

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2025



WEEK	DAY	DATE	MORNING SNACK		LUNCH					MORNING / AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	WED	03/9/2025	Cornflakes	Fresh milk	Seafood pasta with creamy mushroom sauce		Lettuce, tomato, and cucumber salad with Mayonnaise	Vegetables with minced pork broth	Fresh Fruit	Vinamilk yogurt	
	THU	04/9/2025	Chicken soup	Fresh milk	Oven-baked pork tenderloin with red wine sauce	Cheese omelette	Thousand Island salad	Wintermelone with minced pork broth	Fresh Fruit	Fresh Fruit	Fresh milk
								Steamed rice			
	FRI	05/9/2025	Vinamilk yogurt	Chicken rolls wrapped in seaweed with cilantro sauce	Stir-fried corn with butter and garlic	Cucumber salad with vinegar dressing	Seaweed with shrimp broth	Fresh Fruit	Cupcake with whipped cream	Fresh milk	
							Steamed rice				

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Menu may be changed due to market availability.

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	08/9/2025	Magic buttercream cracker	Fresh milk	Baked chicken with mustard sauce	Stir-fried string bean with minced pork	Russian salad	Vegetables with minced pork broth Steamed rice	Fresh Fruit	Vinamilk yogurt	
	TUE	09/9/2025	Fresh Fruit	Fresh milk	Fried fish with cheese sauce	Shrimp salad with sweet and sour fish sauce	Stir fried morning glory with garlic	Katuk with shrimp broth Steamed rice	Fresh Fruit	Cacao jelly	Yogurt
	WED	10/9/2025	Cream choux	Apple juice	Pork chop with honey sauce	Quang noodle mixed shrimp and minced pork	Green salad with vinaigrette	Malabar spinach with minced pork broth Steamed rice	Fresh Fruit	Donut cake	Fresh milk
	THU	11/9/2025	Minced beef soup	Fresh milk	Pan-seared fish fillet with passion fruit sauce	Australian-style baked eggs with zucchini	Stir-fried napa cabbage with carrot	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	12/9/2025	Vinamilk yogurt		Beef stew with vegetables served with bread		Herbs		Fresh Fruit	Coconut sponge cake	Fresh milk

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7	MON	15/9/2025	Vinamilk yogurt		Pan-seared chicken fillet with creamy mushroom sauce	Stir fried jicama with shrimp	Canned fish salad	Mustard green with minced pork broth Steamed rice	Fresh Fruit	Cosy milk biscuit	Fresh milk
	TUE	16/9/2025	Fresh Fruit	Fresh milk	Fried fish with sweet and sour fish sauce	Stuffed tofu with minced pork and wood ear mushrooms	Stir fried white cabbage with carrot & green bell pepper	Gourd with shrimp broth Steamed rice	Fresh Fruit	Butter cream sponge cake	Yogurt
	WED	17/9/2025	Banana cake	Apple juice	Spaghetti in cream sauce with bacon	Baked sweet potatoes with honey	Lettuce, tomato, and cucumber salad with Mayonnaise	Vietnamese tomato egg soup	Fresh Fruit	Fresh fruit	Fresh milk
	THU	18/9/2025	Shrimp soup	Fresh milk	Shrimp Katsu	Noodle mix minced pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Chocolate bread	Fresh milk
	FRI	19/9/2025	Vinamilk yogurt		Ham pizza	Roasted potatoes with butter	Green salad with vinaigrette	Chicken soup with napa cabbage	Fresh Fruit	Sticky rice with pork floss	Fresh milk

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8	MON	22/9/2025	Wafer	Fresh milk	Chicken patties with tomato sauce and bacon	Stir-fried winter melon with shrimp	Roasted pumpkin with Oregano leaves	Vegetables with minced pork broth Steamed rice	Fresh Fruit	Vinamilk yogurt	
	TUE	23/9/2025	Fresh Fruit	Fresh milk	Oven-roasted pork with BBQ sauce	Quail eggs in sweet and sour fish sauce	Salad mixed Tarta sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Coconut bread	Yogurt
	WED	24/9/2025	Carrot cake	Apple juice	Crispy fried chicken with cheese sauce	Stir-fried pasta with minced pork	Shrimp and potato salad with Mayonnaise sauce	Papaya with minced pork broth	Fresh Fruit	Fruit Tart	Fresh milk
	THU	25/9/2025	Seafood soup	Fresh milk	Grilled fish with Teriyaki sauce	Fried egg	Honey-roasted potatoes with fennel seeds	Morning glory with shrimp broth Steamed rice	Fresh Fruit	Croissant	Fresh milk
	FRI	26/9/2025	Vinamilk yogurt		Beef Pho		Herbs		Fresh Fruit	Cupcake with pork floss	Fresh milk

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MENU FOR TERM 1 – KINDERGARTEN – SEPT + OCT 2025



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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	29/9/2025	Rice crackers	Fresh milk	Egg-battered fried fish fillet with cheese sauce	Eggplant with minced pork sauce	Salad mixed Mayonnaise sauce	Leaf mustard with minced pork broth Steamed rice	Fresh Fruit	Vinamilk yogurt	
	TUE	30/9/2025	Fresh Fruit	Fresh milk	Pork meatballs in tomato sauce	Crab stick salad	Grilled vegetables with butter	Long bottle gourd with shrimp broth Steamed rice	Fresh Fruit	Coconut sticky rice served with peanut salt	Yogurt
	WED	01/10/2025	Cream choux	Apple juice	Grilled chicken with honey	Stir-fried potatoes with shrimp	Salad mixed Thousand Island sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Butter milk Tart	Fresh milk
	THU	02/10/2025	Chicken soup	Fresh milk	Grilled pork ribs with BBQ sauce	Korean pancake	Stir fried bok choy with mushroom & carrots	Napa cabbage with minced pork broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	03/10/2025	Vinamilk yogurt		Spaghetti bolognese		Russian salad	Vegetables with minced pork broth	Fresh Fruit	Cupcake with whipped cream	Fresh milk

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