

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DEC 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	04/12/2017	Vine spinach with pork broth	Boiled vegie + optional salad	Char siu	Fried chicken with fish sauce	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice
			Rice/Bread		Shu mai with tomato sauce					Fresh milk
	TUE	05/12/2017	Green gourd with shrimp broth	Stir fried Napa cabbage + optional salad	Grilled chicken with lemon leaves	Squid tempura	Fruit	Asian + Western lunch set	Chocolate crackers	Fruit juice
			Rice/Bread		Fried fish loaf with oyster oil					Fresh milk
	WED	06/12/2017	Bread	Tempura sweet potato	Beef steak	Braised chicken with red wine	Fruit	Western lunch set	Pork balls tempura	Fruit juice
	THU	07/12/2017	Bok Choy with shrimp broth	Mixed morning glory vegetables + optional salad	Braised pork ribs with lemongrass	Mackerel with tomato sauce	Fruit	Asian + Western lunch set	3 flavor jelly	Fruit juice
			Rice/Bread		Stir fried penne with shrimp					Fresh milk
	FRI	08/12/2017		Local vegetables	Noodles with fish loaf	Noodles with wonton and char siu	Fruit	Asian lunch set	Ham pizza	Fruit juice
										Fresh milk

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability

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8	MON	11/12/2017	Sauropus with pork broth	Mixed morning glory vegetables + optional salad	Pork belly with pineapple sauce	Satay chicken	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
			Rice/Bread		Pad Thai					Fresh milk
	TUE	13/12/2017	Winter melon with shrimp broth	Stir fried Bok Choy + optional salad	Grilled pork	Fried tilapia	Fruit	Asian + Western lunch set	Butter cream cake	Fruit juice
			Rice/Bread		Quail eggs with oyster oil					Fresh milk
	WED	14/12/2017	Buffet				Fruit	Western lunch set	Donut	Fruit juice
	THU	15/12/2017	Amaranth with pork broth	Stir fried chayote + optional salad	Roasted chicken	Crunchy shrimp	Fruit	Asian + Western lunch set	Rice cracker (salty)	Fruit juice
			Rice/Bread		Braised pork loaf with onion					Fresh milk
	FRI	16/12/2017		Local vegetables	Noodles with grilled pork and spring rolls		Fruit	Asian lunch set	Waffle	Fruit juice
					Fresh milk					

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