

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – FEBRUARY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
1	MON	15/02/2016		Local vegetables	Noodles with fish pies		Tropical fresh fruit	Asian lunch set	Vanilla muffin	Passion fruit juice
	TUE	16/02/2016	Sauropus with beef broth + rice	Vegie tempura	Spaghetti with minced beef sauce		Tropical fresh fruit	Western lunch set	Doughnut	Fresh milk
	WED	17/02/2016	Green gourd with shrimp broth + rice	Stir fried green bean	Fried stuffed squid	Stir fried chicken	Tropical fresh fruit	Asian lunch set	Vegie pizza	Fruit juice
	THU	18/02/2016	Vine spinach with pork soup + rice	Stir fried cabbage	Braised pork in Chinese style	Stir fried shrimp with tamarind sauce	Tropical fresh fruit	Asian lunch set	String Danish	Fresh milk
	FRI	19/02/2016		Local vegetables	Fried chicken balls with sandwich and ham		Tropical fresh fruit	Western lunch set	Dumpling with meat and quail egg	Fruit juice

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2	MON	22/02/2016	Winter melon with shrimp broth + rice	Stir fried kohlrabi with shrimp	Braised fish	Stir fired squid with tomato and pineapple	Tropical fresh fruit	Asian lunch set	Bread with sausage	Fresh milk
	TUE	23/02/2016	Bok Choy with shrimp broth + rice	Tomato, lettuce	Broken rice with grilled pork ribs and pork-pies		Tropical fresh fruit	Asian lunch set	Doughnut	Fruit juice
	WED	24/02/2016	Pumpkin with beef broth + rice	Cabbage salad with mayonnaise sauce	Stewed pork with mushroom	Stir fried shrimp with garlic	Tropical fresh fruit	Western lunch set	Summer rolls	Home-made jelly
	THU	25/02/2016	Vine spinach with meat broth + rice	Glory morning vegetable with sesame salad	Fried chicken with fish sauce	Stir fried Napa cabbage with shrimp	Tropical fresh fruit	Asian lunch set	Danish	Passion fruit juice
	FRI	26/02/2016		Local vegetables	Fish noodles		Tropical fresh fruit	Western lunch set	Bread with dried pork	Yogurt