

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – SEP 2019



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	TUE	03/09/2019		Herbs	Beef Pho	Noodles with pork leg	Fruit	Asian lunch set	Cream Choux	Fruit juice
										Fresh milk
	WED	04/09/2019	Long cabbage with shrimp broth	Lettuce, tomato, cucumber + Fried potato + Optional salad	Grilled chicken with mustard sauce and thyme leaves	Stewed beef sausage and beans served with bread	Fruit	Western lunch set	Vanilla cookies	Fruit juice
										Fresh milk
	THU	05/09/2019	Green gourd with shrimp broth	Stir fried Napa cabbage + Optional salad	Roasted pork served with pickles	Roasted chicken with salt	Fruit	Western + Asian lunch set	Boiled corn	Fruit juice
		Rice	Stir fried fish pies with sweet and sour sauce		Fresh milk					
	FRI	06/09/2019		Herbs	Noodles in Hanoi style	Pork curry + Bread	Fruit	Asian lunch set	Fried chicken sausage	Fruit juice

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6	MON	09/09/2019	Amaranth with meat broth	Mixed cabbage in Korean style + Optional salad	Fillet chicken tempura	Grilled squid with salt	Fruit	Western + Asian lunch set	Chocolate wafer	Fruit juice
			Rice		Boiled eggs with fish sauce					Fresh milk
	TUE	10/09/2019	Lufa with shrimp broth	Stir fried chayote + Optional salad	Braised fish with pineapple	Grilled beef rolls with mushroom and veggies	Fruit	Western + Asian lunch set	Salty rice crackers	Fruit juice
			Rice		Stir fried noodles with shrimp and vegetables					Fresh milk
	WED	11/09/2019	Veggies with minced beef broth	Fried sweet potato + Optional salad	Stir fried noodles with beef	Stir fried noodles with chicken	Fruit	Western lunch set	Chicken ball tempura	Fruit juice
									Fresh milk	
THU	12/09/2019	Napa cabbage with shrimp broth	Stir fried green gourd with onion + Optional salad	Grilled pork pies in Lot leaves	Fried tilapia with fish sauce	Fruit	Western + Asian lunch set	Chocolate cookies	Fruit juice	
		Rice		Stir fried beef with sweet and sour sauce					Yoghurt	
FRI	13/09/2019		Herbs	Chicken Pho	Braised beef + Bread	Fruit	Asian lunch set	Dumpling	Fruit juice	

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7	MON	16/09/2019	Amaranth with shrimp broth	Stir fried long cabbage + Optional salad	Grilled fish with spices	Shrimp with garlic	Fruit	Western + Asian lunch set	Boiled corn	Fruit juice
			Rice		Braised chicken with mushroom					Fresh milk
	TUE	17/09/2019	Vine spinach with beef broth	Stir fried chayote with carrot + Optional salad	Grilled chicken with Western spice	Braised fish	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
			Rice		Eggs tempura					Fresh milk
	WED	18/09/2019	Tomato with eggs broth	Sauté potato with butter and garlic + Optional salad	Beef steak	Pork balls with Demi sauce	Fruit	Western lunch set	Fried fish balls	Fruit juice
			Rice/Bread							Fresh milk
	THU	19/09/2019	Seaweed with shrimp broth	Stir fried green bean + Optional salad	Sauté fish with mustard sauce	Fried chicken with fish sauce	Fruit	Western + Asian lunch set	Donut	Fruit juice
Rice			Tofu with tomato and minced meat sauce		Fresh milk					
FRI	20/09/2019		Herbs + Local vegetables	Fish pies noodles	Noodles with pork ribs, shrimp and eggs	Fruit	Asian lunch set	Pork balls tempura	Fruit juice	

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8	MON	23/09/2019	Winter melon with shrimp broth	Boiled vegetables + Optional salad	Fried minced fish with spice	Grilled chicken with lime leaves	Fruit	Western + Asian lunch set	Croissant	Fruit juice
			Rice		Mixed noodles with mushroom and fried pork					Fresh milk
	TUE	24/09/2019	Lufa with shrimp broth	Stir fried morning glory vegetables + Optional salad	Boiled pork with pickles	Braised fish with pineapple and coriander	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fruit juice
			Rice		Fried eggs with mushroom and minced pork					Fresh milk
	WED	25/09/2019	Cabbage with minced beef broth	Fried potato + Optional salad	Spaghetti with Bolognese sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Donut	Fruit juice
									Fresh milk	
THU	26/09/2019	Tungho with shrimp broth	Grilled pumpkin + Optional salad	Grilled chicken with teriyaki sauce	Braised fish	Fruit	Western + Asian lunch set	Chocopie	Fruit juice	
		Rice		Stir fried beef with pineapple and onion					Yoghurt	
FRI	27/09/2019		Herbs	Wonton and char siu noodles	Beef noodles in Hue style	Fruit	Asian lunch set	Steamed sweet potato	Fruit juice	
									Fresh milk	

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