

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – OCT 2016



WEEK	DAY	DATE	LUNCH								
			SOUP	VEGETABLE	MAIN COURSE	MAIN COURSE 2	DESSER T	NOTE	AFTERNOON SNACK		
7	MON	03/10/ 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	
9			Rice/Bread		Grilled chicken wings	Stir fried pork with cabbage				Fresh milk	
	TUE	04/10/ 2016	Sauropus with shrimp broth	Lettuce, tomato	Broken rice with grilled pork ribs	Rice with roasted chicken thigh	Fruit	Asian + Western lunch set	AFC	Fruit juice	
			Rice/Bread							Fresh milk	
	WED	05/10/ 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	06/10/ 2016	Chayote with meat broth	Stir fried Lufa	BBQ pork ribs	Brai <mark>sed</mark> pork with eggplant	Fruit	Asian + Western lunch set	Donut	Fruit juice	
			Rice/Bread		Grilled chicken with lemon leaves	Fish balls with oyster sauce				Fresh milk	
	FRI	07/10/ 2016	Bread	Local vege- Herbs	Rolled cake with pork pies	Braised beef	Fruit	Asian lunch set	3 flavors jelly	Fruit juice	
			77777777	tables						Fresh milk	



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WEEK			SOUP	VEGETABLE	MAIN COURSE	MAIN COURSE 2	DESSER T	NOTE	AFTERNO	ON SNACK	
	MON	10/10/2016	Winter melon with pork broth	Mixed Glory morning vegetable with sesame	Braised pork with eggs	Stir fried noodles with chicken and green bean	Fruit	Asian lunch set	Crackers	Fruit juice	
10			Rice/Bread		Fried tilapia	Braised pork with tofu				Fresh milk	
	TUE	11/10/ 2016	Sauropus with beef broth	Stir fried Bok Choy	BBQ Chicken	Stir fried pork with vegie	Fruit	Asian + Western lunch set	Milk bread	Fruit juice	
			Rice/Bread		Braised pork loin with sesame	Potato wedges and sausage				Fresh milk	
	WED	12/10/ 2016		Boiled vegie	Spaghetti with seafood sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Banana cake	Fruit juice Fresh milk	
	THU	13/10/ 2016	Lufa with shrimp broth	Stir fired mushroom with	Braised basa fish	Stir fried beef with broccoli	Fruit	Asian + Western lunch set	Waffle	Ice cream	
			Rice/Bread	vegie and meat	Braised chicken	Shu mai					
	FRI	14/10/ 2016		Herbs	Wonton with Char siu	Noodles with pork loin, pork pies	Fruit	Asian lunch set	Chicken dumpling	Fruit juice	
					noodles	ioiii, poik pies				Fresh milk	