

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – FEB 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT			NOTE
1	MON	07/02/2022	Herbs		Fish pies noodles	Macaroni soup with pork ribs	Fruit	Western + Asian lunch set	Cookies	Fresh milk
	TUE	08/02/2022	Vegies with shrimp broth	Stir fried chayote	Braised pork legs with galangal	Roasted duck	Fruit	Western + Asian lunch set	Croissant	Kumquat and ginger tea
			Rice		Boiled eggs with fish sauce					
	WED	09/02/2022	Vine spinach with meat broth	Pickles + lettuce, tomato, cucumber	Chicken rice in Hoian style	Grilled BBQ pork loins served with rice	Fruit	Western + Asian lunch set	An pan cake	Apple juice
	THU	10/02/2022	Seaweed with shrimp broth	Stir fried long cabbage with garlic	Braised fish	Grilled beef with satay	Fruit	Western + Asian lunch set	Vanilla wafer	Milk tea
Rice			Stir fried green bean with meat							
FRI	11/02/2022	Herbs		Grilled pork noodles	Chicken Pho	Fruit	Asian lunch set	Dumpling	Lemon juice	

*Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.
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2	MON	14/02/2022	Veggies with meat broth	Stir fried long cabbage	Grilled chicken with teriyaki sauce	Simmered saba fish	Fruit	Western + Asian lunch set	Crackers	Fresh milk
			Rice		Omelet					
	TUE	15/02/2022	Winter melon with shrimp broth	Stir fried green bean	Steamed pork legs with coke	Fried chicken wings with fish sauce	Fruit	Western + Asian lunch set	Ham bread	Lemon and lemongrass juice
			Rice		Fish tempura with sweet and sour sauce					
	WED	16/02/2022	Papaya with meat broth	Grilled veggies + lettuce, tomato, cucumber	Bolognese spaghetti	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Peppie white chocolate	Apple juice
Rice										
THU	17/02/2022	Seaweed with shrimp broth	Stir fried morning glory vegetables	Fried tilapia fish	Roasted pork served with pickles	Fruit	Western + Asian lunch set	Wafer	Milk tea	
		Rice		Mixed noodles with grilled fish, sesame and herbs						
FRI	18/02/2022	Herbs		Noodles in Hanoi style	Phu Chiem Quang noodles	Fruit	Asian lunch set	Chicken pizza	Fresh milk	

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3	MON	21/02/2022	Amaranth with meat broth	Stir fried Napa cabbage	Braised butterfish	Fried chicken	Fruit	Western + Asian lunch set	Rice crackers	Fresh milk
			Rice		Pork pies with sweet and sour sauce					
	TUE	22/02/2022	Vine spinach with shrimp broth	Stir fried morning glory vegetables	Simmered duck with ginger and lemongrass	Boiled pork in fish sauce served with pickles	Fruit	Western + Asian lunch set	Bread with pork floss	Kumquat tea
			Rice		Boiled quail eggs with kumquat sauce					
	WED	23/02/2022	Winter melon with meat broth	Sweet potato nuggets + lettuce, tomato, cucumber	Beef with Demi sauce	Grilled chicken with honey and thyme served with mustard sauce	Fruit	Western lunch set	Passion fruit cake	Apple juice
Rice/Bread										
THU	24/02/2022	Seaweed with shrimp broth	Stir fried chayote	Braised pork in Chinese style	Fried fish with BBQ sauce	Fruit	Western + Asian lunch set	Choco-pie	Milk tea	
		Rice		Stir fried soya noodles with pork, mushroom and veggies						
FRI	25/02/2022	Herbs + Local vegetables		Quang noodles (chicken)	Noodles with pork legs in Danang style	Fruit	Asian lunch set	Samosa (pork)	Lemon juice	

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