

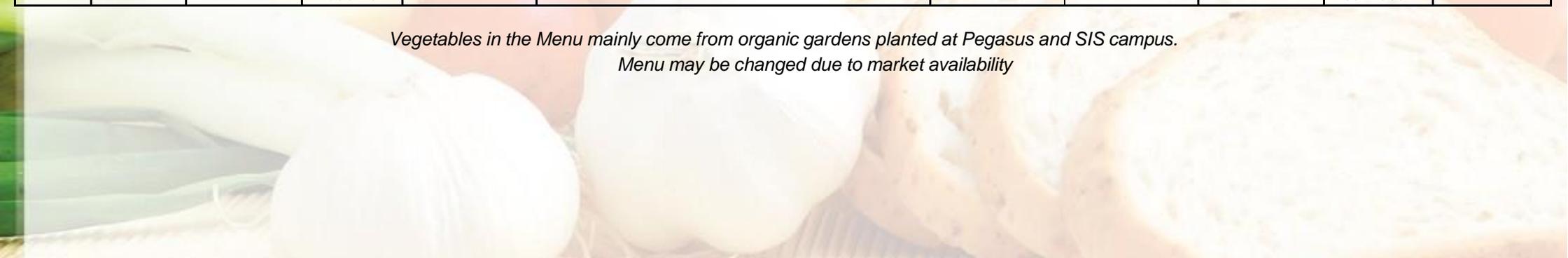
SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – KINDERGARTEN – APRIL 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
10	MON	03/04/2023	Milk biscuits	Fresh milk	Roasted pork tenderloin with red honey sauce	Bacon scramble eggs	Bake purple sweet potato	White cabbage with meat broth Rice	Fresh Fruit	Strawberry tube cake	Fresh milk
	TUE	04/04/2023	Fresh fruit	Fresh milk	Fried fish with sweet & sour sauce	Stir fried corn with baby shrimp and onion	Stir fried bok choy with garlic	Green mustard with shrimp broth Rice	Fresh Fruit	Coconut bread	Fresh milk
	WED	05/04/2023	Butter sponge cake	Apple juice	Spaghetti carbonara with bacon & mushroom sauce		Russian salad	Malabar spinach with meat broth	Fresh Fruit	Wafer	Fresh milk
	THU	06/04/2023	Chicken soup	Fresh milk	Pan-seared fish fillet served with lemon butter sauce	Fried tofu with fish sauce	Grilled pumpkin with Oregano	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	07/04/2023	Chocolate cookie	Yoghurt	Red wine chicken stewed served with bread		Herbs	Rice Bread	Fresh Fruit	Vietnamese pork samosa	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.
Menu may be changed due to market availability*



SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – KINDERGARTEN – APRIL 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
1	MON	17/04/2023	Magic crackers sandwich	Fresh milk	KFC chicken	Roasted sweet potato with butter	Stir-fried morning glory with garlic	Garland chrysanthemum with meat broth Rice	Fresh Fruit	Sweet bread with strawberry jam	Fresh milk
	TUE	18/04/2023	Fresh fruit	Fresh milk	Roasted pork tenderloin with BBQ sauce	French fries	Garden salad with vinegar dressing	Leaf mustard with shrimp broth Rice	Fresh Fruit	Egg sponge cake	Fresh milk
	WED	19/04/2023	Chocolate sponge cake	Apple juice	Stewed beef with red wine	Korean pancake	Stir fried string bean with mince pork & carrot	Wintermelon with mince pork broth Rice/Bread	Fresh Fruit	Grilled sausage	Fresh milk
	THU	20/04/2023	Beef soup	Fresh milk	Grilled fish with cheese sauce	Roll eggs	Grilled pumpkin and bean salad	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	21/04/2023	Banana cake	Yoghurt	Roasted chicken & egg noodle served with Teriyaki sauce		Baked sweet potato	Chicken soup	Fresh Fruit	Brioche bread	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus
Menu may be changed due to market availability*

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – KINDERGARTEN – APRIL 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
2	MON	24/04/2023	Cornflakes	Fresh milk	Shrimp tempura	Baked pumpkin	Russian salad	Malabar spinach with shrimp broth Rice	Fresh Fruit	Milk biscuits	Fresh milk
	TUE	25/04/2023	Fresh fruit	Fresh milk	Pan- seared fish with passion fruit sauce	Tofu with sweet sour sauce & mince pork	Boiled vegetables with mayonnaise sauce	Wintermelon with meat broth Rice	Fresh Fruit	Coconut bread	Fresh milk
	WED	26/04/2023	Rice crackers	Apple juice	Beef noodle	Stir fried rice with egg & vegetable	Herbs		Fresh Fruit	Honey & pear jam crepe	Fresh milk
	THU	27/04/2023	Seafood soup	Fresh milk	Grilled pork with Demiglass sauce	Quail eggs & Thai tamarind sauce	Stir fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	28/04/2023	Cream butter sponge cake	Yoghurt		Hoi An chicken rice	Potato wedge	Chicken soup	Fresh Fruit	Donut	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus
Menu may be changed due to market availability*