

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – MAY 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
1	MON	02/05/2016	Sauropus with shrimp broth + rice	Boiled Bok Choy	Braised chicken	Stir fried vegie with beef	Tropical fresh fruit	Asian lunch set	Cookies with banana taste	Fresh milk
	TUE	03/05/2016	Pumpkin with meat broth + rice	Stir fried green bean	Fried chicken wings with fish sauce	Omelet	Tropical fresh fruit	Asian lunch set	Apple pie	Passion fruit juice
	WED	04/05/2016		Local vegetables	Beef noodle in Hue style		Tropical fresh fruit	Asian lunch set	Summer rolls	Yogurt
	THU	05/05/2016	Winter melon with shrimp broth + rice	Mixed salad	Pork ribs BBQ	Grilled potato with eggs	Tropical fresh fruit	Western lunch set	Samosa (chicken)	Fruit juice
	FRI	06/05/2016	Vine spinach with meat broth + rice	Stir fried chayote	Braised tilapia with tomato sauce	Stir fried chicken with sweet and sour sauce	Tropical fresh fruit	Asian lunch set	Vegie pizza	Fresh milk

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2	MON	09/05/2016	Winter melon with shrimp broth + rice	Stir fried cabbage	Braised pork in Chinese style	Roasted shrimp with salt	Tropical fresh fruit	Asian lunch set	Vanilla muffin	Passion fruit juice
	TUE	10/05/2016	Vine spinach with pork broth + rice	Grilled pumpkin	Beef with thyme sauce	Shrimp with vegie loaf	Tropical fresh fruit	Western lunch set	Dorayaky	Fresh milk
	WED	11/05/2016	Sauropus with beef broth + rice	Boiled spinach	Braised chicken	Stir fried cauliflower in Chinese style	Tropical fresh fruit	Asian lunch set	Chicken and mushroom pizza	Fruit juice
	THU	12/05/2016	Potato with pork broth + rice	Steamed zucchini, mayonnaise sauce	Grilled pork ribs	Fried eggs	Tropical fresh fruit	Western lunch set	Bread with dried pork	Fresh milk
	FRI	13/05/2016		Local vegetables	Chicken curry + bread		Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fruit juice

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3	MON	16/05/2016	Amaranth with beef soup + rice	Stir fried Bok Choy	Fried chicken wings with fish sauce	Stir fried shrimp with tamarind sauce	Tropical fresh fruit	Asian lunch set	String Danish	Passion fruit juice
	TUE	17/05/2016	Crown daisy with pork broth + rice	Vegie tempura	Spaghetti with minced shrimp sauce		Tropical fresh fruit	Western lunch set	Bread with char siu	Fresh milk
	WED	18/05/2016	Green gourd with shrimp broth + rice	Stir fried kohlrabi	Teriyaki chicken	Pork rolled in lolot	Tropical fresh fruit	Asian lunch set	Fried fish balls	Fruit juice
	THU	19/05/2016	Cauliflower soup + rice	Lettuce	Beef burger		Tropical fresh fruit	Western lunch set	Vanilla muffin	Fresh milk
	FRI	20/05/2016		Local vegetables	Noodles with pork loins, quail eggs, Chinese cruller		Tropical fresh fruit	Asian lunch set	Patechaud	Fruit juice

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4	MON	23/05/2016	Winter melon with shrimp broth + rice	Stir fried kohlrabi with shrimp	Braised fish	Shumai	Tropical fresh fruit	Asian lunch set	Samosa (pork)	Fresh milk
	TUE	24/05/2016	Bok Choy with shrimp broth	Tomato, lettuce	Broken rice with grilled pork ribs and pork-pies		Tropical fresh fruit	Asian lunch set	Doughnut	Fruit juice
	WED	25/05/2016	Pumpkin with beef broth + rice	Cabbage salad with mayonnaise sauce	Grilled tilapia with butter	Stir fried shrimp with garlic	Tropical fresh fruit	Western lunch set	Bread with sausage	Home-made jelly
	THU	26/05/2016	Vine spinach with meat broth + rice	Glory morning vegetable with sesame salad	Roasted chicken	Braised quail eggs in Chinese style	Tropical fresh fruit	Asian lunch set	Carrot cake	Passion fruit juice
	FRI	27/05/2016		Local vegetables	Noodles with pork ribs		Tropical fresh fruit	Asian lunch set	Vegie with beef soup	Yogurt

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5	MON	30/05/2016	Bok Choy with meat broth + rice	Noodles mixed with shrimp in Korean style	Braised shrimp	Fried tofu with eggs in Korean style	Tropical fresh fruit	Asian lunch set	Crepe	Passion fruit juice
	TUE	31/05/2016	Amaranth with minced beef broth + rice	Boiled broccoli	BBQ chicken	Grilled pumpkin and ham	Tropical fresh fruit	Western lunch set	Milk bread	Yogurt
	WED	01/06/2016	Green gourd with shrimp broth	Tomato, lettuce	Chicken rice in Hoian style		Tropical fresh fruit	Asian lunch set	Banana cake	Fresh milk
	THU	02/06/2016	Lufa with pork broth + rice	Stir fried vegie with beef and mushroom	BBQ pork ribs in Korean style	Stir fried beef with tomato and pineapple	Tropical fresh fruit	Western lunch set	AFC crackers	Orange juice
	FRI	03/06/2016		Local vegetables	Noodles and wonton with cha siu		Tropical fresh fruit	Asian lunch set	Dumpling with chicken	Apple juice