

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – MARCH 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	04/03/2019	Amaranth with shrimp broth	Mixed cabbage in Korean style + Optional salad	Fried chicken	Grilled pork ribs	Fruit	Western + Asian lunch set	Cheese wafer	Fruit juice
			Rice		Stir fried green bean with pork					Fresh milk
	TUE	05/03/2019	Lufa with shrimp broth	Stir fried chayote + Optional salad	Braised fish with pineapple	Roasted pork	Fruit	Western + Asian lunch set	Butter cream cake	Fruit juice
			Rice		Boiled eggs					Fresh milk
	WED	06/03/2019	Vegies with shrimp broth	Fried sweet potato + Optional salad	Stir fried noodles with beef	Stir fried noodles with chicken	Fruit	Western lunch set	Pork ball tempura	Fruit juice
										Fresh milk
	THU	07/03/2019	Napa cabbage with shrimp broth	Stir fried green gourd with onion+ Optional salad	Grilled chicken with teriyaki sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Stir fried noodles with chicken and vegetable					Yoghurt
	FRI	08/03/2019		Herbs	Noodles with fish pies	Pork curry	Fruit	Asian lunch set	Dumpling	Fruit juice

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5	MON	11/03/2019	Winter melon with shrimp broth	Boiled vegetables + Optional salad	Fried fish	Roasted chicken	Fruit	Western + Asian lunch set	Milk cake	Fruit juice
			Rice		Mixed noodles with mushroom and fried pork					Fresh milk
	TUE	12/03/2019	Lufa with shrimp broth	Grilled pumpkin + Optional salad	Grilled squid with salt	Fried pork with lemongrass and lime leaves	Fruit	Western + Asian lunch set	Bread with pork floss	Fruit juice
			Rice		Omelet					Fresh milk
	WED	13/03/2019	Cabbage with minced meat broth	Fried potato + Optional salad	Spaghetti with minced beef sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Chicken nugget	Fruit juice
									Fresh milk	
THU	14/03/2019	Tungho with shrimp broth	Stir fried Napa cabbage + Optional salad	Grilled chicken with lime leaves	Braised pork with lemongrass	Fruit	Western + Asian lunch set	Chocopie	Fruit juice	
		Rice		Shu mai with tomato sauce					Fresh milk	
FRI	15/03/2019	Bread	Herbs	Noodles with pork ribs, shrimp and eggs	Braised beef	Fruit	Asian lunch set	Dumpling	Fruit juice	
										Fresh milk

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6	MON	18/03/2019	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Braised pork with fish sauce	Shrimp with garlic	Fruit	Western + Asian lunch set	Donut	Fruit juice
			Rice		Mixed grilled tuna with sesame and noodles					Fresh milk
	TUE	19/03/2019	Vine spinach with meat broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Fried pork with sweet and sour soya sauce	Fruit	Western + Asian lunch set	Chocolate wafer	Fruit juice
			Rice		Eggs tempura					Fresh milk
	WED	20/03/2019	Tomato with eggs broth	Grilled vegies + Optional salad	Beef steak	Grilled pork loin with pepper sauce	Fruit	Western lunch set	Fried fish balls	Fruit juice
			Rice/Bread							Fresh milk
	THU	21/03/2019	Seaweed broth	Stir fried green bean + Optional salad	Sauted fish with mustard sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Cream crackers	Fruit juice
			Rice		Braised pork with turnip					Yoghurt
	FRI	22/03/2019		Herbs	Wonton with char siu noodles	Chicken Pho	Fruit	Asian lunch set	Dumpling	Fruit juice

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7	MON	25/03/2019	Vine spinach with pork broth	Stir fried kohlrabi + Optional salad	Braised pork in Chinese style	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Vanilla choux	Fruit juice
			Rice		Mixed penne with shrimp, pork and vegie					Fresh milk
	TUE	26/03/2019	Sauropus with shrimp broth	Stir fried glory morning vegetables + Optional salad	Braised fish with soya sauce	Steamed pork with lemongrass	Fruit	Western + Asian lunch set	Potato biscuits	Fruit juice
			Rice		Braised beef with mushroom					Fresh milk
	WED	27/03/2019	Pumpkin with shrimp broth	Cucumber, tomato, lettuce + Optional salad	Chicken rice in Hoian style	Rice with grilled pork loin	Fruit	Western + Asian lunch set	Fried sausage	Fruit juice
										Fresh milk
	THU	28/03/2019	Bok Choy with pork broth	Stir fried broccoli + Optional salad	Fish tempura	Roasted chicken	Fruit	Western + Asian lunch set	Sesame crackers	Fruit juice
			Rice		Tofu with tomato and minced pork sauce					Fresh milk
	FRI	29/03/2019		Local vegetables + Herbs	Quang noodles (beef)	Noodles with pork pies in Hanoi style	Fruit	Asian lunch set	Chocopie	Fruit juice
										Fresh milk

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