

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – OCT 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	30/09/2019	Amaranth with shrimp broth	Stir fried morning glory vegetables + Optional salad	Roasted shrimp with tamarind	Roasted chicken	Fruit	Western + Asian lunch set	Cheese wafer	Fruit juice
			Rice		Simmered tofu with lemongrass					Fresh milk
	TUE	01/10/2019	Long cabbage with meat broth	Stir fried vegies with sweet & sour sauce + Optional salad	Simmered squid	Braised beef with ginger	Fruit	Western + Asian lunch set	Danish	Fruit juice
			Rice		Braised quail eggs in Chinese style					Fresh milk
	WED	02/10/2019	Bok Choy with shrimp broth	Cucumber, tomato, lettuce + Optional salad	Chicken rice in Hoian style	Rice with fish with tomato sauce	Fruit	Asian lunch set	Fried beef sausage	Fruit juice
	THU	03/10/2019	Winter melon with shrimp broth	Stir fried cauliflower with garlic + Optional salad	Braised basa fish with galangal	Roasted chicken with lime sauce	Fruit	Western + Asian lunch set	Cream choux	Fruit juice
			Rice		Stir fried green bean with minced beef					Fresh milk
	FRI	04/10/2019		Herbs + Local vegetables	La Vong fish noodles	Quang noodles (chicken)	Fruit	Asian lunch set	Muffin	Fruit juice
										Fresh milk

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10	MON	07/10/2019	Pumpkin with shrimp broth	Stir fried long cabbage + Optional salad	Fried squid with fish sauce	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Donut	Fruit juice
			Rice		Stir fried beef with mushroom					Fresh milk
	TUE	08/10/2019	Vegies with minced beef broth	Stir fried morning glory vegetables + Optional salad	Fried tilapia	Simmered beef with eggs	Fruit	Western + Asian lunch set	Croissant	Fruit juice
			Rice		Stir fried broccoli with shrimp					Fresh milk
	WED	09/10/2019	Turnip with shrimp broth	Lettuce, tomato, cucumber + Fried potato + Optional salad	Grilled chicken with mustard sauce and thyme leaves	Stewed beef and beans, vegies served with bread	Fruit	Western lunch set	Vanilla cookies	Fruit juice
										Fresh milk
	THU	10/10/2019	Vine spinach with shrimp broth	Stir fried Napa cabbage + Optional salad	Grilled fish with salt and lemongrass, lemon sauce	Roasted chicken with tamarind	Fruit	Western + Asian lunch set	Steamed sweet potato	Fruit juice
			Rice		Stir fried squid with sweet and sour sauce					Fresh milk
	FRI	11/10/2019		Herbs + Local vegetables	Noodle with fish, shrimp and eggs	Fish pies noodles	Fruit	Asian lunch set	Chicken balls tempura	Fruit juice

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MENU FOR TERM 2 – OCT 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	21/10/2019	Amaranth with beef broth	Mixed cabbage in Korean style + Optional salad	Fillet chicken tempura	Braised fish with turmeric	Fruit	Western + Asian lunch set	Boiled corn	Fruit juice
			Rice		Boiled eggs with fish sauce					Fresh milk
	TUE	22/10/2019	Lufa with shrimp broth	Stir fried chayote + Optional salad	Roasted shrimp with garlic	Grilled beef rolls with mushroom and veggies	Fruit	Western + Asian lunch set	Salty rice crackers	Fruit juice
			Rice		Stir fried noodles with beef and vegetables					Fresh milk
	WED	23/10/2019	Turnip with shrimp broth	Fried sweet potato + Optional salad	Stir fried noodles with seafood	Stir fried noodles with chicken	Fruit	Western lunch set	Butter cream sponge cake	Fruit juice
									Fresh milk	
THU	24/10/2019	Vine spinach with shrimp broth	Stir fried green gourd with onion + Optional salad	Grilled minced beef in Lot leaves	Sauté fish with mustard sauce	Fruit	Western + Asian lunch set	Potato biscuits	Fruit juice	
		Rice		Stir fried fish pies with sweet and sour sauce					Yoghurt	
FRI	25/10/2019		Herbs	Chicken Pho	Braised beef + Bread	Fruit	Asian lunch set	Fried chicken sausage	Fruit juice	

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	28/10/2019	Amaranth with shrimp broth	Stir fried kohlrabi + Optional salad	Braised beef with lemongrass	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Chocolate wafer	Fruit juice
			Rice		Tofu with tomato and minced beef sauce					Fresh milk
	TUE	29/10/2019	Vine spinach with beef broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with lemongrass and lime leaves	Fried fish	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
			Rice		Braised seafood with mushroom					Fresh milk
	WED	30/10/2019	Tomato with eggs broth	Sauté potato with butter and garlic + Optional salad	Beef steak	Grilled fish with butter and lemon sauce	Fruit	Western lunch set	Fried fish balls	Fruit juice
			Rice/Bread							Fresh milk
	THU	31/10/2019	Seaweed with shrimp broth	Stir fried green bean + Optional salad	Grilled chicken with Western spice	Fried squid with fish sauce	Fruit	Western + Asian lunch set	Banana cake	Fruit juice
			Rice		Eggs tempura					Fresh milk
	FRI	01/11/2019		Herbs + Local vegetables	Noodles with shrimp in Hai Phong style	Beef Pho	Fruit	Asian lunch set	Dumpling	Fruit juice

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