

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – KINDERGARTEN – AUGUST 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
1	MON	07/08/2023	Magic crackers sandwich	Fresh milk	Grilled chicken with brown sauce	Fried fish cake with cowpea	Stir fried cabbage with garlic	Sweet leaf with meat broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	TUE	08/08/2023	Fresh Fruit	Fresh milk	Baked pork in red wine sauce	Roll eggs with ham	Garden salad with vinegar dressing	Wintermelon with shrimp broth Steamed rice	Fresh Fruit	Coconut jelly	Fresh milk
	WED	09/08/2023	Banana cake	Apple juice	Stewed beef with vegetables		Herbs	Steamed rice/ Bread	Fresh Fruit	Red bean bread	Fresh milk
	THU	10/08/2023	Beef soup	Fresh milk	Fish tempura	Tofu stuffed with mince pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	11/08/2023	Cream bread	Yoghurt	Chicken spaghetti		Potato wedges	Chicken soup	Fresh Fruit	Butter cream sponge cake	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
2	MON	14/08/2023	Cornflakes	Fresh milk	Grilled chicken fillet served with mushroom sauce	Quail eggs with tamarind sauce	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh Fruit	Strawberry tube cake	Fresh milk
							Steamed rice				
	TUE	15/08/2023	Fresh Fruit	Fresh milk	Grilled pork ribs BBQ with Demi-glass sauce	Vegetables meatball	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh Fruit	Coffee jelly	Fresh milk
								Steamed rice			
	WED	16/08/2023	Carrot cake	Apple juice	SaiGon broken rice		Salad mixed mustard sauce	Amaranth with meat broth	Fresh Fruit	Grape bread roll	Fresh milk
THU	17/08/2023	Seafood soup	Fresh milk	Pan-seared fish fillet served with lemon butter sauce	Stir fried string bean with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh Fruit	Fresh Fruit	Fresh milk	
							Steamed rice				
FRI	18/08/2023	Butter & jam bread	Yoghurt	Spaghetti bolognese		Grilled sweet potato	Vegetables with meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk	

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
3	MON	21/08/2023	Solite sponge cake	Fresh milk	Roasted pork tenderloin with BBQ sauce	Roll eggs with bacon	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk
	TUE	22/08/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Sweet & sour with fish soup Steamed rice	Fresh Fruit	Pineapple jelly	Fresh milk
	WED	23/08/2023	Cream choux	Apple juice	Stewed beef with red wine		Lettuce, tomato, cucumber salad	Celery chicken soup	Fresh Fruit	Coconut bread	Fresh milk
	THU	24/08/2023	Minced pork soup	Fresh milk	Roasted pork with grilled bell pepper sauce	Korean pancake	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	25/08/2023	Ham sandwich	Yoghurt	Roasted chicken & egg noodle served with Teriyaki sauce		Herbs	Leaf mustard with meat broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
4	MON	28/08/2023	Milk biscuits	Fresh milk	Grilled chicken with orange sauce	Stir fried macaroni with minced pork	Baked pumpkin	Cabbage with meat broth Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
	TUE	29/08/2023	Fresh Fruit	Fresh milk	Shrimp tempura	Tofu with sweet sour sauce & mince pork	Boiled vegetables with mayonnaise sauce	Leaf mustard with shrim broth Steamed rice	Fresh Fruit	Fruits jelly	Fresh milk
	WED	30/08/2023	Pineapple sponge cake	Apple juice	Egg noodle with char-siu		Grilled sweet potato with honey	Herbs	Fresh Fruit	Ham bread	Fresh milk
	THU	31/08/2023	Pumpkin soup with cream	Fresh milk	Baked pork with Demiglass sauce	Cheese omelette	Stir fried chayote with meat	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
5	TUE	05/09/2023	Fresh Fruit	Fresh milk	Beef Pho		Herbs	Steamed rice	Fresh Fruit	Seaweed rice craker	Fresh milk
	WED	06/09/2023	Coconut sponge cake	Apple juice	Grilled pork with mushroom sauce	Eggplant with minced pork sauce	Stir fried cabbage with garlic	Vegetables with pork broth	Fresh Fruit	Hot-dog	Fresh milk
								Steamed rice			
	THU	07/09/2023	Chicken soup	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork & shrimp	Stir fried morning glory with garlic	Seaweed with shrimp broth	Fresh Fruit	Fresh fruit	Fresh milk
Steamed rice											
FRI	08/09/2023	Cheese bread	Yoghurt	Ham burger	Potato wedge	Green salad with mayonnaise sauce	Gourd with meat broth	Fresh Fruit	Vanilla sponge cake	Fresh milk	

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WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
6	MON	11/09/2023	Magic crackers sandwich	Fresh milk	Grilled chicken with brown sauce	Fried fish cake with cowpea	Stir fried cabbage with garlic	Sweet leaf with meat broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	TUE	12/09/2023	Fresh Fruit	Fresh milk	Baked pork in red wine sauce	Roll eggs with ham	Garden salad with vinegar dressing	Wintermelon with shrimp broth Steamed rice	Fresh Fruit	Coconut jelly	Fresh milk
	WED	13/09/2023	Banana cake	Apple juice	Stewed beef with vegetables		Herbs	Steamed rice/ Bread	Fresh Fruit	Red bean bread	Fresh milk
	THU	14/09/2023	Beef soup	Fresh milk	Fish tempura	Tofu stuffed with mince pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	15/09/2023	Cream bread	Yoghurt	Chicken spaghetti		Potato wedges	Chicken soup	Fresh Fruit	Butter cream sponge cake	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
7	MON	18/09/2023	Cornflakes	Fresh milk	Grilled chicken fillet served with mushroom sauce	Quail eggs with tamarind sauce	Stir fried morning glory with garlic	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Strawberry tube cake	Fresh milk
	TUE	19/09/2023	Fresh Fruit	Fresh milk	Grilled pork ribs BBQ with Demi-glass sauce	Vegetables meatball	Grilled pumpkin with Oregano	Gourd with shrimp broth Steamed rice	Fresh Fruit	Coffee jelly	Fresh milk
	WED	20/09/2023	Carrot cake	Apple juice	SaiGon broken rice		Salad mixed mustard sauce	Amaranth with meat broth	Fresh Fruit	Grape bread roll	Fresh milk
	THU	21/09/2023	Seafood soup	Fresh milk	Pan-seared fish fillet served with lemon butter sauce	Stir fried string bean with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	22/09/2023	Butter & jam bread	Yoghurt	Spaghetti bolognese		Grilled sweet potato	Vegetables with meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
8	MON	25/09/2023	Solite sponge cake	Fresh milk	Roasted pork tenderloin with BBQ sauce	Roll eggs with bacon	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk
	TUE	26/09/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Sweet & sour with fish soup Steamed rice	Fresh Fruit	Pineapple jelly	Fresh milk
	WED	27/09/2023	Cream choux	Apple juice	Hoi An chicken rice		Lettuce, tomato, cucumber salad	Celery chicken soup	Fresh Fruit	Coconut bread	Fresh milk
	THU	28/09/2023	Minced pork soup	Fresh milk	Grilled fish fillet with sweet & sour sauce	Korean pancake	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	29/08/2023	Ham sandwich	Yoghurt	Thanh Tri fresh rice flat paper & pork loaf		Herbs	Leaf mustard with meat broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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Since 1986

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MENU FOR TERM 1 – KINDERGARTEN – OCTOBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
9	MON	02/10/2023	Milk biscuits	Fresh milk	Grilled chicken with orange sauce	Stir fried macaroni with minced pork	Baked pumpkin	Cabbage with meat broth Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
	TUE	03/10/2023	Fresh Fruit	Fresh milk	Shrimp tempura	Tofu with sweet sour sauce & mince pork	Boiled vegetables with mayonnaise sauce	Leaf mustard with shrim broth Steamed rice	Fresh Fruit	Fruits jelly	Fresh milk
	WED	04/10/2023	Pineapple sponge cake	Apple juice	Chicken macaroni with mushroom cream sauce		Grilled sweet potato with honey	Herbs	Fresh Fruit	Ham bread	Fresh milk
	THU	05/10/2023	Pumpkin soup with cream	Fresh milk	Baked pork with Demiglass sauce	Cheese omelette	Stir fried chayote with meat	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	06/10/2023	Black sesame roll bread	Yoghurt	Veggie pizza		Potato wedges	Wintermelon with meat broth	Fresh Fruit	Banana cake	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
10	MON	09/10/2023	Wafer	Fresh milk	Roasted chicken with Han Quoc sauce	Boiled eggs	Stir fried string bean with meat	Pumpkin with shrimp broth Steamed rice	Fresh Fruit	Solite sponge cake	Fresh milk
	TUE	10/10/2023	Fresh Fruit	Fresh milk	Grilled pork with mushroom sauce	Eggplant with minced pork sauce	Stir fried cabbage with garlic	Amaranth with pork broth Steamed rice	Fresh Fruit	Chocolate jelly	Fresh milk
	WED	11/10/2023	Coconut sponge cake	Apple juice	Beef noodle		Herbs		Fresh Fruit	Hot-dog	Fresh milk
	THU	12/10/2023	Chicken soup	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork & shrimp	Stir fried chayote with onion	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	13/10/2023	Cheese bread	Yoghurt	Ham burger	Potato wedge	Gourd with meat broth		Fresh Fruit	Vanilla sponge cake	Fresh milk

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