

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – KINDERGARTEN – OCTOBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	23/10/2023	Magic crackers sandwich	Fresh milk	Fried seafood noodles		Russian salad	Sweet leaf with meat broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	TUE	24/10/2023	Fresh Fruit	Fresh milk	Baked chicken with cheese sauce	Roll eggs with ham	Stir-fried jicama with garlic	Wintermelon with shrimp broth Steamed rice	Fresh Fruit	Coconut jelly	Vinamilk yoghurt
	WED	25/10/2023	Banana cake	Apple juice	Stewed beef with leek served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Ham sandwich	Fresh milk
	THU	26/10/2023	Beef soup	Fresh milk	Pan-fried fish fillet with passion fruit sauce	Noodle mix minced pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	27/10/2023	Orange jam bread	Yoghurt	Spaghetti with minced meat and tomato sauce served with potato wedges		Herbs	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Butter cream sponge cake	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 2 – KINDERGARTEN – OCTOBER + NOVEMBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	30/10/2023	Cornflakes	Fresh milk	Grilled chicken with French mustard sauce	Stir fried potato with bacon	Stir fried morning glory with garlic	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
	TUE	31/10/2023	Fresh Fruit	Fresh milk	Pan-fried fish fillet with lemon butter sauce	Tofu stuffed with mince pork	Grilled pumpkin with Oregano	Gourd with shrimp broth Steamed rice	Fresh Fruit	Coffee jelly	Vinamilk yoghurt
	WED	01/11/2023	Carrot cake	Apple juice	SaiGon broken rice		Salad with mayonnaise sauce	Papaya with meat broth	Fresh Fruit	Grilled sausage	Fresh milk
	THU	02/11/2023	Seafood soup	Fresh milk	Baked pork tenderloin with European sauce	Stir fried chayote with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	03/11/2023	Butter & jam bread	Yoghurt	Chicken spaghetti served with 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/ STEAMED RICE	DESSERT		
3	MON	06/11/2023	Cosy Marie biscuits	Fresh milk	Roasted pork with grilled bell pepper sauce	Roll eggs with ham	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk
	TUE	07/11/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth Steamed rice	Fresh Fruit	Passion fruit jelly	Vinamilk yoghurt
	WED	08/11/2023	Cream choux	Apple juice	Hoi An chicken rice		Lettuce, tomato, cucumber salad	Malabar spinach with meat broth	Fresh Fruit	Ham bread	Fresh milk
	THU	09/11/2023	Minced pork soup	Fresh milk	Shrimp tempura	Korean pancake	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	10/11/2023	Chocolate sponge cake	Yoghurt	Thanh Tri fresh rice flat paper & pork loaf		Herbs	Leaf mustard with meat broth	Fresh Fruit	Donut	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
4	TUE	14/11/2023	Seaweed rice crackers	Fresh milk	Baked chicken topped with cheese & tomato sauce	Singapore fried rice vermicelli	Stir-fried luffa with bean sprouts & basil leaves	Sweet leaf with meat broth Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk
	WED	15/11/2023	Black sesame roll bread	Apple juice	Indian chicken curry served with bread		Herbs	Bread	Fresh Fruit	Banana cake	Fresh milk
	THU	16/11/2023	Pumpkin soup with cream	Fresh milk	Bacon wrapped with vegetables	Cheese omelette	Stir fried chayote with meat	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	17/11/2023	Coconut sponge cake	Yoghurt	Veggie pizza served with potato wedges		Herbs	Wintermelon with meat broth Steamed rice	Fresh Fruit	Hot-dog	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	MON	20/11/2023	Wafer	Fresh milk	Roasted chicken with Han Quoc sauce	Boiled eggs	Honey roasted carrots with dill seeds	Pumpkin with meat broth Steamed rice	Fresh Fruit	Egg sponge cake	Fresh milk
	TUE	21/11/2023	Fresh Fruit	Fresh milk	Grilled pork with mushroom sauce	Eggplant with minced pork sauce	Stir fried bok choy with garlic	Amaranth with shrimp broth Steamed rice	Fresh Fruit	Chocolate jelly	Vinamilk yoghurt
	WED	22/11/2023	Butter cream sponge cake	Apple juice	Stewed pork trotter with vegetables		Herbs	Steamed rice Bread	Fresh Fruit	Coconut bread	Fresh milk
	THU	23/11/2023	Chicken soup	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork & shrimp	Stir fried cabbage with carrot	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	24/11/2023	Cheese bread	Yoghurt	Ham burger	Fried sweet potato with Paprika powder	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER + DECEMBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	27/11/2023	Magic crackers sandwich	Fresh milk	Baked chicken with cheese sauce	Roll eggs with ham	Stir-fried jicama with garlic	Wintermelon with shrimp broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	TUE	28/11/2023	Fresh Fruit	Fresh milk	Fried seafood noodles		Russian salad	Sweet leaf with meat broth Steamed rice	Fresh Fruit	Coconut jelly	Vinamilk yoghurt
	WED	29/11/2023	Banana cake	Apple juice	Stewed beef with leek served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Ham sandwich	Fresh milk
	THU	30/11/2023	Beef soup	Fresh milk	Pan-fried fish fillet with passion fruit sauce	Noodle mix minced pork	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	01/12/2023	Orange jam bread	Yoghurt	Sausage pizza served with potato wedges		Herbs	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Butter cream sponge cake	Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – KINDERGARTEN – DECEMBER 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	04/12/2023	Cornflakes	Fresh milk	Grilled chicken with French mustard sauce	Stir fried wintermelon with shrimp	Stir fried string bean with garlic	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Chocolate tube cake	Fresh milk
	TUE	05/12/2023	Fresh Fruit	Fresh milk	Pan-fried fish fillet with lemon butter sauce	Tofu stuffed with mince pork	Grilled pumpkin with Oregano	Gourd with shrimp broth Steamed rice	Fresh Fruit	Coffee jelly	Vinamilk yoghurt
	WED	06/12/2023	Carrot cake	Apple juice	SaiGon broken rice		Salad with mayonnaise sauce	Papaya with meat broth	Fresh Fruit	Grilled sausage	Fresh milk
	THU	07/12/2023	Seafood soup	Fresh milk	Baked pork tenderloin with European sauce	Stir fried chayote with meat	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	08/12/2023	Butter & jam bread	Yoghurt	Minced meat spaghetti served with grilled sweet potato		Vegetables with meat broth		Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk
	SAT	09/12/2023	Fresh Fruit	Fresh milk	Stewed chicken with red wine served with bread		Herbs		Fresh fruit	Wafer	Fresh milk

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MENU FOR TERM 2 – KINDERGARTEN – DECEMBER 2023



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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT			
8	MON	11/12/2023	Cosy Marie biscuits	Fresh milk	Roasted pork with grilled bell pepper sauce	Roll eggs with ham	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk	
	TUE	12/12/2023	Fresh Fruit	Fresh milk	Fish katsu	Noodle mix minced pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth Steamed rice	Fresh Fruit	Passion fruit jelly	Vinamilk yoghurt	
	WED	13/12/2023	Cream choux	Apple juice	Hoi An chicken rice		Lettuce, tomato, cucumber salad	Malabar spinach with meat broth	Fresh Fruit	Ham bread	Fresh milk	
	THU	14/12/2023	Minced pork soup	Fresh milk	Shrimp tempura	Korean pancake	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk	
	FRI	15/12/2023	Chocolate sponge cake	Yoghurt	Roasted chicken & egg noodle with Teriyaki sauce	Baked potato with butter & garlic	Herbs	Leaf mustard with meat broth	Fresh Fruit	Donut	Fresh milk	

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MENU FOR TERM 2 – KINDERGARTEN – JANUARY 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	TUE	02/01/2024	Fresh Fruit	Fresh milk	Fish katsu	Cheese omelette	Stir-fried malabar spinach with garlic	Leaf mustard with shrim broth Steamed rice	Fresh Fruit	Fruits jelly	Vinamilk yoghurt
	WED	03/01/2024	Pineapple sponge cake	Apple juice	Indian chicken curry served with bread		Herbs	Bread	Fresh Fruit	Orange jam sandwich	Fresh milk
	THU	04/01/2024	Pumpkin soup with cream	Fresh milk	Bacon wrapped with vegetables	Tofu with sweet sour sauce & mince pork	Stir fried chayote with meat	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	05/01/2024	Black sesame roll bread	Yoghurt	Veggie pizza served with potato wedges		Herbs	Wintermelon with meat broth Steamed rice	Fresh Fruit	Banana cake	Fresh milk

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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
10	MON	08/01/2024	Wafer	Fresh milk	Roasted chicken with Han Quoc sauce	Boiled eggs	Honey roasted carrots with dill seeds	Pumpkin with meat broth Steamed rice	Fresh Fruit	Egg sponge cake	Fresh milk
	TUE	09/01/2024	Fresh Fruit	Fresh milk	Grilled pork with mushroom sauce	Eggplant with minced pork sauce	Stir fried morning glory with garlic	Amaranth with shrimp broth Steamed rice	Fresh Fruit	Chocolate jelly	Vinamilk yoghurt
	WED	10/01/2024	Butter cream sponge cake	Apple juice	Stewed pork trotter with vegetables		Herbs	Steamed rice Bread	Fresh Fruit	Coconut bread	Fresh milk
	THU	11/01/2024	Chicken soup	Fresh milk	Grilled fish with cheese sauce	Quang noodle mix mince pork & shrimp	Stir fried cabbage with carrot	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	12/01/2024	Cheese bread	Yoghurt	Ham burger	Fried sweet potato with Paprika powder	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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