

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2018



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	TUE	04/09/2018	Bread	Herbs	Chicken Pho	Pork curry	Fruit	Asian lunch set	Cream wafer	Fruit juice
										Fresh milk
	WED	05/09/2018	Pumpkin with shrimp broth	Stir fried glory morning vegetables + Optional salad	Braised pork in Chinese style	Grilled chicken with teriyaki sauce	Fruit	Western + Asian lunch set	Fried sausage	Fruit juice
			Rice		Mixed penne with shrimp, pork and vegie					Fresh milk
	THU	06/09/2018	Bok Choy with pork broth	Stir fried broccoli + Optional salad	Fish tempura	Steamed pork with lemongrass	Fruit	Western + Asian lunch set	Cinnamon Danish	Fruit juice
Rice			Tofu with tomato and minced pork sauce		Yoghurt					
FRI	07/09/2018		Herbs	Noodles with pork rib, eggs, shrimp	Noodles in Hanoi style	Fruit	Asian lunch set	Salty crackers	Fruit juice	
									Fresh milk	

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6	MON	10/09/2018	Winter melon with shrimp broth	Boiled vegie with fish sauce + Optional salad	Fried fish	Grilled chicken with lime leaves	Fruit	Western + Asian lunch set	Coconut cake	Fruit juice
			Rice		Omelet					Fresh milk
	TUE	11/09/2018	Veggie with meat broth	Fried potato	Spaghetti with chicken balls	Spaghetti with minced beef	Fruit	Western lunch set	Pork balls tempura	Fruit juice
					Fresh milk					
	WED	12/09/2018	Papaya with shrimp broth	Stir fried Bok Choy + Optional salad	Braised fish	Fried pork with lemongrass	Fruit	Western + Asian lunch set	Cream Danish	Fruit juice
					Shu mai with tomato sauce					Fresh milk
THU	13/09/2018	Cabbage with minced meat broth	Grilled pumpkin + Optional salad	Roasted chicken	Roasted pork	Fruit	Western + Asian lunch set	Bread with dried floss	Fruit juice	
				Mixed grilled tuna with sesame and noodles					Fresh milk	
FRI	14/09/2018		Local vegetables + Herbs	Noodles with fish pies	Quang noodles (shrimp, pork, quail eggs)	Fruit	Asian lunch set	Butter cream cake	Fruit juice	
				Fresh milk						

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7	MON	17/09/2018	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Braised pork with fish sauce	Shrimp with garlic	Fruit	Western + Asian lunch set	Donut	Fruit juice
			Rice		Mixed soya noodles with mushroom and fried pork					Fresh milk
	TUE	18/09/2018	Vine spinach with meat broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Fried pork leg with sweet and sour soya sauce	Fruit	Western + Asian lunch set	Apple gateaux	Fruit juice
			Rice		Eggs tempura					Fresh milk
	WED	19/09/2018	Tomato with eggs broth	Grilled vegie + Optional salad	Beef steak	Grilled pork loin with pepper sauce	Fruit	Western lunch set	Muffin	Fruit juice
Rice/Bread			Fresh milk							
THU	20/09/2018	Pumpkin with shrimp broth	Stir fried green bean + Optional salad	Sauted fish with mustard sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Raisin Danish	Fruit juice	
		Rice		Braised pork with turnip					Fresh milk	
FRI	21/09/2018		Herbs	Wonton with Char siu noodles	Chicken soya noodles	Fruit	Asian lunch set	Dumpling	Fruit juice	

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8	MON	24/09/2018	Sauropus with pork broth	Stir Kohlrabi + Optional salad	Fried pork	Braised chicken with mushroom	Fruit	Western + Asian lunch set	Banana Gateaux	Fruit juice
			Rice		Pad Thai					Fresh milk
	TUE	25/09/2018	Winter melon with shrimp broth	Boiled cabbage + Optional salad	Braised fish	Roasted pork with lime sauce	Fruit	Western + Asian lunch set	Sesame cookies	Fruit juice
			Rice		Steamed eggs in Korean style					Fresh milk
	WED	26/09/2018	Green mustard with pork broth	Lettuce, cucumber, tomato	Chicken rice in Hoi-an style	Rice with grilled pork loin	Fruit	Asian lunch set	Fish balls tempura	Fruit juice
THU	27/09/2018	Green gourd with shrimp broth	Fried veggie cake + Optional salad	Grilled pork loaf	Satay chicken	Fruit	Western + Asian lunch set	Vanilla choux	Fruit juice	
		Rice		Tofu tempura with soya sauce					Caramel cream	
FRI	28/09/2018		Local vegetables	Beef noodles	Noodles with pork pies	Fruit	Asian lunch set	Croissant	Fruit juice	
									Fresh milk	

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