

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DEC 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	02/12/2019	Taro with beef broth	Stir fried long cabbage + Optional salad	Grilled shrimp with sate	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Fried sticky cake	Fruit juice
			Rice		Omelet					Fresh milk
	TUE	03/12/2019	Vine spinach with shrimp broth	Stir fried chayote and carrot + Optional salad	Fried squid with fish sauce	Braised fillet fish with soya sauce	Fruit	Western + Asian lunch set	Coconut sticky rice dumpling	Fruit juice
			Rice		Stir fried beef with tomato pineapple					Fresh milk
	WED	04/12/2019	Calabash with shrimp broth	Fried sweet potato + Optional salad	Spaghetti with Bolognese sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Grilled sausage/ Cheese wafer	Fruit juice
	THU	05/12/2019	Seaweed with shrimp broth	Stir fried Bok choy + Optional salad	Grilled chicken with BBQ sauce	Braised fish	Fruit	Western + Asian lunch set	Crackers	Fruit juice
			Rice		Mixed noodles with grilled fish, sesame and herbs					Yoghurt
FRI	06/12/2019		Herbs + Local vegetables	Fish cakes noodles	Quang noodles (beef + eggs)	Fruit	Asian lunch set	Fried chicken balls/ Fresh bread	Fruit juice	
									Fresh milk	

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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8	MON	09/12/2019	Sauropus with beef broth	Stir fried morning glory vegetables + Optional salad	Roasted shrimp with garlic	Roasted chicken	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Simmered tofu with lemongrass					Fresh milk
	TUE	10/12/2019	Lufa with shrimp broth	Stir fried vegies with sweet & sour sauce + Optional salad	Squid with sweet & sour sauce	Stir fried minced beef with Lot leaves	Fruit	Western + Asian lunch set	Tapioca dumpling with shrimp, mung bean	Fruit juice
			Rice		Braised quail eggs in Chinese style					Fresh milk
	WED	11/12/2019	Green mustard with shrimp broth	Cucumber, tomato, lettuce + Optional salad	Chicken rice in Hoian style	Fish and tomato sauce served with rice	Fruit	Asian lunch set	Chicken sponge	Fruit juice
THU	12/12/2019	Winter melon with shrimp broth	Stir fried cauliflower with garlic + Optional salad	Fried tilapia	Roasted chicken with lime sauce	Fruit	Western + Asian lunch set	Yoghurt/ Rice crackers	Fruit juice	
		Rice		Stir fried green bean with beef					Fresh milk	
FRI	13/12/2019		Herbs + Local vegetables	La Vong fish noodles	Beef Pho	Fruit	Asian lunch set	Muffin/ Vanilla wafer	Fruit juice	
									Fresh milk	

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9	MON	16/12/2019	Calabash with shrimp broth	Stir fried long cabbage + Optional salad	Simmered squid	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Fried sticky cake	Fruit juice
			Rice		Stir fried fish cakes with sweet and sour sauce					Fresh milk
	TUE	17/12/2019	Vegies with minced beef broth	Stir fried green bean + Optional salad	Simmered basa fish with galangal	Beef with Demi glass sauce	Fruit	Western + Asian lunch set	Croissant/ Watermelon	Fruit juice
			Rice		Stir fried beef with mushroom, lime leaves, lemongrass					Fresh milk
	WED	18/12/2019	Papaya with shrimp broth	Lettuce, tomato, cucumber + Sweet potato tempura + Optional salad	Grilled chicken with mustard sauce and honey	Sauted salmon with cream and lime sauce	Fruit	Western lunch set	Dimsum/ Caramel cream	Fruit juice
	THU	19/12/2019	Pumpkin with shrimp broth	Stir fried Napa cabbage + Optional salad	Grilled fish with salt and lemongrass, lemon sauce	Fried chicken with sweet and sour sauce	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fruit juice
			Rice		Stir fried broccoli with shrimp					Fresh milk
	FRI	20/12/2019		Herbs + Local vegetables	Fish noodles	Chicken Quang noodles	Fruit	Asian lunch set	Sticky rice dumpling	Fruit juice

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