	FRI	16/08/2019		Herbs	Fish pies noodles	Noodles with pork ribs, shrimp and eggs	Fruit	Asian lunch set	Pork balls tempura	Fruit juice

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9	MON	19/08/2019	Winter melon with shrimp broth	Boiled vegetables + Optional salad	Fried minced fish with spice	Grilled chicken with lime leaves	Fruit	Western + Asian lunch set	Croissant	Fruit juice
			Rice		Mixed noodles with mushroom and fried pork					Fresh milk
	TUE	20/08/2019	Lufa with shrimp broth	Stir fried morning glory vegetables + Optional salad	Boiled pork with pickles	Braised fish with pineapple and coriander	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fruit juice
			Rice		Fried eggs with mushroom and minced pork					Fresh milk
	WED	21/08/2019	Cabbage with minced beef broth	Fried potato + Optional salad	Spaghetti with Bolognese sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Donut	Fruit juice
									Fresh milk	
THU	22/08/2019	Tungho with shrimp broth	Grilled pumpkin + Optional salad	Grilled chicken with teriyaki sauce	Braised fish	Fruit	Western + Asian lunch set	Chocopie	Fruit juice	
		Rice		Stir fried beef with pineapple and onion					Yoghurt	
FRI	23/08/2019		Herbs	Wonton and char siu noodles	Beef noodles in Hue style	Fruit	Asian lunch set	Steamed sweet potato	Fruit juice	
									Fresh milk	

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10	MON	26/08/2019	Pumpkin with shrimp broth	Stir fried kohlrabi + Optional salad	Roasted shrimp with salt	Roasted chicken	Fruit	Western + Asian lunch set	Cheese wafer	Fruit juice
			Rice		Mixed grilled fish with sesame, herbs and noodles					Fresh milk
	TUE	27/08/2019	Sauropus with meat broth	Mixed noodles with veggies in Thai style + Optional salad	Braised squid	Fish tempura	Fruit	Western + Asian lunch set	Danish	Fruit juice
			Rice		Braised quail eggs in Chinese style					Fresh milk
	WED	28/08/2019	Bok Choy with shrimp broth	Cucumber, tomato, lettuce + Optional salad	Chicken rice in Hoian style	Mackerel with tomato sauce	Fruit	Western lunch set	Fried sausage	Fruit juice
										Fresh milk
	THU	29/08/2019	Green gourd with shrimp broth	Stir fried Napa cabbage + Optional salad	Braised fish with soya sauce	Roasted chicken with lime sauce	Fruit	Western + Asian lunch set	Cream choux	Fruit juice
			Rice		Stir fried broccoli with minced beef					Fresh milk
	FRI	30/08/2019		Herbs + Local vegetables	Noodles in Hanoi style	Quang noodles (fish)	Fruit	Asian lunch set	Potato biscuits	Fruit juice
										Fresh milk

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