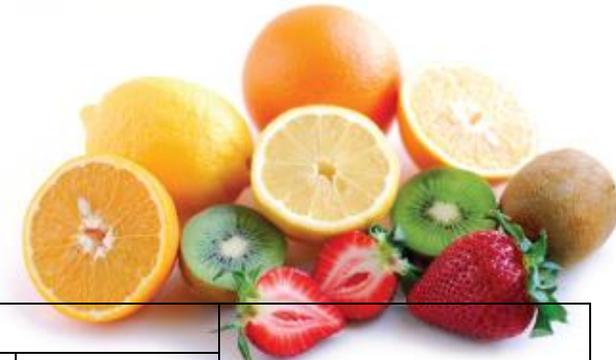




**SINGAPORE INTERNATIONAL SCHOOL**  
Since 1986

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – AUG 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	07/08/2017	Sauropus with pork broth	Stir fired Bok Choy with oyster oil	Stir fried chicken with butter and garlic	Braised beef	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
			Rice/Bread		Braised quail eggs in Chinese style					Fresh milk
	TUE	08/08/2017	Winter melon with shrimp broth	Stir fired green gourd	BBQ pork loin	Shrimp tempura	Fruit	Asian + Western lunch set	Waffle	Fruit juice
			Rice/Bread		Fish balls with sweet and sour sauce					Fresh milk
	WED	09/08/2017	Vegie with meat broth	Lettuce, cucumber	Chicken rice in Hoian style		Fruit	Asian lunch set	Crullers	Fruit juice
									Fresh milk	
THU	10/08/2017	Vine spinach with shrimp broth	Stir fried glory morning vegetables with garlic	Stir fried pork ribs	Braised fish	Fruit	Asian + Western lunch set	Crepe	Fruit juice	
		Rice/Bread		Tofu with tomato sauce					Fresh milk	
FRI	11/08/2017		Salted potato	Spaghetti with minced beef sauce		Fruit	Western lunch set	Solite cake	Fresh milk	
									Yoghurt	

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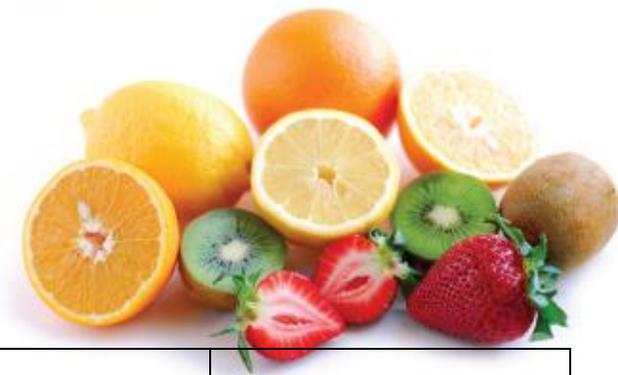


WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	14/08/2017	Moringa with shrimp broth	Boiled vegie	Braised shrimp with pork	Squid tempura	Fruit	Asian + Western lunch set	Hura cake	Fruit juice
			Rice/Bread		Omelet					Fresh milk
	TUE	15/08/2017	Pumpkin with pork broth	Stir fried Napa cabbage	Grilled chicken with lemon leaves	Grilled fish with Lolot	Fruit	Asian + Western lunch set	Croissant	Fruit juice
			Rice/Bread		Shu mai with tomato sauce					Fresh milk
	WED	16/08/2017	Bread	Tempura sweet potato	Beef steak		Fruit	Western lunch set	Butter cream cake	Fruit juice
										Fresh milk
	THU	17/08/2017	Bok Choy with shrimp broth	Stir fried broccoli	Braised pork ribs with lemongrass	Fried chicken with fish sauce	Fruit	Asian + Western lunch set	Fish balls stick	Fruit juice
			Rice/Bread		Stir fried penne with shrimp					Fresh milk
	FRI	18/08/2017		Local vegetables	Rolled cake with pork loaf		Fruit	Asian lunch set	Quail eggs dumpling	Fruit juice
										Caramel cream

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WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	21/08/2017	Sauropus with pork broth	Mixed morning glory vegetables with sesame	Pork belly with pineapple sauce	Satay chicken	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
			Rice/Bread		Pad Thai					Fresh milk
	TUE	22/08/2017	Winter melon with shrimp broth	Stir fried Lufa	Grilled pork	Fried tilapia	Fruit	Asian + Western lunch set	Raisin Danish	Fruit juice
			Rice/Bread		Quail eggs with oyster oil					Yoghurt
	WED	23/08/2017	Tomato with sprout bean broth	Lettuce, cucumber, tomato	Mixed rice in Italian style		Fruit	Western lunch set	Pate Chaud	Fruit juice
THU	24/08/2017	Amaranth with pork broth	Stir fried chayote	Roasted chicken	Crunchy shrimp	Fruit	Asian + Western lunch set	Donut	Fruit juice	
		Rice/Bread		Braised pork loaf with onion					Fresh milk	
FRI	25/08/2017		Local vegetables	Noodles with grilled pork and spring rolls		Fruit	Asian lunch set	Chicken and mushroom pizza	Fruit juice	
									Fresh milk	

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## MENU FOR TERM 1 – AUG 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	28/08/2017	Chayote with pork broth	Stir fried Bok Choy with oyster oil	Grilled chicken with honey	Roasted pork	Fruit	Asian + Western lunch set	Pineapple Danish	Fruit juice
			Rice/Bread		Minced pork stuffed in tofu with tomato sauce					Fresh milk
	TUE	29/08/2017	Crown daisy with shrimp broth	Stir fried kohlrabi with garlic	Grilled pork loaf	Fried squid with fish sauce	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
			Rice/Bread		Fish loaf with sweet and sour sauce					Fresh milk
	WED	30/08/2017		Pumpkin tempura	Chicken and eggs sandwich		Fruit	Western lunch set	Coffee jelly	Fruit juice
									Fresh milk	
THU	31/08/2017	Vine spinach with pork broth	Coleslaw	Fried chicken	Braised pork in Chinese style	Fruit	Asian + Western lunch set	Samosa (pork)	Fruit juice	
		Rice/Bread		Stir fried noodles in Singaporean style					Fresh milk	
FRI	01/09/2017		Herbs	Noodles with Char siu and wonton		Fruit	Asian lunch set	Grilled chicken stick	Fruit juice	
									Fresh milk	

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