

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEP 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	HAI	05/09/2016	Winter melon with meat broth	Mixed morning glory vegetables with sesame	Braised pork with eggs	Stir fried chicken with green bean and soya noodles	Fruit	Asian + Western lunch set	Cookies	Fruit juice
			Rice/Bread		Fried tilapia	Braised tofu with pork				Fresh milk
	BA	06/09/2016	Sauropus with beef broth	Stir fried Bok Choy	Chicken BBQ	Stir fried pork	Fruit	Asian + Western lunch set	Milk bread	Fruit juice
			Rice/Bread		Braised pork loin with sesame	Potato wedges and sausage				Fresh milk
	TU'	07/09/2016		Boiled vegie	Spaghetti with shrimp sauce	Spaghetti with chicken balls sauce	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
										Fresh milk
	NĂM	08/09/2016	Lufa with shrimp broth	Stir fried mushroom with meat and vegie	Braised fish	Stir fried broccoli with beef	Fruit	Asian + Western lunch set	3 flavors jelly	Fruit juice
			Rice/Bread		Braised chicken	Shu mai				Fresh milk
	SĂU	09/09/2016		Herbs	Wonton with char siu noodles	Noodles with pork loin and pork pies	Fruit	Asian lunch set	Chicken dumpling	Fruit juice

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6	MON	12/09/2016	Sauropus with beef broth	Boiled Bok choy	Braised chicken	Pork stuffed in tofu	Fruit	Asian + Western lunch set	Butter cupcake	Fruit juice
			Rice/Bread		Braised beef	Fish balls with oyster sauce				Fresh milk
	TUE	13/09/2016	Winter melon with shrimp broth	Stir fried green gourd	Pork ribs BBQ	Stir fried chicken	Fruit	Asian + Western lunch set	Waffle with honey	Fruit juice
			Rice/Bread		Roasted chicken	Omelet				Fresh milk
	WED	14/09/2016	Tofu with tomato and beef broth	Stir fried chayote	Braised tilapia with tomato sauce	Stir fried vegie with beef	Fruit	Asian + Western lunch set	Dried meat balls	Fruit juice
			Rice/Bread		Grilled pork	Mixed chicken				Fresh milk
	THU	15/09/2016	Vine spinach with meat broth	Stir fried green bean	Fried chicken wings with fish sauce	Braised pork stuffed in green gourd	Fruit	Asian + Western lunch set	Samosa (chicken)	Fruit juice
			Rice/Bread		Grilled pork loaf	Stir fried broccoli with pork				Fresh milk
	FRI	16/09/2016	Bread	Herbs	Pork ragout	Chicken curry	Fruit	Asian lunch set	Coconut jelly	Fruit juice
										Fresh milk

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	MON	19/09/2016	Vine spinach with pork broth	Stir fried Glory morning vegetable	Stewed beef	Stir fried cauliflower with shrimp	Fruit	Asian + Western lunch set	Fried fish balls	Fruit juice
			Rice/Bread		Chicken curry	Grilled pork rolled lemongrass				Fresh milk
	TUE	20/09/2016	Lufa with shrimp broth	Stir fried green bean	Braised basa fish in Chinese style	Omelet with bacon	Fruit	Asian + Western lunch set	Dumpling with meat and quail egg	Fruit juice
			Rice/Bread		Roasted shrimp with pork	Grilled chicken sticks				Fresh milk
7	WED	21/09/2016		Steamed vegie	Spaghetti with minced beef sauce	Spaghetti with chicken and cream, mushroom sauce	Fruit	Asian + Western lunch set	Fruits stick	Fruit juice
										Fresh milk
	THU	22/09/2016	Pumpkin with pork broth	Stir fired green gourd with shrimp	Braised duck with ginger	Stir fried pork pies	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
			Rice/Bread		Roasted shrimp with tamarind sauce	Grilled pork rolled lolot				Fresh milk
	FRI	23/09/2016		Herbs	Stuffed pancake with grilled pork, spring rolls	Noodles with grilled pork, spring rolls	Fruit	Asian lunch set	Beef soup	Fruit juice
										Fresh milk

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8	MON	26/09/2016	Winter melon with shrimp broth	Stir fried Bok Choy	Roasted chicken thighs	Grilled potato with eggs	Fruit	Asian + Western lunch set	3 flavors jelly	Fruit juice	
			Rice/Bread		Fried tilapia with sweet and sour fish sauce	Stir fried pork with lolot				Fresh milk	
	TUE	27/09/2016		Mixed salad	Sandwich with chicken and eggs	Beef burger	Fruit	Asian + Western lunch set	Crepe	Fruit juice	
										Fresh milk	
	WED	28/09/2016	Vine spinach with shrimp broth	Mixed shrimp, pork with noodles	Grilled pork loin with lemongrass	Mixed chicken with herbs	Fruit	Asian + Western lunch set	Bread with sausage	Fruit juice	
			Rice/Bread		Braised chicken with ginger	Stir fried beef with pineapple and tomato				Fresh milk	
	THU	29/09/2016	Chayote with meat broth	Stir fried kohlrabi, turnip	Braised pork with sesame	Fish balls with sweet and sour sauce	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice	
			Rice/Bread		Spicy fried chicken	Grilled pumpkin and ham				Fresh milk	
	FRI	30/09/2016		Herbs	Local vegetables	Pork leg noodles	Chicken Quang noodles	Fruit	Asian lunch set	Pate Chaud	Fruit juice
											Fresh milk