

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUGUST 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	05/8/2024	Stir-fried noodle with seafood served with potato wedges	Pork trotter noodle	Herbs	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Fresh milk
	TUE	06/8/2024	Baked pork tenderloin with Gravy sauce	Braised fish with tomato	Italian style salad	Sour soup with morning glory and soft tofu	Fresh fruit	Strawberry jelly	Passion juice
			Stir-fried jicama with meat			Steamed rice			Fresh milk
	WED	07/8/2024	Beef stew in red wine sauce served with bread	Chicken rice steamed with lemon leaves	Stir fried bok choy with mushroom	Napa cabbage with meat broth	Fresh fruit	Green bean sticky rice served with ham	Apple juice
									Fresh milk
	THU	08/8/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Stir-fried morning glory with garlic	Seaweed with shrimp broth	Fresh fruit	Milk biscuit	Milk tea
Noodle mix minced pork			Steamed rice	Fresh milk					
FRI	09/8/2024	Pasta carbonara served with potato baked	Chicken Pho	Herbs	Kohlrabi with meat broth	Fresh fruit	Butter cream sponge cake	Ginseng winter melon	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	12/8/2024	French's mustard baked chicken	Braised pork with quail eggs	Baked pumpkin with Oregano	Sour soup with eggs and bean sprouts	Fresh fruit	Strawberry tube cake	Apple juice
			Stir fried string bean with bacon			Steamed rice			Fresh milk
	TUE	13/8/2024	Baked pork with Demi sauce	Braised fish with pineapple & tomato	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit	Grilled sausage	Kumquat tea
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	WED	14/8/2024	Spaghetti bolognese	Grilled pork belly with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit	Papparoti bread	Fresh milk
			Grilled sweet potato						Fresh milk
	THU	15/8/2024	Baked fish with mushroom cream	Fish sauce fried chicken	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Stir-fried with chayote with meat			Steamed rice			Fresh milk
	FRI	16/8/2024	Ham pizza served with potato baked	Vietnamese thick noodle soup with pork stew and meatballs	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Passion juice
									Fresh milk

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
3	MON	19/8/2024	Chicken fillet katsu served with mushroom cream	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
			Stir fried eggplant with mince pork sauce			Steamed rice			Fresh milk
	TUE	20/8/2024	Baked fish served with caper sauce	Braised duck with bamboo shoot	Salad mixed Aioli sauce	Garlic chive soup with soft tofu	Fresh fruit	Banana cake	Ginger lemon tea
			Quang noodle mix mince pork			Steamed rice			Fresh milk
	WED	21/8/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour fish sauce)	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
									Fresh milk
THU	22/8/2024	Baked tenderloin with BBQ sauce	Braised fish with turmeric	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Coconut jelly	Apple juice	
		Korean pancake			Steamed rice			Fresh milk	
FRI	23/8/2024	Eggs and sausage hamburger	Fish cake noodle soup	Herbs	Courgette with meat broth	Fresh fruit	Vietnamese pork samosa	Fresh milk	
		Grilled sweet potato with honey							

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE		DESSERT	
4	MON	26/8/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Vegetables with meat broth	Fresh fruit	Solite sponge cake	Fresh milk
			Stir fried wintermelon with shrimp			Steamed rice			
	TUE	27/8/2024	Grilled fish with cream sauce	Caramelized shrimp and pork	Salad mixed Cocktail sauce	Pink melone with shrimp broth	Fresh fruit	Donut	Ginger lemon tea
			Tofu with sweet sour sauce & quail eggs			Steamed rice			Fresh milk
	WED	28/8/2024	Cullet steamed rice Paella	Seafood pizza served with potato wedges	Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh fruit	Hot dog	Milk tea
								Fresh milk	
	THU	29/8/2024	Pan-fried fish with lemon butter sauce	Braised chicken with lemongrass	Stir fried chayote with onion	Long bottle gourd with meat broth	Fresh fruit	Wafer	Passion juice
			Omelette with cheese			Steamed rice			Fresh milk
	FRI	30/8/2024	Cream pasta with bacon	Beef Pho	Herbs	Seaweed with shrimp broth	Fresh fruit	Kimbap	Apple juice
			Grilled sweet potato with honey						Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	WED	04/9/2024	Flushing fat chicken rice	Vietnamese macaroni soup with pork stew and vegetables	Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh fruit	Chocopie Orion	Apple juice
	THU	05/9/2024	Grilled fish with Teriyaki sauce	Braised curry duck	Stir fried vegetables with garlic	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Fried eggs & vegetables			Steamed rice			Fresh milk
	FRI	06/9/2024	Ham and cheese burger	Chicken Quang noodle	Russian salad	Napa cabbage with chicken broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Ginger lemon tea
			French fries						Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	09/9/2024	Baked chicken with cheese sauce	Chinese braised pork belly	Mexican salad	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Fresh milk
			Stir fried jicama with meat			Steamed rice			
	TUE	10/9/2024	Baked pork tenderloin with Demi sauce	Steamed fish with soy sauce	Grilled vegetables with butter	Long bottle gourd with shrimp broth	Fresh fruit	Milk biscuits	Ginseng winter melon
			Roll eggs with ham			Steamed rice			Fresh milk
	WED	11/9/2024	Chicken curry served with bread	Saigon broken rice	Lettuce, tomato, cucumber salad	Napa cabbage with meat broth	Fresh fruit	Ham sandwich	Apple juice
									Fresh milk
THU	12/9/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Morning glory salad mixed vinegar dressing	Seaweed with shrimp broth	Fresh fruit	Chocolate jelly	Milk tea	
		Noodle mix minced pork			Steamed rice			Fresh milk	
FRI	13/9/2024	Beef steak served with potato wedges	Vietnamese colocasia gigantea noodle soup	Herbs	Kohlrabi with meat broth	Fresh fruit	Butter cream sponge cake	Lime juice	
								Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	16/9/2024	French's mustard baked chicken	Braised pork with quail eggs	Baked pumpkin with Oregano	Sour soup with eggs and bean sprouts	Fresh fruit	Strawberry tube cake	Apple juice
			Stir fried string bean with bacon			Steamed rice			Fresh milk
	TUE	17/9/2024	Baked pork with Demi sauce	Braised fish with pineapple & tomato	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit	Grilled sausage	Kumquat tea
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	WED	18/9/2024	Spaghetti bolognese	Grilled pork belly with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit	Papparoti bread	Fresh milk
			Grilled sweet potato						Fresh milk
	THU	19/9/2024	Baked fish with mushroom cream	Fish sauce fried chicken	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh fruit	Potato cracker	Milk tea
			Stir-fried with chayote with meat			Steamed rice			Fresh milk
	FRI	20/9/2024	Ham pizza served with potato baked	Vietnamese thick noodle soup with pork stew and meatballs	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Passion juice
									Fresh milk

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MENU FOR TERM 1 – SEPTEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
8	MON	23/9/2024	Chicken fillet katsu served with mushroom cream	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
			Stir fried eggplant with mince pork sauce			Steamed rice			Fresh milk
	TUE	24/9/2024	Baked fish served with caper sauce	Braised duck with bamboo shoot	Salad mixed Aioli sauce	Garlic chive soup with soft tofu	Fresh fruit	Banana cake	Ginger lemon tea
			Quang noodle mix mince pork			Steamed rice			Fresh milk
	WED	25/9/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour fish sauce)	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
	THU	26/9/2024	Baked tenderloin with BBQ sauce	Braised fish with turmeric	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice
Korean pancake			Steamed rice	Fresh milk					
FRI	27/9/2024	Eggs and sausage hamburger	Fish cake noodle soup	Herbs	Courgette with meat broth	Fresh fruit	Vietnamese pork samosa	Fresh milk	
		Grilled sweet potato with honey							

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEP +OCT 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	30/9/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Vegetables with meat broth	Fresh fruit	Solite sponge cake	Fresh milk
			Stir fried wintermelone with shrimp			Steamed rice			
	TUE	01/10/2024	Grilled fish with cream sauce	Caramelized shrimp and pork	Salad mixed Cocktail sauce	Pink melone with shrimp broth	Fresh fruit	Donut cake	Ginger lemon tea
			Tofu with sweet sour sauce & quail eggs			Steamed rice			Fresh milk
	WED	02/10/2024	Cullet steamed rice Paella	Seafood pizza served with potato wedges	Lettuce, tomato, cucumber salad with mayonnaise	Seaweed with shrimp broth	Fresh fruit	Hot dog	Milk tea
									Fresh milk
THU	03/10/2024	Pan-fried fish with lemon butter sauce	Braised chicken with lemongrass	Stir fried chayote with onion	Long bottle gourd with meat broth	Fresh fruit	Coconut jelly	Passion juice	
		Omelette with cheese			Steamed rice			Fresh milk	
FRI	04/10/2024	Cream pasta with bacon	Beef Pho	Herbs	Luffa with chicken broth	Fresh fruit	Kimbap	Apple juice	
		Grilled sweet potato with honey						Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – OCTOBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
10	MON	07/10/2024	Roasted chicken with herbs sauce	Braised pork with white radish	Stir-fired luffa with bean sprouts & basil leaves	Pumpkin with pork broth	Fresh fruit	Chocopie Orion	Passion juice
			Boiled eggs			Steamed rice			Fresh milk
	TUE	08/10/2024	Grilled pork with Madeira sauce	Fried fish with fish sauce	Stir fried morning glory with garlic	Amaranth with shrimp broth	Fresh fruit	Sesame roll bread	Fresh milk
			Eggplant with minced pork sauce			Steamed rice			
	WED	09/10/2024	Flushing fat chicken rice	Vietnamese macaroni soup with pork stew and vegetables	Salad mixed vinegar dressing	Papaya with meat broth	Fresh fruit	Cream choux	Apple juice
THU	10/10/2024	Grilled fish with Teriyaki sauce	Braised curry duck	Stir fried vegetables with garlic	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
		Fried eggs & vegetables			Steamed rice			Fresh milk	
FRI	11/10/2024	Ham and cheese burger	Chicken Quang noodle	Russian salad	Napa cabbage with chicken broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Ginger lemon tea	
		French fries						Fresh milk	

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