

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUG 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
1	MON	08/08/2016	Sauropus with beef broth	Boiled Bok choy	Braised chicken	Stir fried pork with broccoli	Fruit	Asian + Western lunch set	Sandwich with pate and pork	Fruit juice	
			Rice/Bread		Braised beef	Fish balls with soy sauce				Fresh milk	
	TUE	09/08/2016	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	10/08/2016	Tofu with tomato and beef broth	Stir fried chayote	Braised tilapia with tomato sauce	Stir fried vegie with beef	Fruit	Asian + Western lunch set	String Danish	Fruit juice	
			Rice/Bread		Grilled pork	Stir fried shrimp with turnip				Fresh milk	
	THU	11/08/2016	Vegie with meat broth	Stir fried Bok choy	Fried chicken wings with fish sauce	Grilled potato and sausage	Fruit	Asian + Western lunch set	Samosa (chicken)	Fruit juice	
			Rice/Bread		Stir fried pork pies	Beef balls with tomato sauce				Fresh milk	
	FRI	12/08/2016		Local vegetables	Herbs	Beef noodles in Hue style	Chicken soya noodles	Fruit	Asian lunch set	Shrimp and vegie soup	Coconut jelly

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	22/08/2016	Winter melon with shrimp broth	Stir fried Bok Choy	Roasted shrimp with tamarind sauce	Grilled potato with eggs	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
			Rice/Bread		Fried tilapia with sweet and sour fish sauce	Fish balls with sweet and sour sauce				Fresh milk
	TUE	23/08/2016	Sauropus with beef broth	Mixed salad	Sandwich with chicken and eggs	Beef burger	Fruit	Asian + Western lunch set	Crepe	Fruit juice
										Fresh milk
	WED	24/08/2016	Bok Choy with shrimp broth	Mixed shrimp, pork with noodles	Braised fish with turmeric	Pork rolled in lolot	Fruit	Asian + Western lunch set	Quail eggs soup	Fruit juice
			Rice/Bread		Mixed chicken with herbs	Stir fried beef with pineapple and tomato				Fresh milk
	THU	25/08/2016	Chayote with meat broth	Stir fried kohlrabi	Braised pork with eggs	Stir fried chicken with pineapple	Fruit	Asian + Western lunch set	Pateso	Fruit juice
			Rice/Bread		Braised pork pies	Grilled pumpkin and ham				Fresh milk
	FRI	26/08/2016		Herbs Local vegetables	Beef noodles in Hue style	Chicken Quang noodles	Fruit	Asian lunch set	Summer rolls	Fruit juice
										Fresh milk

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MENU FOR TERM 1 – AUG - SEP 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
4	MON	29/08/2016	Spinach with meat broth	Glory morning vegetable with sesame salad	Grilled pork stick	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Samosa (pork)	Fruit juice	
			Rice/Bread		Grilled chicken wings with BBQ sauce	Stir fried cauliflower with beef				Fresh milk	
	TUE	30/08/2016	Pumpkin with beef broth	Tomato, lettuce	Broken rice with grilled pork ribs and pork-pies	Rice with roasted chicken thigh	Fruit	Asian + Western lunch set	Grilled chicken stick	Fruit juice	
	WED	31/08/2016	Sauropus with shrimp broth	Cabbage salad with mayonnaise sauce	Teryzaki chicken	Fried shrimp with garlic	Fruit	Asian + Western lunch set	Waffle	Fruit juice	
			Rice/Bread		Roasted pork	Fried eggs				Fresh milk	
	THU	01/09/2016	Vine spinach with shrimp broth	Cucumber salad	Braised fish with pickles	Grilled chicken with lemon leaves	Fruit	Asian + Western lunch set	Grilled pork stick	Fruit juice	
			Rice/Bread		Pork ribs BBQ	Braised pork with mushroom				Fresh milk	
	FRI	02/09/2016		Local vegetables	Basil	Noodles with pork ribs	Beef "Pho"	Fruit	Asian lunch set	Fruit juice	Fruit juice
											Fresh milk