

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2015



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
1	MON	09/11/ 2015	Sweet and sour fish soup + rice	Cabbage mixed with shrimp and meat	Braised chicken	Stir fired Chinese cabbage with shrimp	Tropical fresh fruit	Asian lunch set	Fried banana	Fresh milk
	TUE	10/11/ 2015	Amaranth with meat broth	Lettuce	Baguette with Chinese barbecue pork	Basa fish balls tempura	Tropical fresh fruit	Asian lunch set	Danish	Homemade jelly
	WED	11/11/ 2015	Shrimp soup + rice	Grilled corn	Grilled fish	Stir fired zucchini with shrimp	Tropical fresh fruit	Western lunch set	Cheese & garlic bread	Orange juice
	THU	12/11/ 2015	Basella with meat broth + rice	Stir fried glory morning vegetable with garlic	Grilled pork	Stir fried beef with tomato and pineapple	Tropical fresh fruit	Asian lunch set	Doughnut	Fresh milk
	FRI	13/11/ 2015		Local vegetable	Chicken curry + bread		Tropical fresh fruit	Asian lunch set	Fried meat balls	Passion fruit juice

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2	MON	16/11/ 2015	Green gourd with shrimp broth + rice	Soya noodles mixed with shrimp in Korean style	Braised seafood	Fried tofu with eggs in Korean style	Tropical fresh fruit	Asian lunch set	Crepe	Passion fruit juice
	TUE	17/11/ 2015	Amaranth with minced pork broth + rice	Boiled broccoli	Beef with mushroom sauce	Penne mixed with ham	Tropical fresh fruit	Western lunch set	Fried fish balls	Fresh milk
	WED	18/11/ 2015	Tomato with beef broth + rice	Stir fried green bean	Chicken balls with sweet and sour soya sauce	Braised quail eggs in Chinese style	Tropical fresh fruit	Asian lunch set	Milk bread	Caramel cream
	THU	19/11/ 2015	Pumpkin soup + rice	Steamed vegie with mayonnaise sauce	Grilled pork	Braised fish	Tropical fresh fruit	Western lunch set	Seafood pizza	Fresh milk
	FRI	20/11/ 2015		Local vegetables	Noodles with pork ribs		Tropical fresh fruit	Asian lunch set	Raisin bread	Yogurt

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3	MON	23/11/ 2015	Basella with shrimp broth + rice	Vermicelli mixed with shrimp	Braised pork	Stir fried squid with pineapple and tomato	Tropical fresh fruit	Asian lunch set	Bread with dried meat	Passion fruit juice
	TUE	24/11/ 2015	Bok choy with meat broth	Kim chi	Chicken rice in Hoi An style		Tropical fresh fruit	Asian lunch set	Coconut jelly	Fresh milk
	WED	25/11/ 2015	Vegie with meat broth + rice	Lettuce with minced beef sauce	Braised pork loin	Spring rolls	Tropical fresh fruit	Asian lunch set	Matcha cookies	Fruit juice
	THU	26/11/ 2015	Winter melon with shrimp broth + rice	Stir fried kohlrabi	Grilled Van Dinh duck	Basa fish balls with sweet and sour sauce	Tropical fresh fruit	Asian lunch set	Waffle	Fresh milk
	FRI	27/11/ 2015		Local vegetables	Stewed pork ribs with vegie + bread		Tropical fresh fruit	Western lunch set	Vegie pizza	Fruit juice