

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – MAR 2022



| WEEK | DAY | DATE | LUNCH | | | | | | AFTERNOON SNACK | |
|------|------------|---------------------------|--------------------------------|-------------------------------------|---|----------------------------------|---------------------------|---------------------------|------------------------|-------------|
| | | | SOUP | VEGETABLE | MAIN COURSE 1 | MAIN COURSE 2 | DESSERT | NOTE | | |
| 4 | MON | 28/02/2022 | Vine spinach with meat broth | Stir fried chayote | Fried chicken with spicy and sour sauce | Boiled pork | Fruit | Western + Asian lunch set | Muffin | Fresh milk |
| | | | Rice | | Stir fried shrimp with macaroni | | | | | |
| | TUE | 01/03/2022 | Winter melon with shrimp broth | Stir fried Napa cabbage with garlic | Grilled pork | Simmered basa fish with galangal | Fruit | Western + Asian lunch set | Strawberry rolled cake | Fresh milk |
| | | | Rice | | Stir fried chicken with cabbage, mushroom, lemon leaves | | | | | Fruit juice |
| | WED | 02/03/2022 | Amaranth with meat broth | Lettuce, tomato, cucumber | Stir fried noodles with beef | Stir fried noodles with chicken | Fruit | Western lunch set | Dorayaki | Fresh milk |
| THU | 03/03/2022 | Seaweed with shrimp broth | Grilled pumpkin | Grilled chicken with lemon leaves | Braised saba fish | Fruit | Western + Asian lunch set | Chocolate cookies | Fresh milk | |
| | | Rice | | Steam eggs with meat | | | | | Fruit juice | |
| FRI | 04/03/2022 | | Herbs | Noodles in Hanoi style | Fish noodles | Fruit | Asian lunch set | Grilled coconut cake | Fresh milk | |
| | | | | | | | | | Fruit juice | |

*Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.
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| 5 | MON | 07/03/2022 | Amaranth with beef broth | Stir fried Napa cabbage | Fillet chicken tempura | Grilled basa fish with satay sauce | Fruit | Western + Asian lunch set | Almond cake | Fresh milk |
| | | | Rice | | Stir fried noodles with baby shrimp, pork, veggies | | | | | |
| | TUE | 08/03/2022 | Vine spinach with shrimp broth | Stir fried long cabbage | Fried squid with fish sauce | Stir fried pork with veggies | Fruit | Western + Asian lunch set | Butter crackers | Fresh milk |
| | | | Rice | | Quail eggs tempura | | | | | Fruit juice |
| | WED | 09/03/2022 | Green mustard with meat broth | Lettuce, tomato, cucumber | Roasted chicken served with rice | Grilled fish with tomato sauce served with rice | Fruit | Asian lunch set | Pineapple cake | Fresh milk |
| | | | | | | | | | Fruit juice | |
| THU | 10/03/2022 | Seaweed with shrimp broth | Stir fried green bean | Roasted pork | Grilled fish | Fruit | Western + Asian lunch set | Vanilla cookies | Fresh milk | |
| | | Rice | | Fried chicken with sweet and sour sauce | | | | | Fruit juice | |
| FRI | 11/03/2022 | | Herbs | La Vong fish noodles | Wonton and char siu noodles | Fruit | Asian lunch set | Donut | Fresh milk | |
| | | | | | | | | | Fruit juice | |

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| 6 | MON | 14/03/2022 | Pumpkin with meat broth | Stir fried cabbage | Grilled chicken | Fish tempura | Fruit | Western + Asian lunch set | Cookies | Fresh milk |
| | | | Rice | | Stir fried shrimp with broccoli | | | | | |
| | TUE | 15/03/2022 | Vegies with shrimp broth | Stir fried chayote | Braised pork legs with galangal | Roasted duck | Fruit | Western + Asian lunch set | Croissant | Fresh milk |
| | | | Rice | | Boiled eggs with fish sauce | | | | | Fruit juice |
| | WED | 16/03/2022 | Vine spinach with meat broth | Pickles | Chicken rice in Hoian style | Grilled BBQ pork loins served with rice | Fruit | Western + Asian lunch set | An pan cake | Fresh milk |
| | | | | | | | | | | Fruit juice |
| THU | 17/03/2022 | Seaweed with shrimp broth | Stir fried long cabbage with garlic | Braised fish | Grilled beef with satay | Fruit | Western + Asian lunch set | Vanilla wafer | Fresh milk | |
| | | Rice | | Stir fried green bean with meat | | | | | Fruit juice | |
| FRI | 18/03/2022 | | Herbs | Grilled pork noodles | Chicken Pho | Fruit | Asian lunch set | Dumpling | Fresh milk | |
| | | | | | | | | | Fruit juice | |

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| 7 | MON | 21/03/2022 | Veggies with meat broth | Stir fried morning glory vegetables | Grilled chicken with teriyaki sauce | Simmered saba fish | Fruit | Western + Asian lunch set | Crackers | Fresh milk |
| | | | Rice | | Omelet | | | | | |
| | TUE | 22/03/2022 | Calabash with shrimp broth | Stir fried green bean | Steamed pork legs with coke | Fried chicken wings with fish sauce | Fruit | Western + Asian lunch set | Ham bread | Fresh milk |
| | | | Rice | | Fish tempura with sweet and sour sauce | | | | | Fruit juice |
| | WED | 23/03/2022 | Papaya with meat broth | Grilled veggies + lettuce, tomato, cucumber | Bolognese spaghetti | Spaghetti with chicken balls sauce | Fruit | Western lunch set | Peppie white chocolate | Fresh milk |
| | | | Rice | | | | | | | Fruit juice |
| | THU | 24/03/2022 | Seaweed with shrimp broth | Stir fried long cabbage with onion | Fried tilapia fish | Roasted pork served with pickles | Fruit | Western + Asian lunch set | Wafer | Fresh milk |
| Rice | | | Mixed noodles with grilled fish, sesame and herbs | | Fruit juice | | | | | |
| FRI | 25/03/2022 | Herbs + Local vegetables | | Noodles in Hanoi style | Phu Chiem Quang noodles | Fruit | Asian lunch set | Chicken pizza | Fresh milk | |
| | | | | | | | | | Fruit juice | |

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| 8 | MON | 28/03/2022 | Amaranth with meat broth | Stir fried Napa cabbage | Braised butterfish | Fried chicken | Fruit | Western + Asian lunch set | Rice crackers | Fresh milk |
| | | | Rice | | Pork pies with sweet and sour sauce | | | | | |
| | TUE | 29/03/2022 | Katuk with shrimp broth | Stir fried morning glory vegetables | Simmered duck with ginger and lemongrass | Boiled pork in fish sauce served with pickles | Fruit | Western + Asian lunch set | Bread with pork floss | Fresh milk |
| | | | Rice | | Boiled quail eggs with kumquat sauce | | | | | Fruit juice |
| | WED | 30/03/2022 | Winter melon with meat broth | Sweet potato nuggets + lettuce, tomato, cucumber | Beef with Demi sauce | Grilled chicken with honey and thyme served with mustard sauce | Fruit | Western lunch set | Passion fruit cake | Fresh milk |
| | | | Rice/Bread | | | | | | | Fruit juice |
| | THU | 31/03/2022 | Seaweed with shrimp broth | Stir fried chayote | Braised pork in Chinese style | Fried fish with BBQ sauce | Fruit | Western + Asian lunch set | Choco-pie | Fresh milk |
| | | | Rice | | Stir fried soya noodles with pork, mushroom and veggies | | | | | Fruit juice |
| | FRI | 01/04/2022 | Herbs + Local vegetables | | Quang noodles (chicken) | Noodles with pork legs in Danang style | Fruit | Asian lunch set | Samosa (pork) | Fresh milk |
| | | | | | | | | | | Fruit juice |

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