

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – MAY 2020



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	04/05/2020	Green cabbage with beef broth	Stir fried Morning glory with garlic + optional salad	Roasted shrimp with garlic	Grilled chicken with Teriyaki sauce	Fruits	Western + Asian lunch set	Coconut cake	Juice fruit
			Rice		Eggs Omelet					Fresh milk
	TUE	05/05/2020	Vine spinach with shrimp broth	Stir fried chayote with carrot	Stir fried pork with Lot leaves and lemongrass	Simmered Basa fish with soy sauce	Fruits	Western + Asian lunch set	Cream cheese cake	Juice fruit
			Rice		Stir fish cake with sour and sweet sauce					Fresh milk
	WED	06/05/2020	Tan O with shrimp broth	Fried sweet potato + Optional salad	Italy noodle with mince beef sauce	Italy noodle with chicken ball sauce	Fruits	Western lunch set	Waffles cake	Juice fruit
			Rice/Bread							Fresh milk
THU	07/05/2020	Seaweed with shrimp broth	Stir fried bok choy with garlic + optional salad	Grilled fillet chicken with BBQ sauce	Braised fish	Fruits	Western + Asian lunch set	Potato chips	Juice Fruit	
		Rice		Noodles mixed grilled fish and herbs					Fresh milk	
FRI	08/05/2020		Herbs	Fish noodles	Quang noodles (Beef and egg)	Fruits	Asian lunch set	Stir fried corn with butter	Juice fruit	
					Fresh milk					

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability.

MENU FOR TERM 3 – MAY 2020



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
2	MON	11/05/2020	Folium Sauropi with beef broth	Stir fried Morning glory with garlic + Optional salad	Roasted shrimp with garlic	Roasted chicken	Fruits	Western + Asian lunch set	Nhai cake	Juice fruit	
			Rice		Simmered tofu with lemongrass					Fresh milk	
	TUE	12/05/2020	Luffa gourd with shrimp broth	Stir fried vegies with sweet and sour sauce	Grilled pork with lemongrass and lime leaves	Stir fried minced beef with Lot leaves	Fruits	Western + Asian lunch set	Dumpling with taro	Juice fruit	
			Rice		Braised quail eggs in Chinese style					Fresh milk	
	WED	13/05/2020	Green cabbage with shrimp broth	Lettuce, tomato, cucumber, papaya with sour sauce + optional salad	Hoi An chicken rice	Rice with grilled pork chop	Fruits	Asian lunch set	Grilled beef sausage / cheese cake	Juice fruit	
	THU	14/05/2020	Winter melon with shrimp broth	Stir fried broccoli with garlic + optional salad	Fried Tilapia	Roasted chicken with lime sauce	Fruits	Western + Asian lunch set	Cream choux / Rice cake	Juice fruit	
			Rice		Stir fried green bean with pork					Fresh milk	
	FRI	15/05/2020			Herbs + Local vegetable	La Vong fish noodles	Noodles with pork and quail eggs	Fruits	Asian lunch set	Muffin cake / Crackers	Juice fruit
											Fresh milk

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability.



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	18/05/2020	Calabash with shrimp broth	Stir fried with long cabbage + optional salad	Fried chicken with sweet and sour sauce	Boiled pork	Fruits	Western + Asian lunch set	Potato cake	Juice fruit
			Rice		Fried pork with sweet and sour sauce					Fresh milk
	TUE	19/05/2020	Vegies with minced beef broth	Stir fried green bean + optional salad	Simmered basa fish with galangal	Grilled pork with BBQ sauce	Fruits	Western + Asian lunch set	Cheese cake	Juice fruit
			Rice		Stir dried beef with mushroom , lime leaves and lemongrass					Fresh milk
	WED	20/05/2020	Papaya with shrimp broth	Lettuce, tomato, cucumber	Grilled chicken with mustard and honey	Grilled pork with lemongrass and sesame	Fruits	Western lunch set	Fried fish ball	Juice fruit
										Fresh milk
	THU	21/05/2020	Pumpkin with shrimp broth	Stir fried Napa cabbage + optional salad	Fried squid with fish sauce	Fried chicken with lemongrass and lime leaves	Fruits	Western + Asian lunch set	Cheese crackers	Juice fruit
			Rice		Stir fried broccoli with pork					Fresh milk
	FRI	22/05/2020		Herbs + local vegetable	Hue noodles	Quang noodles	Fruits	Asian lunch set	Glutinous rice cake	Juice fruit
										Fresh milk



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	25/05/2020	Spinach with shrimp broth	Stir fried long cabbage with garlic + optional salad	Fillet chicken tempura	Basa fish ball with sate sauce	Fruits	Western + Asian lunch set	Coconut cake	Juice fruit
			Rice		Boiled eggs with fish sauce					Fresh milk
	TUE	26/05/2020	Luffa gourd with shrimp broth	Stir fried Chayout + optional salad	Roasted shrimp with garlic	Grilled pork roll with mushroom and veggies	Fruits	Western + Asian lunch set	Crackers	Juice fruit
			Rice		Stir fried noodles with small shrimp and veggies					Fresh milk
	WED	27/05/2020	Turnip with shrimp broth	Fried sweet potato + optional salad	Stir fried noodles with beef	Stir fried noodles with chicken	Fruits	Western lunch set	Boiled dimsum	Juice fruit
										Fresh milk
	THU	28/05/2020	Seaweed with shrimp broth	Stir fried calabash with onion + optional salad	Minced pork roll with Lot leaves	Fried Tilapia with fish sauce	Fruits	Western + Asian lunch set	Potato chips	Juice fruit
			Rice		Shrimp ball with sweet and sour sauce					Fresh milk
	FRI	29/05/2020		Herbs	Thang noodles	Quang noodle (Shrimp, pork, eggs)	Fruits	Asian lunch set	Donut cake	Juice fruit

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability.



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	MON	01/06/2020	Tan O with shrimp broth	Stir fried Napa cabbage with garlic + optional salad	Beef shank boneless sweet and sour fish sauce	Fried chicken with fish sauce	Fruits	Western + Asian lunch set	Yeast cake	Juice fruit
			Rice		Braised mushroom with minced pork					Fresh milk
	TUE	02/06/2020	Katuk with beef broth	Stir fried veggies + optional salad	Stir fried fillet chicken with lemongrass	Stir fried pork with lemongrass and lime leaves	Fruits	Western + Asian lunch set	Sweet cake	Juice fruit
			Rice		Tofu stuffed with meat and potato sauce					Fresh milk
	WED	03/06/2020	Tomato with eggs broth	Sauted potato with butter, garlic + tomato, lettuce, cucumber + optional salad	Beef steak	Grilled chicken with mustard sauce and honey	Fruits	Western lunch set	Dumpling with pork	Juice fruit
Rice / Bread			Fresh milk							
THU	04/06/2020	Pumpkin with shrimp broth	Stir fried green bean + optional salad	Grilled chicken with BBQ sauce	Braised shrimp	Fruits	Western + Asian lunch set	Nhai cake	Juice fruit	
		Rice		Eggs tempura					Fresh milk	
FRI	05/06/2020		Herbs	Wonton with char siu	Pho noodles	Fruits	Asian lunch set	Fried chicken ball	Juice fruit	
									Fresh milk	

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability.