

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – OCTOBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	23/10/2023	Fried seafood noodles	Danang pork trotter noodle	Russian salad		Fresh fruit	Wafer	Fresh milk
	TUE	24/10/2023	Baked chicken with cheese sauce	Fried fish with sweet & sour sauce	Stir-fried jicama with garlic	Wintermelon with shrimp broth	Fresh fruit	Coconut jelly	Ginger lemon tea
			Roll eggs with ham			Steamed rice			Fresh milk
	WED	25/10/2023	Stewed beef with leek served with bread	Flushing fat chicken rice	Lettuce, tomato, cucumber salad	Cabbage with meat broth	Fresh fruit	Ham sandwich	Apple juice
				Kimchi					Fresh milk
	THU	26/10/2023	Pan-fried fish fillet with passion fruit sauce	Braised pork with quail eggs	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
Noodle mix minced pork				Steamed rice		Fresh milk			
FRI	27/10/2023	Spaghetti minced meat and tomato sauce served with potato wedges	Phu Chiem noodle	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.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – OCTOBER + NOVEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	30/10/2023	Grilled chicken with French mustard sauce	Chinese simmered pork	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Chocolate tube cake	Apple juice
			Stir fried potato with bacon			Steamed rice			Fresh milk
	TUE	31/10/2023	Pan-fried fish fillet with lemon butter sauce	Braised duck with lemongrass	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Ginger lemon tea
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	WED	01/11/2023	Pork lagu	SaiGon broken rice	Salad with mayonnaise sauce	Papaya with meat broth	Fresh fruit	Grilled sausage	Fresh milk
						Bread			
	THU	02/11/2023	Baked pork tenderloin with European sauce	Grilled fish with pineapple and tomato sauce	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Stir fried chayote with meat			Steamed rice			Fresh milk
	FRI	03/11/2023	Chicken spaghetti served with grilled sweet potato	La Vong grilled fish noodle	Herbs	Vegetables with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Lime juice
									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 2 – NOVEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
3	MON	06/11/2023	Roasted pork with grilled bell pepper sauce	Stir fried chicken with fish sauce	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea
			Roll eggs with ham			Steamed rice			Fresh milk
	TUE	07/11/2023	Fish katsu	Hue styles braised pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth	Fresh fruit	Passion fruit jelly	Ginger lemon tea
			Noodle mix minced pork			Steamed rice			Fresh milk
	WED	08/11/2023	Stewed beef with red wine	Hoi An chicken rice	Lettuce, tomato, cucumber salad	Malabar spinach with meat broth	Fresh fruit	Ham bread	Lime juice
						Steamed rice/ Bread			Fresh milk
THU	09/11/2023	Fish fillet with passion fruit sauce	Shrimp with garlic sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk	
		Korean pancake			Steamed rice			Fresh milk	
FRI	10/11/2023	Roasted chicken & egg noodle with Teriyaki sauce	Thanh Tri fresh rice flat paper & pork loaf	Herbs	Leaf mustard with meat broth	Fresh fruit	Donut	Apple juice	
		Baked potato with butter & garlic						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 2 – NOVEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
4	TUE	14/11/2023	Baked chicken topped with cheese & tomato sauce	Braised pork with pepper	Stir-fried luffa with bean sprouts & basil leaves	Sweet leaf with meat broth	Fresh fruit	Cheese wafer	Fresh milk
			Singapore fried rice vermicelli			Steamed rice			
	WED	15/11/2023	Indian chicken curry served with bread	Vietnamese broken rice	Garden salad with vinegar dressing	Cabbage with meat broth	Fresh fruit	Banana cake	Apple juice
									Fresh milk
	THU	16/11/2023	Bacon wrapped with vegetables	Fish clay pot	Stir fried chayote with onion	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
Cheese omelette									Steamed rice
FRI	17/11/2023	Veggie pizza	Char-siu noodle	Herbs	Wintermelon with meat broth	Fresh fruit	Hot-dog	Lime juice	
		Potato wedges						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 2 – NOVEMBER 2023



WEEK	DAY	DATE	LUNCH				AFTERNOON SNACK		
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE			DESSERT
5	MON	20/11/2023	Roasted chicken with Han Quoc sauce	Braised pork with lemongrass & chilli	Honey roasted carrots with dill seeds	Pumpkin with meat broth	Fresh fruit	Egg sponge cake	Lime juice
			Boiled eggs			Steamed rice			Fresh milk
	TUE	21/11/2023	Grilled pork with mushroom sauce	Braised fish with turmeric	Stir fried bok choy with garlic	Amaranth with shrimp broth	Fresh fruit	Chocolate jelly	Fresh milk
			Eggplant with minced pork sauce			Steamed rice			
	WED	22/11/2023	Stewed pork with vegetables	Flushing fat chicken rice	Russian salad	Gourd with meat broth	Fresh fruit	Coconut bread	Apple juice
			Bread						Fresh milk
	THU	23/11/2023	Grilled fish with cheese sauce	Braised duck with peanuts	Stir fried cabbage with carrot	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Quang noodle mix mince pork & shrimp			Steamed rice			Fresh milk
	FRI	24/11/2023	Ham burger	Vietnamese chicken Pho	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh fruit	Vietnamese pork samosa	Ginger lemon tea
			Fried sweet potato with Paprika powder						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 2 – NOVEMBER + DECEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	27/11/2023	Baked chicken with cheese sauce	Fried fish with sweet & sour sauce	Stir-fried jicama with garlic	Wintermelone with shrimp broth	Fresh fruit	Wafer	Fresh milk
			Roll eggs with ham			Steamed rice			
	TUE	28/11/2023	Fried seafood noodles	Danang pork trotter noodle	Russian salad		Fresh fruit	Coconut jelly	Ginger lemon tea
	WED	29/11/2023	Stewed beef with leek served with bread	Flushing fat chicken rice	Lettuce, tomato, cucumber salad	Cabbage with meat broth	Fresh fruit	Ham sandwich	Apple juice
				Kimchi					Fresh milk
THU	30/11/2023	Pan-fried fish fillet with passion fruit sauce	Braised pork with quail eggs	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
			Noodle mix minced pork					Steamed rice	Fresh milk
FRI	01/12/2023	Sausage pizza served with potato wedges	Phu Chiem noodle	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.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – DECEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	04/12/2023	Grilled chicken with French mustard sauce	Chinese simmered pork	Stir fried string bean with garlic	Malabar spinach with meat broth	Fresh fruit	Chocolate tube cake	Apple juice
			Stir fried wintermelon with shrimp			Steamed rice			Fresh milk
	TUE	05/12/2023	Pan-fried fish fillet with lemon butter sauce	Bacon wrapped with vegetables	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Ginger lemon tea
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	WED	06/12/2023	Pork lagu	SaiGon broken rice	Salad with mayonnaise sauce	Papaya with meat broth	Fresh fruit	Hot dog	Fresh milk
					Bread				
	THU	07/12/2023	Baked pork tenderloin with European sauce	Grilled fish with pineapple and tomato sauce	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
Stir fried chayote with meat			Steamed rice	Fresh milk					
FRI	08/12/2023	Minced meat spaghetti served with grilled sweet potato	La Vong grilled fish noodle	Herbs	Vegetables with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Lime juice	
								Fresh milk	
SAT	09/12/2023	Stewed chicken with red wine served with bread	Quang noodles	Herbs	White cabbage with meat broth	Fresh fruit	Wafer	Kumquat tea	
								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 2 – DECEMBER 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
8	MON	11/12/2023	Roasted pork with grilled bell pepper sauce	Stir fried chicken with fish sauce	Stir-fried cabbage with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea
			Roll eggs with ham			Steamed rice			Fresh milk
	TUE	12/12/2023	Fish katsu	Hue styles braised pork	Grilled pumpkin & bean salad	Amaranth with shrimp broth	Fresh fruit	Passion fruit jelly	Ginger lemon tea
			Quang noodle mix minced pork			Steamed rice			Fresh milk
	WED	13/12/2023	Stewed beef with red wine	Hoi An chicken rice	Lettuce, tomato, cucumber salad	Malabar spinach with meat broth	Fresh fruit	Ham bread	Lime juice
						Steamed rice/ Bread			Fresh milk
	THU	14/12/2023	Fish fillet with passion fruit sauce	Shrimp with garlic sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk
			Korean pancake			Steamed rice			
	FRI	15/12/2023	Roasted chicken & egg noodle with Teriyaki sauce	Thanh Tri fresh rice flat paper & pork loaf	Herbs	Leaf mustard with meat broth	Fresh fruit	Donut	Apple juice
			Baked potato with butter & garlic						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 2 – JANUARY 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	TUE	02/01/2024	Fish katsu	Vietnamsese meatball	Stir-fried malabar spinach with garlic	Leaf mustard with shrimp broth	Fresh fruit	Fruits jelly	Ginger lemon tea
			Cheese omelette			Steamed rice			Fresh milk
	WED	03/01/2024	Indian chicken curry served with bread	Korean mixed rice served with kimchi	Herbs	Cabbage with meat broth	Fresh fruit	Orange jam sandwich	Apple juice
									Fresh milk
	THU	04/01/2024	Bacon wrapped with vegetables	Fish clay pot	Stir fried chayote with onion	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
Tofu with sweet sour sauce & mince pork									Steamed rice
FRI	05/01/2024	Veggie pizza	Char-siu noodle	Herbs	Wintermelon with meat broth	Fresh fruit	Banana cake	Lime juice	
		Potato wedges						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 2 – JANUARY 2023



WEEK	DAY	DATE	LUNCH				AFTERNOON SNACK		
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE			DESSERT
10	MON	08/01/2024	Roasted chicken with Han Quoc sauce	Braised pork with lemongrass & chilli	Honey roasted carrots with dill seeds	Pumpkin with meat broth	Fresh fruit	Egg sponge cake	Lime juice
			Boiled eggs			Steamed rice			Fresh milk
	TUE	09/01/2024	Grilled pork with mushroom sauce	Braised fish with turmeric	Stir fried morning glory with garlic	Amaranth with shrimp broth	Fresh fruit	Chocolate jelly	Fresh milk
			Eggplant with minced pork sauce			Steamed rice			
	WED	10/01/2024	Stewed pork with vegetables	Flushing fat chicken rice	Garden salad with vinegar dressing	Gourd with meat broth	Fresh fruit	Coconut bread	Apple juice
			Bread						Fresh milk
	THU	11/01/2024	Grilled fish with cheese sauce	Braised duck with peanuts	Stir fried cabbage with carrot	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Quang noodle mix mince pork & shrimp			Steamed rice			Fresh milk
	FRI	12/01/2024	Ham burger	Noodle soup with meatball	Lettuce, tomato, cucumber salad	Vegetables with minced pork broth	Fresh fruit	Vietnamese pork samosa	Ginger lemon tea
			Fried sweet potato with Paprika powder						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.*