

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 4 – MAY 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
1	WED	03/05/2017		Mixed lettuce with fish sauce	Stir fried noodles with chicken	Stir fried noodles with seafood	Fruit	Asian lunch set	Grilled chicken stick	Fruit juice	
	THU	04/05/2017	Tomato with beef broth	Mixed Bok Choy	Braised fish	Braised pork with carrot	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice	
			Rice/Bread		Spicy chicken	Mixed noodles with shrimp and pork				Fresh milk	
	FRI	05/05/2017		Herbs	Local vegetables	Noodles with grilled pork	Chicken curry	Fruit	Asian lunch set	Butter cream cake	Fruit juice
										Fresh milk	

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2	MON	08/05/2017	Green gourd with shrimp broth	Mixed Glory morning vegetables with sesame	Braised fish	Stir fired shrimp with turnip	Fruit	Asian + Western lunch set	AFC crackers	Fruit juice
			Rice/Bread		Grilled teriyaki chicken	Braised pork with pickles				Fresh milk
	TUE	09/05/2017	Sauropus with beef broth	Stir fried chayote with onion	Braised pork with lemongrass	Fried eggs	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
			Rice/Bread		Roasted chicken	Fish balls with sweet & sour sauce				Fresh milk
	WED	10/05/2017		Tempura sweet potato	Beef steak		Fruit	Western lunch set	Waffle	Fruit juice
										Fresh milk
	THU	11/05/2017	Centella with pork broth	Stir fried vegie	Fried pomfret fish with garlic	Stir fried penne with shrimp and pork	Fruit	Asian + Western lunch set	Bo bia	Fruit juice
			Rice/Bread		Spicy fried chicken	Stir fried pork with lolot				Yoghurt
	FRI	12/05/2017		Herbs Local vegetables	Noodles with pork ribs and pork loaf	Chicken Quang noodles	Fruit	Asian lunch set	Pate Chaud	Fruit juice
										Fresh milk

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3	MON	15/05/2017	Winter melon with shrimp broth	Boiled Vegie	Braised pork with eggs	Stir fried shrimp with green bean and vermicelli	Fruit	Asian + Western lunch set	Solite cake	Fruit juice	
			Rice/Bread		Braised fish	Stir fried chicken with lemongrass				Fresh milk	
	TUE	16/05/2017	Bok Choy with chicken broth	Tomato, cucumber, lettuce	Broken rice with grilled pork ribs	Chicken rice	Fruit	Asian lunch set	Stewed pork pizza	Caramel cream	
			Bread							Fresh milk	
	WED	17/05/2017	Lufa with shrimp broth	Stir fried Bok Choy	Fried chicken with spicy & sour sauce	Stir fried squid with tomato & pineapple	Fruit	Asian + Western lunch set	Shaken fruits	Fruit juice	
			Rice/Bread		Braised fish with turmeric	Pork balls with oyster sauce				Fresh milk	
	THU	18/05/2017	Cabbage with meat broth	Stir fried vegie	BBQ pork ribs	Stir fried fish with sweet & sour sauce	Fruit	Asian + Western lunch set	Donut	Fruit juice	
			Rice/Bread		Grilled chicken with lemon leaves	Braised pork with mushroom				Fresh milk	
	FRI	19/05/2017	Bread	Herbs	Local vegetables	Roll cake with pork loaf	Pork curry	Fruit	Asian lunch set	Rice crackers	Fruit juice
											Fresh milk

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4	MON	22/05/2017	Vine spinach with shrimp broth	Stir fried Lufa with onion	Braised fish with pineapple	Braised pork with tofu and soya sauce	Fruit	Asian lunch set	AFC crackers	Fruit juice	
			Rice/Bread		Boiled pork	Mixed chicken with cabbage				Fresh milk	
	TUE	23/05/2017	Crown daisy with meat broth	Boiled green gourd	Fried chicken with fish sauce	Braised pork with cabbage pickles	Fruit	Asian + Western lunch set	Grilled pork stick	Fruit juice	
			Rice/Bread		Braised pork with sesame	Stir fried Lufa with shrimp				Fresh milk	
	WED	24/05/2017		Fried potato	Spaghetti with bolognaise sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Waffle	Yoghurt	
										Fresh milk	
	THU	25/05/2017	Vegie with minced pork broth	Stir fried Napa cabbage with onion	Grilled fish with salt	Omelet	Fruit	Asian + Western lunch set	Bo bia	Fruit juice	
			Rice/Bread		Satay chicken	Shu mai				Fresh milk	
	FRI	26/05/2017	Bread	Herbs	Local vegetables	Noodles with Char siu and wonton	Braised beef	Fruit	Asian lunch set	Chicken dumpling	Fruit juice

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5	MON	29/05/2017	Pumpkin with pork broth	Stir fried cabbage with oyster oil	Grilled chicken with honey	Stir fried pork with green bean & mushroom	Fruit	Asian + Western lunch set	Solite cake	Fruit juice
			Rice/Bread		Braised squid	Quail eggs with oyster oil				Fresh milk
	TUE	30/05/2017	Chayote with pork broth	Mixed Bok Choy with sesame	Roasted chicken	Stir fried shrimp with broccoli	Fruit	Asian + Western lunch set	Crepe, honey	Fruit juice
			Rice/Bread		Braised basa fish	Mixed chicken				Fresh milk
	WED	31/05/2017		Russian salad	Beef burger	Chicken sandwich	Fruit	Western lunch set	Fried pork balls	Caramel cream
										Fresh milk
	THU	01/06/2017	Amaranth with meat broth	Stir fried chayote	BBQ chicken	Stir fried pork	Fruit	Asian + Western lunch set	Stewed pork pizza	Fruit juice
			Rice/Bread		Fried fish	Stewed duck with papaya				Fresh milk
FRI	02/06/2017		Herbs	Local vegetables	Beef "Pho"	Quang noodles (pork, quail eggs)	Fruit	Asian lunch set	Café jelly	Fruit juice
									Fresh milk	

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