

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUGUST 2015



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
1	MON	17/08/ 2015	Sweet and sour fish soup	Boiled sweet potato leaves + rice	Braised pork loin with green banana	Stir fried pork with bean sprouts	Tropical fresh fruit	Asian lunch set	Crepe	Fresh milk
	TUE	18/08/ 2015	Vegie with pork soup		Spaghetti with chicken and mushroom cream sauce	Basa fish tempura	Tropical fresh fruit	Western lunch set	Vegie Pizza	Fruit juice
	WED	19/08/ 2015	Tomato, tofu with beef soup	Boiled cabbage + rice	Braised chicken with lemongrass	Omelet	Tropical fresh fruit	Asian lunch set	Caramel cream cake	Fresh milk
	THU	20/08/ 2015	Pumpkin soup	Stir-fried vegie with garlic	Roasted pork	Grilled potato + sausage	Tropical fresh fruit	Western lunch set	Sponge roll	Fruit juice
	FRI	21/08/ 2015		Local vegetable	Noodle with pork rib and fried bread stick		Tropical fresh fruit	Asian lunch set	Banana cake	Yoghurt

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2	MON	24/08/ 2015	Seaweed with seafood soup + rice	Mixed shrimp with rice vermicelli	Braised fish with turmeric	Stir fried beef with onion and celery	Tropical fresh fruit	Asian lunch set	Hollow bread	Passion fruit juice
	TUE	25/08/ 2015	Tomato soup	Salad with passion fruit sauce + Stir fried zucchini	Grilled pork loin with rosemary	Grilled corn with butter	Tropical fresh fruit	Western lunch set	Sandwich with cheese	Fresh milk
	WED	26/08/ 2015	Chicken broth with cauliflower	Sweet and sour carrot	Chicken rice in Hoi An style		Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fruit juice
	THU	27/08/ 2015	Carrot with dill's seed soup	Roasted pumpkin	Grilled squid with cocktail sauce	Shrimp tempura	Tropical fresh fruit	Western lunch set	Doughnut	Fresh milk
	FRI	28/08/ 2015		Fresh vegetable	Rice vermicelli in Hue style		Tropical fresh fruit	Asian lunch set	Chocolate muffin	Yoghurt