

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUGUST 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
1	MON	07/08/2023	Grilled chicken with brown sauce	Simmered pork with sesame seed	Stir fried cabbage with garlic	Sweet leaf with meat broth	Fresh fruit	Wafer	Fresh milk
			Fried fish cake with cowpea			Steamed rice			
	TUE	08/08/2023	Baked pork in red wine sauce	Fried fish with sweet & sour sauce	Garden salad with vinegar dressing	Wintermelon with shrimp broth	Fresh fruit	Coconut jelly	Ginger lemon tea
			Roll eggs with ham			Steamed rice			Fresh milk
	WED	09/08/2023	Stewed beef with vegetables served with bread	Flushing fat chicken rice	Lettuce, tomato, cucumber salad	Onion chicken soup	Fresh fruit	Red bean bread	Milk tea
				Kimchi					Fresh milk
	THU	10/08/2023	Baked pork tenderloin with black peper sauce	Fish clay pot	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	FRI	11/08/2023	Chicken spaghetti	DaNang pork trotter noodle	Potato wedges	Herbs	Fresh fruit	Buttercream sponge cake	Lime juice
									Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.
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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
2	MON	14/08/2023	Grilled chicken with Parika pepper	Southern styles coconut braised pork	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
			Quail eggs with tamarind sauce			Steamed rice			Fresh milk
	TUE	15/08/2023	Grilled pork ribs with Demi-glass sauce	Fried fish with pineapple & tomato sauce	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Lime juice
			Vegetables meatball			Steamed rice			Fresh milk
	WED	16/08/2023	Pork lagu	SaiGon broken rice	Salad mixed mustard sauce	Amaranth with meat broth	Fresh fruit	Grape bread roll	Fresh milk
						Bread			
THU	17/08/2023	Pan- seared fish fillet served with lemon butter sauce	Roasted pork belly served with bean sprout pickle	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Ginger lemon tea	
		Stir fried string bean with meat			Steamed rice			Fresh milk	
FRI	18/08/2023	Spaghetti bolognese	Quang noodle with chicken	Grilled sweet potato	Herbs	Fresh fruit	Egg yolk & oil sauce sponge cake	Milk tea	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
3	MON	21/08/2023	Roasted pork tenderloin with BBQ sauce	Stir fried chicken with fish sauce	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea
			Roll eggs with bacon			Steamed rice			Fresh milk
	TUE	22/08/2023	Fish katsu	Hue styles braised pork	Grilled pumpkin & bean salad	Sweet & sour with fish soup	Fresh fruit	Pineapple jelly	Ginger lemon tea
			Noodle mix minced pork			Steamed rice			Fresh milk
	WED	23/08/2023	Stewed beef with red wine	Hoi An chicken rice	Lettuce, tomato, cucumber salad	Celery chicken soup	Fresh fruit	Coconut bread	Aple juice
						Steamed rice/ Bread			Fresh milk
THU	24/08/2023	Roasted pork with grilled bell pepper sauce	Grilled fish with satay sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk	
		Korean pancake			Steamed rice				
FRI	25/08/2023	Roasted chicken & egg noodle served with Teriyaki sauce	Thanh Tri fresh rice flat paper & pork loaf	Baked potato with butter & garlic	Herbs	Fresh fruit	Vietnamese pork samosa	Lime juice	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
4	MON	28/08/2023	Grilled chicken with orange sauce	Braised pork with quail eggs	Baked pumpkin	Cabbage with meat broth	Fresh fruit	Chocolate tube cake	Fresh milk
			Stir fried macaroni with minced pork			Steamed rice			
	TUE	29/08/2023	Shrimp tempura	Braised duck with peanuts	Boiled vegetables with mayonnaise sauce	Leaf mustard with shrim broth	Fresh fruit	Fruits jelly	Apple juice
			Tofu with sweet sour sauce & mince pork			Steamed rice			Fresh milk
	WED	30/08/2023	Chicken macaroni with mushroom cream sauce	Egg noodle with char-siu	Grilled sweet potato with honey	Herbs	Fresh fruit	Ham bread	Milk tea
								Fresh milk	
	THU	31/08/2023	Baked pork with Demiglass sauce	Chinese simmered Saba fish	Stir fried chayote with meat	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Ginger lemon tea
			Cheese omelette			Steamed rice			Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
5	TUE	05/09/2023	Grilled pork with mushroom sauce	Braised shrimp & meat with coconut	Stir fried cabbage with garlic	Amaranth with pork broth	Fresh fruit	Chocolate jelly	Ginger lemon tea
			Eggplant with minced pork sauce			Steamed rice			Fresh milk
	WED	06/09/2023	Spaghetti with minced meat and tomato sauce	Beef noodles	Garden salad with vinegar dressing	Vegetables with minced pork broth	Fresh fruit	Hot-dog	Apple juice
									Fresh milk
	THU	07/09/2023	Grilled fish with cheese sauce	Sweet & sour meatball	Stir fried chayote with onion	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
Quang noodle mix mince pork & shrimp									Steamed rice
FRI	08/09/2023	Ham burger	Nha Trang fish noodle	Green salad with mayonnaise sauce	Potato wedge	Fresh fruit	Vanilla sponge cake	Lime juice	
								Fresh milk	

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MENU FOR TERM 1 – SEPTEMBER 2023



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT			
6	MON	11/09/2023	Grilled chicken with brown sauce	Simmered pork with sesame seed	Stir fried cabbage with garlic	Sweet leaf with meat broth	Fresh fruit	Wafer	Fresh milk	
			Fried fish cake with cowpea			Steamed rice				
	TUE	12/09/2023	Baked pork in red wine sauce	Fried fish with sweet & sour sauce	Garden salad with vinegar dressing	Wintermelon with shrimp broth	Fresh fruit	Coconut jelly	Ginger lemon tea	
			Roll eggs with ham			Steamed rice			Fresh milk	
	WED	13/09/2023	Stewed beef with vegetables served with bread	Flushing fat chicken rice		Lettuce, tomato, cucumber salad	Onion chicken soup	Fresh fruit	Red bean bread	Milk tea
				Kimchi						Fresh milk
THU	14/09/2023	Baked pork tenderloin with black peper sauce	Fish clay pot		Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice	
		Tofu stuffed with mince pork		Steamed rice		Fresh milk				
FRI	15/09/2023	Chicken spaghetti	DaNang pork trotter noodle	Potato wedges	Herbs	Fresh fruit	Buttercream sponge cake	Lime juice		
								Fresh milk		

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
7	MON	18/09/2023	Grilled chicken with Parika pepper	Southern styles coconut braised pork	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
			Quail eggs with tamarind sauce			Steamed rice			Fresh milk
	TUE	19/09/2023	Grilled pork ribs with Demi-glass sauce	Fried fish with pineapple & tomato sauce	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Ginger lemon tea
			Vegetables meatball			Steamed rice			Fresh milk
	WED	20/09/2023	Indian chicken curry	SaiGon broken rice	Salad mixed mustard sauce	Amaranth with meat broth	Fresh fruit	Grape bread roll	Fresh milk
						Bread			
	THU	21/09/2023	Pan- seared fish fillet served with lemon butter sauce	Roasted pork belly served with bean sprout pickle	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Lime juice
Stir fried string bean with meat			Steamed rice	Fresh milk					
FRI	22/09/2023	Spaghetti bolognese	Quang noodle with chicken	Grilled sweet potato	Herbs	Fresh fruit	Egg yolk & oil sauce sponge cake	Milk tea	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
8	MON	25/09/2023	Roasted pork tenderloin with BBQ sauce	Stir fried chicken with fish sauce	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea
			Roll eggs with bacon			Steamed rice			Fresh milk
	TUE	26/09/2023	Shrimp tempura	Hue styles braised pork	Grilled pumpkin & bean salad	Sweet & sour with fish soup	Fresh fruit	Pineapple jelly	Ginger lemon tea
			Noodle mix minced pork			Steamed rice			Fresh milk
	WED	27/09/2023	Pork lagu	Hoi An chicken rice	Lettuce, tomato, cucumber salad	Celery chicken soup	Fresh fruit	Coconut bread	Lime juice
						Steamed rice/ Bread			Fresh milk
THU	28/09/2023	Roasted pork with grilled bell pepper sauce	Grilled fish with satay sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk	
		Korean pancake			Steamed rice				
FRI	29/09/2023	Roasted chicken & egg noodle served with Teriyaki sauce	Thanh Tri fresh rice flat paper & pork loaf	Baked potato with butter & garlic	Herbs	Fresh fruit	Vietnamese pork samosa	Aple juice	
								Fresh milk	

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MENU FOR TERM 1 – OCTOBER 2023



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
9	MON	02/10/2023	Grilled chicken with orange sauce	Braised pork with quail eggs	Baked pumpkin	Cabbage with meat broth	Fresh fruit	Chocolate tube cake	Fresh milk
			Stir fried macaroni with minced pork			Steamed rice			
	TUE	03/10/2023	Fish katsu	Braised duck with peanuts	Boiled vegetables with mayonnaise sauce	Leaf mustard with shrim broth	Fresh fruit	Fruits jelly	Ginger lemon tea
			Tofu with sweet sour sauce & mince pork			Steamed rice			Fresh milk
	WED	04/10/2023	Chicken macaroni with mushroom cream sauce	Egg noodle with char-siu	Grilled sweet potato with honey	Herbs	Fresh fruit	Ham bread	Milk tea
								Fresh milk	
	THU	05/10/2023	Baked pork with Demiglass sauce	Chinese simmered Saba fish	Stir fried chayote with meat	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice
			Cheese omelette			Steamed rice			Fresh milk
	FRI	06/10/2023	Veggie pizza	Obama grilled pork noodle	Herbs	Wintermelon with meat broth	Fresh fruit	Banana cake	Lime juice
			Potato wedges						Fresh milk

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10	MON	09/10/2023	Roasted chicken with Han Quoc sauce	Braised fish with fish sauce	Stir fried string bean with meat	Pumpkin with shrimp broth	Fresh fruit	Solite sponge cake	Lime juice
			Boiled eggs			Steamed rice			Fresh milk
	TUE	10/10/2023	Grilled pork with mushroom sauce	Braised shrimp & meat with coconut	Stir fried cabbage with garlic	Amaranth with pork broth	Fresh fruit	Chocolate jelly	Fresh milk
			Eggplant with minced pork sauce			Steamed rice			
	WED	11/10/2023	Spaghetti with minced meat and tomato sauce	Beef noodles	Garden salad with vinegar dressing	Vegetables with minced pork broth	Fresh fruit	Hot-dog	Apple juice
									Fresh milk
	THU	12/10/2023	Grilled fish with cheese sauce	Sweet & sour meatball	Stir fried chayote with onion	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Quang noodle mix mince pork & shrimp			Steamed rice			Fresh milk
	FRI	13/10/2023	Ham burger	Nha Trang fish noodle	Green salad with mayonnaise sauce	Potato wedge	Fresh fruit	Vanilla sponge cake	Ginger lemon tea
									Fresh milk

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