



# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – DEC 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	12/12/2016	Pumpkin with pork broth	Stir fried green gourd	Braised pork	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Chicken and mushroom pizza	Fruit juice
			Rice/Bread		Grilled chicken wings	Stir fried pork with cabbage				Fresh milk
	TUE	13/12/2016	Sauropus with shrimp broth	Lettuce, tomato	Broken rice with grilled pork ribs	Rice with roasted chicken thigh	Fruit	Asian + Western lunch set	AFC crackers	Caramel cream
			Bread							
	WED	14/12/2016	Lufa with shrimp broth	Stir fried vegie	Grilled chicken with thyme leaves	Boiled eggs	Fruit	Asian + Western lunch set	Shook fruits	Fruit juice
			Rice/Bread		Braised fish with turmeric	Stir fried pork with sweet and sour sauce				Fresh milk
	THU	15/12/2016	Bok Choy with meat broth	Stir fried Lufa	BBQ pork ribs	Braised pork with mushroom	Fruit	Asian + Western lunch set	Donut	Fruit juice
			Rice/Bread		Grilled chicken with lemon leaves	Fish balls with oyster sauce				Fresh milk
FRI	16/12/2016	Bread	Herbs	Local vegetables	Rolled cake with pork pies	Braised beef	Fruit	Asian lunch set	3 flavors jelly	Fruit juice
										Fresh milk