

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – FEB + MAR 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
4	MON	27/02/2017	Winter melon with shrimp broth	Stir fried Spinach	Roasted chicken thighs	Fried eggs	Fruit	Asian + Western lunch set	AFC crackers	Fruit juice	
			Rice/Bread		Fried tilapia	Stir fried green bean with pork				Fresh milk	
	TUE	28/02/2017	Vegie with beef broth	Stir fried chayote	Braised pork with lemongrass	Stir fried broccoli with shrimp	Fruit	Asian + Western lunch set	Waffle	Fruit juice	
			Rice/Bread		Roasted chicken	Braised pork with tofu				Fresh milk	
	WED	01/03/2017	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	Stir fried chicken with lemongrass				Fresh milk	
	THU	02/03/2017	Vegie with meat broth	Stir fried vegie	Braised pork with sesame	Quail eggs with oyster sauce	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice	
			Rice/Bread		Spicy fried chicken	Braised pork with turnip				Yoghurt	
	FRI	03/03/2017	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		
7	MON	20/03/2017	Sauropus with beef broth	Boiled Bok Choy	Grilled chicken with honey	Stuffed tofu with pork	Fruit	Asian + Western lunch set	Butter cream cake	Fruit juice
			Rice/Bread		Braised pork with shrimp	Fish balls with oyster sauce				Fresh milk
	TUE	21/03/2017	Winter melon with shrimp broth	Stir fried green gourd	Roasted chicken	Braised pork stuffed in green gourd	Fruit	Asian + Western lunch set	Crepe with honey	Fruit juice
			Rice/Bread		BBQ pork ribs	Omelet				Fresh milk
	WED	22/03/2017	Tofu with beef and tomato broth	Stir fried chayote	Tilapia with tomato sauce	Stir fired pork with vegie	Fruit	Asian + Western lunch set	Fried meat balls	Caramel cream
			Rice/Bread		Grilled pork	Stir fired pork with mushroom and green bean				Fresh milk
	THU	23/03/2017	Vine spinach with meat broth	Stir fried vegie	Fried chicken wings	Stir fired shrimp with Lufa	Fruit	Asian lunch set	Stewed pork pizza	Fruit juice
			Rice/Bread		Roasted pork	Mixed chicken				Yoghurt
	FRI	24/03/2017	Bread	Herbs	Pork ragout	Chicken curry	Fruit	Asian lunch set	Coconut jelly	Fruit juice
										Fresh milk

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8	MON	27/03/2017	Pumpkin with pork broth	Stir fried Glory morning vegetables	Braised beef with lemongrass	Braised pork with young jackfruit	Fruit	Asian + Western lunch set	Rice crackers	Fruit juice
			Rice/Bread		Fried spicy chicken	Noodles mixed with shrimp and pork				Fresh milk
	TUE	28/03/2017	Vegetables with meat broth	Grilled eggplant with soya sauce	Braised basa fish	Boiled eggs	Fruit	Asian lunch set	Pork samosa	Fruit juice
			Rice/Bread		Grilled pork loaf	Stir fried pork				Fresh milk
	WED	29/03/2017		Tempura vegie	Stir fried noodles with chicken	Stir fried noodles with seafood	Fruit	Asian + Western lunch set	Grilled chicken stick	Fruit juice
										Fresh milk
	THU	30/03/2017	Chayote with pork broth	Stir fired cabbage	Roasted pork	Mixed potato with eggs and mayonnaise	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
			Rice/Bread		Grilled chicken wings	Braised pork with kohlrabi				Fresh milk
	FRI	31/03/2017		Local vegetables	Noodles with grilled pork	Pork ribs noodles	Fruit	Asian lunch set	Butter cream cake	Fruit juice