

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – JUN 2020



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	01/06/2020	Tan O with shrimp broth	Stir fried morning glory with garlic	Beef with five spicy	Grilled chicken with lime leave and lemongrass	Fruit	Western + Asian lunch set	Sweat breads	Fruit juice
			Rice		Fish ball with sour and spice sauce					Fresh milk
	TUE	02/06/2020	Pumpkin with mince pork broth	Stir fried bean sprouts	Sausage with BBQ sauce and oregano leaves	Braised pork with galangal	Fruit	Western + Asian lunch set	Vanilla wafers	Fruit juice
			Rice		Braised mince pork with tofu					Fresh milk
	WED	03/06/2020	Spinach with shrimp broth	Grilled carrot with cumin seed	Beef steak	Grilled chicken with mustard and honey	Fruit	Western lunch set	Fried shrimp balls	Fruit juice
			Rice / bread							Fresh milk
	THU	04/06/2020	Papaya with mince pork	Stir fried green bean	Grilled chicken with BBQ sauce and sesame	Braised shrimp	Fruit	Western and Asian lunch set	Potato chips	Fruit juice
			Rice		Boiled quail egg and Kum Quat sauce					Fresh milk
	FRI	05/06/2020	Winter melon with shrimp broth	Stir fried long cabbage	Fried fish fillet with tamarind sauce	Braise duck with ginger	Fruit	Asian lunch set	Stir fried corn	Nước trái cây các loại
			Rice		Stir fried squid with pineapple and onion					Fresh milk
	SAT	06/06/2020	Herbs		Kebab rice noodle	Pho noodle (chicken)	Fruit	Assian lunch set	Pandan pound cakes	Fruit juice
										Fresh milk

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1	MON	08/06/2020	Sweet potato with chicken broth	Stir fried morning glory with garlic	Grilled chicken with teriyaki sauce	Roasted shrimp	Fruit	Western + Asian lunch set	crackers	Fruit juice
			Rice		Egg omelet					Fresh milk
	TUE	09/06/2020	Cabbage with pork broth	Stir fried chayote with carrot	Stir fried pork with Lot leaves and lemongrass	Braised Basa fish	Fruit	Western + Asian lunch set	Cheese pound cakes	Fruit juice
			Rice		Stir fried shrimp with sour and sweat sauce					Fresh milk
	WED	10/06/2020	Calabash with shrimp broth	Grilled vegetable	Italian noodles with chicken balls	Italian noodles with mince beef	Fruit	Western lunch set	Bo cakes	Fruit juice
			Rice							Fresh milk
	THU	11/06/2020	Amaranth with shrimp broth	Stir fried long cabbage with garlic	Stewed pork with small Vietnamese fermented shrimp paste and lemongrass	Grilled chicken with thyme and mustard	Fruit	Western and Asian lunch set	Cookies with durian cream	Fruit juice
Rice			fish marinated with noodle and sesame seed		Fresh milk					
FRI	12/06/2020	Vine spinach with shrimp broth	Stir fried long cabbage with garlic	Grilled chicken fillet with BBQ sauce	Fried Sapsa fish balls with sour and sweat sauce	Fruit	Asian lunch set	Rice cakes	Fruit juice	
		Rice		Braised with 3 mushroom types					Fresh milk	
SAT	13/06/2020	Herbs		Fish cake noodles	Wonton with char siu	Fruit	Asian lunch set	Ice cream	Fruit juice	
									Fresh milk	

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3	MON	15/06/2020	Papaya with shrimp broth	Stir fried long cabbage	Fried squid with fish sauce	Roasted chicken	Fruit	Western + Asian lunch set	Nhai cakes	Fruit juice
			Rice		Stir fried broccoli with pork					Fresh milk
	TUE	16/06/2020	Katuk with beef fruit	Stir fried vegetable with sour and sweat sauce	Fried pork belly with lime leave and lemongrass	Stir fried beef with Lot leave	Fruit	Western + Asian lunch set	Corn cakes	Fruit juice
			Rice		Braised quail eggs in Chinese style					Fresh milk
	WED	17/06/2020	Canh cải xanh nấu tôm	Stir fried green bean with garlic	Chicken rice in Hoi An style	Rice with barbecued rib with onion BBQ sauce	Fruit	Asian lunch set	Coconut crackers	Fruit juice
			Rice							Fresh milk
THU	18/06/2020	Pumpkin with shrimp broth	Stir fried calabash with onion	Basa fish ball with fish sauce	Grilled pork with Western spice	Fruit	Western +Asian lunch set	Stir fried corn/cheese wafers	Fruit juice	
		Rice		Braised tofu with mushroom					Fresh milk	
FRI	19/06/2020	Amaranth with mince pork broth	Stir fried luffa gourd	Roasted chicken with sour and sweat sauce	Fried Tilapia	Fruit	Asian lunch set	Rice cakes	Fruit juice	
		Rice		Fried pork belly with sour and sweat sauce					Fresh milk	
SAT	20/06/2020	Herbs		La Vong noodles	Quang noodles (Beef and egg)	Fruit	Asian lunch set	Vanilla cookies	Fruit juice	
		Fresh milk								

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4	MON	22/06/2020	Winter melon with mince pork	Stir fried long cabbage	Fried chicken with sour and spicy sauce	Boiled pork	Fruits	Western + Asian lunch set	Potato chips	Fruit juice
			Rice		Stir fried beef with mushroom and lime leaves, lemongrass					Fresh milk
	TUE	23/06/2020	Vine spinach with shrimp broth	Stir fried green bean	Braised Basa fish with galangal	Grilled pork in Western spice	Fruit	Western + Asian lunch set	Vanilla wafers	Fruit juice
			Rice		Steamed eggs with pork					Fresh milk
	WED	24/06/2020	Papaya with shrimp broth	Sweet potato tempura	Grille chicken fillet with mustard and honey	Grilled pork with sesame seed	Fruit	Western lunch set	Fried fish balls	Fruit juice
									Fresh milk	
THU	25/06/2020	Pumpkin with shrimp broth	Stir fried Napa cabbage	Xú mại sốt chua ngọt	Fried fish with fish sauce	Fruit	Western + Asian lunch set	Crackers	Fruit juice	
		Rice		Stir fried broccoli with shrimp					Fresh milk	
FRI	26/06/2020	Herbs		Hue noodles	Noodles with fish cake	Fruit	Asian lunch set	Chocolate cakes	Fruit juice	
									Fresh milk	

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