

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2015



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
4	MON	30/11/2015	Sweet and sour fish soup + rice	Stir fried Bok Choy	Fried squid stuffed with pork	Stir fried pork with sweet and sour sauce	Tropical fresh fruit	Asian lunch set	Banana cake	Fruit juice
	TUE	01/12/2015	Papaya with pork ribs broth + rice	Lettuce mixed tuna	Braised tilapia with pineapple	Shumai	Tropical fresh fruit	Western lunch set	Waffle	Fresh milk
	WED	02/12/2015	Cauliflower with meat broth	Kim chi	Broken rice with grilled pork ribs and pork-pies		Tropical fresh fruit	Asian lunch set	Stewed meat pizza	Yoghurt
	THU	03/12/2015	Vegie with meat broth + rice	Stir fried baby corn with onion	Grilled chicken with honey	Potato wedges + ham	Tropical fresh fruit	Western lunch set	Danish	Fruit juice
	FRI	04/12/2015		Local vegetable	Noodles with beef in Hue style		Tropical fresh fruit	Asian lunch set	Bread with sausage	Caramel cream

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5	MON	07/12/2015	Tomato with beef broth + rice	Stir fired penne with mushroom	Fried tilapia	Eggplant stuffed with meat	Tropical fresh fruit	Asian lunch set	String Danish	Passion fruit juice
	TUE	08/12/2015	Bok choy with shrimp broth	Lettuce with minced beef sauce	Beef burger with cheese		Tropical fresh fruit	Western lunch set	Chicken and mushroom pizza	Fresh milk
	WED	09/12/2015	Basella with shrimp broth + rice	Glory morning vegetable with sesame salad	Braised pork ribs	Stir fried chicken	Tropical fresh fruit	Asian lunch set	Doughnut	Fruit juice
	THU	10/12/2015		Local vegetables	Noodles with pork ribs, pork pies, eggs + Chinese cruller		Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fresh milk
	FRI	11/12/2015	Buffet: chicken soup + eggplant, braised pork in Chinese style, fried chicken wings, grilled pumpkin, lettuce with tuna salad, rice				Tropical fresh fruit	Western + Asian lunch set	Matcha muffin	Fruit juice

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6	MON	14/12/2015	Sweet and sour fish soup + rice	Cabbage salad with mayonnaise sauce	Grilled pork	Stir fired beef with tomato and pineapple	Tropical fresh fruit	Asian lunch set	Fried banana	Fresh milk
	TUE	15/12/2015	Basella with meat broth	Stir fried kohlrabi	Braised Basa in Chinese style	Stir fried Napa cabbage with shrimp and pork	Tropical fresh fruit	Asian lunch set	Doughnut	Fresh milk
	WED	16/12/2015	Broccoli with beef broth	Shrimp tempura	Spaghetti with minced beef sauce		Tropical fresh fruit	Western lunch set	Summer rolls	Homemade jelly
	THU	17/12/2015	Pumpkin soup + rice	Stir fried cauliflower	Fried pork with pineapple sauce	Stir fried shrimp with garlic	Tropical fresh fruit	Asian lunch set	Danish	Orange juice
	FRI	18/12/2015		Local vegetable	Rice vermicelli with grilled pork, spring rolls		Tropical fresh fruit	Asian lunch set	Cheese & garlic bread	Passion fruit juice