

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – APR 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	03/04/2017	Green gourd with shrimp broth	Mixed Glory morning vegetables with sesame	Fried pomfret fish with garlic	Stir fired shrimp with turnip	Fruit	Asian lunch set	AFC crackers	Fruit juice
			Rice/Bread		Grilled teriyaki chicken	Braised pork with pickles				Soya milk
	TUE	04/04/2017	Sauropus with beef broth	Stir fried chayote with onion	Braised pork with lemongrass	Fried eggs	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
			Rice/Bread		Roasted chicken	Fish balls with sweet & sour sauce				Fresh milk
	WED	05/04/2017		Tempura sweet potato	Beef steak		Fruit	Western lunch set	Waffle	Fruit juice
										Fresh milk
THU	06/04/2017	Public holiday								
FRI	07/04/2017		Herbs	Local vegetables	Noodles with pork ribs and pork loaf	Chicken Quang noodles	Fruit	Asian lunch set	Pate Chaud	Fruit juice
										Soya milk

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus

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10	MON	10/04/2017	Winter melon with shrimp broth	Boiled Vegie	Braised pork with eggs	Stir fried shrimp with green bean and vermicelli	Fruit	Asian lunch set	Solite cake	Fruit juice	
			Rice/Bread		Braised fish	Stir fried chicken with lemongrass				Fresh milk	
	TUE	11/04/2017	Bok Choy with chicken broth	Tomato, cucumber, lettuce	Broken rice with grilled pork ribs	Chicken rice	Fruit	Asian lunch set	Stewed pork pizza	Caramel cream	
			Bread								
	WED	12/04/2017	Lufa with shrimp broth	Stir fried Bok Choy	Fried chicken with spicy & sour sauce	Stir fried squid with tomato & pineapple	Fruit	Asian + Western lunch set	Shaken fruits	Fruit juice	
			Rice/Bread		Braised fish with turmeric	Pork balls with oyster sauce				Fresh milk	
	THU	13/04/2017	Cabbage with meat broth	Stir fried vegie	BBQ pork ribs	Stir fried fish with sweet & sour sauce	Fruit	Asian + Western lunch set	Donut	Fruit juice	
			Rice/Bread		Grilled chicken with lemon leaves	Braised pork with mushroom				Fresh milk	
	FRI	14/04/2017	Bread	Herbs	Local vegetables	Roll cake with pork loaf	Pork curry	Fruit	Asian lunch set	Rice crackers	Fruit juice
											Soya milk

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11	MON	17/04/2017	Vine spinach with shrimp broth	Stir fried Lufa with onion	Braised fish with pineapple	Braised pork with tofu and soya sauce	Fruit	Asian lunch set	AFC crackers	Fruit juice	
			Rice/Bread		Boiled pork	Mixed chicken with cabbage				Fresh milk	
	TUE	18/04/2017	Crown daisy with meat broth	Boiled green gourd	Fried chicken with fish sauce	Braised pork with cabbage pickles	Fruit	Asian + Western lunch set	Grilled pork stick	Fruit juice	
			Rice/Bread		Braised pork with sesame	Stir fried Lufa with shrimp				Soya milk	
	WED	19/04/2017		Fried potato	Spaghetti with bolognaise sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Waffle	Yoghurt	
	THU	20/04/2017	Vegie with minced pork broth	Stir fried Napa cabbage with onion	Grilled fish with salt	Omelet	Fruit	Asian + Western lunch set	Bo bia	Fruit juice	
			Rice/Bread		Satay chicken	Shu mai				Fresh milk	
	FRI	21/04/2017	Bread	Herbs	Local vegetables	Noodles with Char siu and wonton	Braised beef	Fruit	Asian lunch set	Chicken dumpling	Fruit juice
											Soya milk

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