

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – OCTOBER 2018



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	01/10/2018	Amaranth with shrimp broth	Mixed cabbage in Korean style + Optional salad	Fried chicken	Grilled pork ribs	Fruit	Western + Asian lunch set	Salty crackers	Fruit juice
			Rice		Stir fried green bean with pork					Fresh milk
	TUE	02/10/2018	Lufa with shrimp broth	Stir fried chayote + Optional salad	Braised fish with pineapple	Roasted pork	Fruit	Western + Asian lunch set	Dumpling	Fruit juice
			Rice		Boiled eggs					Fresh milk
	WED	03/10/2018	Pumpkin with shrimp broth	Fried sweet potato + Optional salad	Stir fried noodles with beef	Stir fried noodles with chicken	Fruit	Western lunch set	Pork ball tempura	Fruit juice
										Fresh milk
THU	04/10/2018	Vine spinach with pork broth	Stir fried green gourd with onion+ Optional salad	Grilled chicken with teriyaki sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Croissant	Fruit juice	
		Rice		Stir fried noodles with chicken and vegetable					Fresh milk	
FRI	05/10/2018		Herbs	Fish noodles	Beef noodles in Hue style	Fruit	Asian lunch set	Butter cream cake	Fruit juice	

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10	MON	08/10/2018	Vine spinach with pork broth	Stir fried lufa + Optional salad	Braised pork in Chinese style	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Vanilla choux	Fruit juice
			Rice		Mixed penne with shrimp, pork and vegie					Fresh milk
	TUE	09/10/2018	Sauropus with shrimp broth	Stir fried glory morning vegetables + Optional salad	Braised fish	Fried squid with fish sauce	Fruit	Asian lunch set	Chocolate cream wafer	Fruit juice
			Rice		Braised pork with turnip					Fresh milk
	WED	10/10/2018	Pumpkin with shrimp broth	Cucumber, tomato, lettuce	Chicken rice	Rice with grilled pork loin	Fruit	Western + Asian lunch set	Fried sausage	Fruit juice
	THU	11/10/2018	Bok Choy with pork broth	Stir fried broccoli + Optional salad	Fish tempura	Steamed pork with lemongrass	Fruit	Western + Asian lunch set	Cinnamon Danish	Fruit juice
			Rice		Tofu with tomato and minced pork sauce					Yoghurt
	FRI	12/10/2018		Herbs	Noodles with pork rib, eggs, shrimp	Noodles in Hanoi style	Fruit	Asian lunch set	Strawberry cookies	Fruit juice
										Fresh milk

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MENU FOR TERM 2 – OCTOBER 2018



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	22/10/2018	Winter melon with shrimp broth	Boiled vegie with fish sauce + Optional salad	Fried fish	Grilled chicken with lime leaves	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Omelet					Fresh milk
	TUE	23/10/2018	Veggie with meat broth	Fried potato	Spaghetti with chicken balls	Spaghetti with minced beef	Fruit	Western lunch set	Fish balls tempura	Fruit juice
					Shu mai with tomato sauce					Fresh milk
	WED	24/10/2018	Papaya with shrimp broth	Stir fried Bok Choy + Optional salad	Braised fish	Fried pork with lemongrass	Fruit	Western + Asian lunch set	Cream Danish	Fruit juice
					Shu mai with tomato sauce					Fresh milk
	THU	25/10/2018	Cabbage with minced meat broth	Grilled pumpkin + Optional salad	Roasted chicken	Roasted pork	Fruit	Western + Asian lunch set	Bread with dried floss	Fruit juice
					Mixed grilled tuna with sesame and noodles					Fresh milk
FRI	26/10/2018		Local vegetables + Herbs	Noodles with fish pies	Quang noodles (shrimp, pork, quail eggs)	Fruit	Asian lunch set	Cheese cream wafer	Fruit juice	
									Fresh milk	

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	29/10/2018	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Braised pork with fish sauce	Shrimp with garlic	Fruit	Western + Asian lunch set	Donut	Fruit juice
			Rice		Mixed soya noodles with mushroom and fried pork					Fresh milk
	TUE	30/10/2018	Vine spinach with meat broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Fried pork leg with sweet and sour soya sauce	Fruit	Western + Asian lunch set	Fried potato	Fruit juice
			Rice		Eggs tempura					Fresh milk
	WED	31/10/2018	Tomato with eggs broth	Grilled vegie + Optional salad	Beef steak	Grilled pork loin with pepper sauce	Fruit	Western lunch set	Muffin	Fruit juice
			Rice/Bread							Fresh milk
THU	01/11/2018	Pumpkin with shrimp broth	Stir fried green bean + Optional salad	Sauteed fish with mustard sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Raisin Danish	Fruit juice	
		Rice		Braised pork with eggplant					Fresh milk	
FRI	02/11/2018		Herbs	Wonton with Char siu noodles	Chicken soya noodles	Fruit	Asian lunch set	Dumpling	Fruit juice	

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