

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2025



WEEK	DAY	DATE	LUNCH					MORNING/ AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	WED	04/9/2025	Seafood pasta with creamy mushroom sauce	Pork leg noodle soup	Vegetables with minced pork broth		Fresh fruit	Rice cracker	Fresh milk
			Lettuce, tomato, and cucumber salad with Mayonnaise	Herbs					
	THU	05/9/2025	Oven-baked pork tenderloin with red wine sauce	Caramelized braised fish in clay pot	Thousand Island salad	Wintermelon with minced pork broth	Fresh fruit	Fresh fruit	Milk tea
			Cheese omelette			Steamed rice			Fresh milk
	FRI	06/9/2025	Chicken rolls wrapped in seaweed with cilantro sauce	Stir-fried beef with lolot leaves	Cucumber salad with vinaigrette	Seaweed with shrimp broth	Fresh fruit	Cupcake with whipped cream	Passion juice
			Stir-fried corn with butter and garlic			Steamed rice			Fresh milk

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



SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2025



WEEK	DAY	DATE	LUNCH					MORNING/ AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	08/9/2025	Oven-baked chicken with mustard sauce	Braised pork with quail eggs	Russian salad	Vegetables with minced pork broth	Fresh fruit	Magic buttercream cracker	Fresh milk
			Stir-fried string bean with minced pork			Steamed rice			
	TUE	09/9/2025	Peking duck	Braised fish with pineapple and tomato	Stir fried morning glory with garlic	Katuk with shrimp broth	Fresh fruit	Cacao jelly	Watermelone juice
			Shrimp salad with sweet and sour fish sauce			Steamed rice			Fresh milk
	WED	10/9/2025	Pork chop with honey sauce	Grilled beef with lemongrass	Green salad with vinaigrette	Malabar spinach with minced pork broth	Fresh fruit	Donut cake	Passion juice
			Quang noodle mixed shrimp and minced pork			Steamed rice			Fresh milk
	THU	11/9/2025	Pan-seared fish fillet with passion fruit sauce	Fried chicken with fish sauce	Stir-fried napa cabbage with carrot	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Australian-style baked eggs with zucchini			Steamed rice			Fresh milk
	FRI	12/9/2025	Beef stew with vegetables	Thick noodle soup with fish cake		Herbs	Fresh fruit	Coconut sponge cake	Apple juice
			Served with bread						Fresh milk

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

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2025



WEEK	DAY	DATE	LUNCH					MORNING/ AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	15/9/2025	Pan-seared chicken fillet with creamy mushroom sauce	Braised pork with Hue fermented shrimp paste	Canned fish salad	Mustard green with minced pork broth	Fresh fruit	Cosy milk biscuit	Fresh milk
			Stir fried jicama with shrimp			Steamed rice			
	TUE	16/9/2025	Pan-seared beef with Demi-glace sauce	Fried fish with sweet and sour fish sauce	Stir fried white cabbage with carrot & green bell pepper	Gourd with shrimp broth	Fresh fruit	Butter cream sponge cake	Apple juice
			Stuffed tofu with minced pork and wood ear mushrooms			Steamed rice			Fresh milk
	WED	17/9/2025	Spaghetti in cream sauce with bacon	Hoian chicken rice	Lettuce, tomato, and cucumber salad with Mayonnaise	Vietnamese tomato egg soup	Fresh fruit	Fresh fruit	Watermelone juice
			Baked sweet potatoes with honey						Fresh milk
	THU	18/9/2025	Shirmp Katsu	Braised fish with turmeric	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Chocolate bread	Fruit tea
			Noodle mix minced pork			Steamed rice			Fresh milk
	FRI	19/9/2025	Ham pizza, served with baked potatoes with butter	Chicken Pho	Chicken soup with napa cabbage	Fresh fruit	Sticky rice with pork floss	Lime juice	
			Green salad with vinaigrette	Herbs				Fresh milk	

Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.

Menu may be changed due to market availability.

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2025



WEEK	DAY	DATE	LUNCH					MORNING/ AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
8	MON	22/9/2025	Chicken patties with tomato sauce and bacon	Braised duck with lemongrass	Roasted pumpkin with Oregano leaves	Vegetables with minced pork broth	Fresh fruit	Wafer	Fresh milk
			Stir-fried winter melon with shrimp			Steamed rice			
	TUE	23/9/2025	Oven-roasted pork with BBQ sauce	Fried fish with fish sauce	Salad mixed Tarta sauce	Seaweed with shrimp broth	Fresh fruit	Coconut bread	Lime juice
			Quail eggs in sweet and sour fish sauce			Steamed rice			Fresh milk
	WED	24/9/2025	Crispy fried chicken with cheese sauce	Shaking beef	Shrimp and potato salad with Mayonnaise sauce	Papaya with minced pork broth	Fresh fruit	Fruit Tart	Apple juice
			Stir-fried pasta with minced pork						Fresh milk
	THU	25/9/2025	Grilled fish with Teriyaki sauce	Caramelized pork chop with lemongrass	Honey-roasted potatoes with fennel seeds	Morning glory with shrimp broth	Fresh fruit	Croissant	Milk tea
			Fried egg			Steamed rice			Fresh milk
	FRI	26/9/2025	Chicken burger, served with roasted sweet potatoes with honey	Beef Pho	Baby corn with chicken soup	Fresh fruit	Cupcake with pork floss	Watermelone juice	
			Lettuce, tomato, and cucumber salad with Mayonnaise	Herbs				Fresh milk	

Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.

Menu may be changed due to market availability.

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPT + OCT 2025



WEEK	DAY	DATE	LUNCH					MORNING/ AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	29/9/2025	Egg-battered fried fish fillet with cheese sauce	Crispy roasted pork served with pickled bean sprouts	Salad mixed Mayonnaise sauce	Leaf mustard with minced pork broth	Fresh fruit	Rice cracker	Fresh milk
			Eggplant with minced pork sauce			Steamed rice			
	TUE	30/9/2025	Pork meatballs in tomato sauce	Braised shrimp in coconut juice	Grilled vegetables with butter	Long bottle gourd with shrimp broth	Fresh fruit	Coconut sticky rice served with peanut salt	Lime juice
			Crab stick salad			Steamed rice			Fresh milk
	WED	01/10/2025	Grilled chicken with honey	Stir-fried beef	Salad mixed Thousand Island sauce	Seaweed with shrimp broth	Fresh fruit	Butter milk Tart	Apple juice
			Stir-fried potatoes with shrimp			Steamed rice			Fresh milk
	THU	02/10/2025	Grilled pork ribs with BBQ sauce	Caramelized braised fish in clay pot	Stir fried bok choy with mushroom & carrots	Napa cabbage with minced pork broth	Fresh fruit	Fresh fruit	Milk tea
			Korean pancake			Steamed rice			Fresh milk
	FRI	03/10/2025	Spaghetti bolognese	Chicken glass noodle soup	Vegetables with minced pork broth		Fresh fruit	Cupcake with whipped cream	Watermelone juice
			Russian salad	Herbs					Fresh milk

Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.

Menu may be changed due to market availability.