

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2018



| WEEK | DAY | DATE | LUNCH | | | | | | AFTERNOON SNACK | |
|------|------------|------------------------------|--|--|--|---------------------------------|---------------------------|---------------------------|-------------------|-------------|
| | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 3 | MON | 05/11/2018 | Amaranth with shrimp broth | Mixed cabbage in Korean style + Optional salad | Chicken tempura | Grilled pork ribs | Fruit | Western + Asian lunch set | Salty crackers | Fruit juice |
| | | | Rice | | Stir fried noodles with shrimp, meat and vegetable | | | | | Fresh milk |
| | TUE | 06/11/2018 | Lufa with shrimp broth | Stir fried chayote + Optional salad | Braised fish with pineapple | Roasted pork | Fruit | Western + Asian lunch set | Dumpling | Fruit juice |
| | | | Rice | | Boiled eggs | | | | | Fresh milk |
| | WED | 07/11/2018 | Pumpkin 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 | 08/11/2018 | Vine spinach with pork broth | Stir fried green gourd with onion + Optional salad | Grilled chicken with teriyaki sauce | Roasted shrimp, pork with fish sauce | Fruit | Western + Asian lunch set | Vanilla choux | Fruit juice | |
| | | Rice | | Stir fried green bean with pork | | | | | Fresh milk | |
| FRI | 09/11/2018 | | Local vegetables + Herbs | Beef noodles | Noodles with fish pies | Fruit | Asian lunch set | Spring rolls | Fruit juice | |

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

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2018



| WEEK | DAY | DATE | LUNCH | | | | | | AFTERNOON SNACK | |
|------|------------|------------|--|--|---|-------------------------------------|-----------------|---------------------------|-----------------|-------------|
| | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 4 | MON | 12/11/2018 | 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 | Croissant | Fruit juice |
| | | | Rice | | Mixed penne with shrimp, pork and vegie | | | | | Fresh milk |
| | TUE | 13/11/2018 | Sauropus with shrimp broth | Stir fried glory morning vegetables + Optional salad | Braised fish with soya sauce | Fried squid with fish sauce | Fruit | Asian lunch set | Cream wafer | Fruit juice |
| | | | Rice | | Braised pork with mushroom | | | | | Fresh milk |
| | WED | 14/11/2018 | 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 |
| | THU | 15/11/2018 | Bok Choy with pork broth | Stir fried broccoli + Optional salad | Fish tempura | Steamed pork with lemongrass | Fruit | Western + Asian lunch set | Garlic bread | Fruit juice |
| Rice | | | Tofu with tomato and minced pork sauce | | Yoghurt | | | | | |
| FRI | 16/11/2018 | | Herbs | Noodles with pork rib, eggs, shrimp | Noodles with pork pies in Hanoi style | Fruit | Asian lunch set | Apple gateaux | 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

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2018



| WEEK | DAY | DATE | LUNCH | | | | | | AFTERNOON SNACK | |
|------|------------|------------|--------------------------------|---|--|----------------------------------|-----------------|---------------------------|-----------------------|-------------|
| | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 5 | MON | 19/11/2018 | Winter melon with shrimp broth | Boiled vegie with fish sauce + Optional salad | Fried fish | Grilled chicken with lime leaves | Fruit | Western + Asian lunch set | Coconut cake | Fruit juice |
| | | | Rice | | Omelet | | | | | Fresh milk |
| | TUE | 20/11/2018 | Veggie with meat broth | Fried potato | Spaghetti with chicken balls | Spaghetti with minced beef | Fruit | Western lunch set | Fish balls tempura | Fruit juice |
| | | | | | Mixed noodles with mushroom and fried pork | | | | | Fresh milk |
| | WED | 21/11/2018 | Papaya with shrimp broth | Stir fried Bok Choy + Optional salad | Braised fish | Fried pork with lemongrass | Fruit | Western + Asian lunch set | Cream Danish | Fruit juice |
| | | | | | Shu mai with tomato sauce | | | | | Fresh milk |
| | THU | 22/11/2018 | Cabbage with minced meat broth | Grilled pumpkin + Optional salad | Roasted chicken | Roasted pork | Fruit | Western + Asian lunch set | Bread with pork floss | Fruit juice |
| | | | | | Mixed noodles with mushroom and fried pork | | | | | Fresh milk |
| FRI | 23/11/2018 | | Local vegetables + Herbs | Noodles in Hanoi style | Quang noodles (shrimp, pork, quail eggs) | Fruit | Asian lunch set | Pop corn | Fruit juice | |
| | | | | | | | | | | |

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

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2018



| WEEK | DAY | DATE | LUNCH | | | | | | AFTERNOON SNACK | |
|------|-----|------------|------------------------------|---|--|---|---------|---------------------------|--|--------------|
| | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 6 | MON | 26/11/2018 | 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 | 27/11/2018 | Vine spinach with meat broth | Stir fried chayote with carrot + Optional salad | Grilled chicken with Western spice | Fried pork leg with sweet and sour soya sauce | Fruit | Western + Asian lunch set | Chips | Fruit juice |
| | | | Rice | | | | | | | Eggs tempura |
| | WED | 28/11/2018 | Tomato with eggs broth | Grilled vegie + Optional salad | Beef steak | Grilled pork loin with pepper sauce | Fruit | Western lunch set | Dumpling | Fruit juice |
| | | | Rice/Bread | | | | | | | Fresh milk |
| | THU | 29/11/2018 | Pumpkin with shrimp broth | Stir fried green bean + Optional salad | Sauted fish with mustard sauce | Fried chicken with fish sauce | Fruit | Western + Asian lunch set | Raisin Danish | Fruit juice |
| | | | Rice | | Braised pork with turnip | | | | | Yoghurt |
| | FRI | 30/11/2018 | | Herbs | Wonton with Char siu noodles | Chicken Pho | Fruit | Asian lunch set | Fried baguette with minced shrimp and pork | Fruit juice |

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