

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – JANUARY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
1	MON	04/01/2016	Sweet and sour fish soup + rice	Stir fried Bok Choy	Braised tilapia with pineapple	Steamed pork with papaya	Tropical fresh fruit	Asian lunch set	Banana cake	Fruit juice
	TUE	05/01/2016	Green gourd with shrimp broth + rice	Lettuce salad with minced beef and tomato sauce	Fried stuffed squid	Shumai	Tropical fresh fruit	Asian lunch set	Waffle	Fresh milk
	WED	06/01/2016	Cauliflower with meat broth	Tomato, cucumber	Broken rice with grilled pork ribs and pork-pies		Tropical fresh fruit	Asian lunch set	Danish	Yoghurt
	THU	07/01/2016	Vegie with meat broth + rice	Stir fried green bean with garlic	Grilled chicken with lemon leaves	Grilled pumpkin and ham	Tropical fresh fruit	Western lunch set	Stewed meat pizza	Fruit juice
	FRI	08/01/2016		Local vegetables	Noodles with beef in Hue style		Tropical fresh fruit	Asian lunch set	Bread with sausage	Caramel cream

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – JANUARY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
2	MON	11/01/2016	Sponge gourd with shrimp broth + rice	Penne mixed with eggs and mayonnaise sauce	Braised pork ribs	Eggplant stuffed with meat and soy sauce	Tropical fresh fruit	Asian lunch set	String Danish	Passion fruit juice
	TUE	12/01/2016		Tuna salad + fried potato	Beef burger with cheese		Tropical fresh fruit	Western lunch set	Doughnut	Fresh milk
	WED	13/01/2016	Tomato with beef broth + rice	Stir fried turnip	Fried tilapia	Stir fried chicken	Tropical fresh fruit	Asian lunch set	Chicken and mushroom pizza	Fruit juice
	THU	14/01/2016	Napa cabbage with pork soup + rice	Stir fried green bean	Braised pork in Chinese style	Stir fried sweet and sour fish pies	Tropical fresh fruit	Asian lunch set	Vanilla muffin	Fresh milk
	FRI	15/01/2016		Local vegetables	Chicken curry - bread		Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fruit juice

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – JANUARY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
3	MON	18/01/2016	Winter melon with shrimp broth + 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	19/01/2016	Bok Choy with shrimp broth + rice	Stir fried kohlrabi with shrimp	Braised Basa in Chinese style	Stir fried chayote with pork	Tropical fresh fruit	Asian lunch set	Doughnut	Fruit juice
	WED	20/01/2016	Pumpkin with beef broth	Vegie tempura	Spaghetti with seafood sauce		Tropical fresh fruit	Western lunch set	Summer rolls	Home-made jelly
	THU	21/01/2016	Vine spinach with meat broth + rice	Glory morning vegetable with sesame salad	Fried pork with pineapple sauce	Stir fried shrimp with garlic	Tropical fresh fruit	Asian lunch set	Danish	Passion fruit juice
	FRI	22/01/2016		Local vegetables	Steamed beef with carrot – penne		Tropical fresh fruit	Western lunch set	Cheese & garlic bread	Yogurt

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – JANUARY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
4	MON	25/01/2016	Amaranth with minced beef broth + rice	Soya noodles mixed with shrimp in Korean style	Braised seafood	Fried tofu with eggs in Korean style	Tropical fresh fruit	Asian lunch set	Crepe	Fresh milk
	TUE	26/01/2016	Bok Choy with shrimp broth + rice	Boiled broccoli	Beef with mushroom sauce	Grilled pumpkin and sausage	Tropical fresh fruit	Western lunch set	Milk bread	Passion fruit juice
	WED	27/01/2016	Crown daisy with shrimp broth + rice	Stir fried baby corn	Chicken balls with sweet and sour soya sauce	Braised quail eggs in Chinese style	Tropical fresh fruit	Asian lunch set	Fried fish balls	Caramel cream
	THU	28/01/2016	Pumpkin soup + rice	Steamed vegie with mayonnaise sauce	Grilled pork	Braised fish	Tropical fresh fruit	Asian lunch set	Seafood pizza	Fresh milk
	FRI	29/01/2016		Local vegetables	Noodles with pork ribs		Tropical fresh fruit	Asian lunch set	Raisin bread	Yogurt