

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 3 – APR 2022



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	04/04/2022	Vine spinach with shrimp broth	Boiled cabbage	Fried chicken with spicy and sour sauce	Boiled pork	Fruit	Western + Asian lunch set	Dragon fruit	Fresh milk
			Rice		Fried eggs					
	TUE	05/04/2022	Papaya with meat broth	Stir fried Bok-choy	Grilled pork ribs	Simmered basa fish with galangal	Fruit	Western + Asian lunch set	Panipopo	Fresh milk
			Rice		Stir fried chicken with cabbage, mushroom, lemon leaves					Fruit juice
	WED	06/04/2022	Morning glory vegetables with shrimp broth	Lettuce, tomato, cucumber	Stir fried noodles with beef	Stir fried noodles with chicken	Fruit	Western lunch set	Grilled sausage	Fresh milk
	THU	07/04/2022	Seaweed with shrimp broth	Grilled pumpkin	Grilled chicken with lemon leaves	Braised saba fish	Fruit	Western + Asian lunch set	Apple cake	Fresh milk
			Rice		Stir fried shrimp with macaroni					Fruit juice
	FRI	08/04/2022		Herbs	Noodles in Hanoi style	Fish noodles	Fruit	Asian lunch set	Milk and butter bread	Fresh milk
					Fruit juice					

*Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	18/04/2022	Amaranth with meat broth	Stir fried Napa cabbage	Fillet chicken tempura	Grilled basa fish with satay sauce	Fruit	Western + Asian lunch set	Pear	Fresh milk
			Rice		Stir fried noodles with baby shrimp, pork, veggies					
	TUE	19/04/2022	Calabash with shrimp broth	Stir fried morning glory vegetables	Roasted pork	Grilled fish	Fruit	Western + Asian lunch set	Sponge cake with eggs sauce	Fresh milk
			Rice		Quail eggs with mandarin sauce					Fruit juice
	WED	20/04/2022	Winter melon with meat broth	Lettuce, tomato, cucumber	Roasted chicken served with rice	Grilled pork ribs served with rice	Fruit	Asian lunch set	Banana	Fresh milk
										Fruit juice
	THU	21/04/2022	Seaweed with shrimp broth	Stir fried long cabbage	Shrimp tempura	Stir fried pork	Fruit	Western + Asian lunch set	Choco-pie	Fresh milk
			Rice		Chicken with sweet and sour sauce and veggies					Fruit juice
	FRI	22/04/2022		Herbs	La Vong fish noodles	Wonton and char siu noodles	Fruit	Asian lunch set	Donut	Fresh milk
										Fruit juice

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2	MON	25/04/2022	Pumpkin with meat broth	Stir fried cabbage with onion	Grilled chicken	Fish tempura	Fruit	Western + Asian lunch set	Watermelon	Fresh milk
			Rice		Stir fried shrimp with broccoli					
	TUE	26/04/2022	Vegies with shrimp broth	Stir fried chayote	Braised pork legs with galangal	Roasted duck	Fruit	Western + Asian lunch set	Danish	Fresh milk
			Rice		Boiled eggs with fish sauce					Fruit juice
	WED	27/04/2022	Vine spinach with meat broth	Lettuce, tomato, cucumber+ Pickles	Chicken rice in Hoian style	Grilled BBQ pork served with rice	Fruit	Western + Asian lunch set	Fried fish balls	Fresh milk
									Fruit juice	
THU	28/04/2022	Seaweed with shrimp broth	Grilled pumpkin	Braised fish	Grilled beef with satay	Fruit	Western + Asian lunch set	Banana	Fresh milk	
		Rice		Stir fried green bean with meat					Fruit juice	
FRI	29/04/2022		Herbs	Grilled pork noodles	Chicken Pho	Fruit	Asian lunch set	Dumpling	Fresh milk	
									Fruit juice	

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