

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – JAN 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
10	MON	09/01/2017	Winter melon with shrimp broth	Stir fried Bok Choy	Roasted chicken thighs	Fired eggs	Fruit	Asian + Western lunch set	AFC crackers	Fruit juice	
			Rice/Bread		Fried tilapia	Stir fried green bean with pork				Fresh milk	
	TUE	10/01/2017	Vegie with beef broth	Mixed shrimp, pork with noodles	Braised pork with lemongrass	Stir fried vegie with shrimp	Fruit	Asian + Western lunch set	Waffle	Fruit juice	
			Rice/Bread		Roasted chicken	Braised pork with tofu				Fresh milk	
	WED	11/01/2017	Vine spinach with shrimp broth	Mixed cabbage with mayonnaise	Grilled chicken wings	Stir fired fish with sweet and sour sauce	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice	
			Rice/Bread		Grilled pork ribs with lemongrass	Braised pork stuffed in green gourd				Fresh milk	
	THU	12/01/2017	Vegie with meat broth	Stir fried kohlrabi	Braised pork with sesame	Quail eggs with sweet and sour sauce	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice	
			Rice/Bread		Spicy fried chicken	Braised pork with shrimp				Yoghurt	
	FRI	13/01/2017	Bread	Herbs	Local vegetables	Pork loin noodles	Beef curry	Fruit	Asian lunch set	Pate Chaud	Fruit juice
											Fresh milk

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
11	MON	16/01/2017	Pumpkin with pork broth	Boiled vegie with fish sauce	Braised pork with eggs	Stir fried soya noodles with green bean	Fruit	Asian + Western lunch set	Solite cake	Fruit juice
			Rice/Bread		Grilled chicken wings	Stir fried pork with cabbage				Fresh milk
	TUE	17/01/2017	Sauropus with shrimp broth	Lettuce, tomato	Broken rice with grilled pork ribs	Broken rice with mixed boiled chicken	Fruit	Asian + Western lunch set	Stewed pork pizza	Caramel cream
			Bread							Fresh milk
	WED	18/01/2017	Lufa with shrimp broth	Boiled green gourd	Fried spicy chicken	Braised pork with mushroom	Fruit	Asian + Western lunch set	Shook fruits	Fruit juice
			Rice/Bread		Braised fish with turmeric	Pork balls with oyster sauce				Fresh milk
	THU	19/01/2017	Bok Choy with meat broth	Stir fried Lufa	BBQ pork ribs	Stir fried penne with shrimp and pork	Fruit	Asian + Western lunch set	Donut	Fruit juice
			Rice/Bread		Grilled chicken with lemon leaves	Stir fried fish balls with sweet and sour sauce				Fresh milk
	FRI	20/01/2017		Herbs Local vegetables	Rolled cake with pork pies	Snakehead fish noodles	Fruit	Asian lunch set	Rice crackers	Fruit juice
										Fresh milk