

## SINGAPORE INTERNATIONAL SCHOOL

## **MENU FOR TERM 2 – DEC 2016**



WEEK	DAY	DATE	LUNCH								
			SOUP	VEGE	TABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	AFTERNO	ON SNACK
7	MON	05/12/2016	Winter melon with shrimp broth	Stir fried Bok Choy		Roasted chicken thighs	Grilled potato with eggs	Fruit	Asian + Western lunch set	AFC crackers	Fruit juice
			Rice/Bread			Fried tilapia with sweet and sour fish sauce	Stir fried green bean with pork				Fresh milk
	TUE	06/12/2016	Vegie with bee <mark>f</mark> broth	Mixed shrimp, pork with noodles		Braised pork with lemongrass	Stir fried vegie with shrimp	Fruit	Asian + Western	Waffle	Fruit juice
			Rice/Bread			Roasted chicken	Stir fried Basa fish		lunch set		Fresh milk
	WED	07/12/2016	Vine spinach with shrimp broth	Mixed cabbage with mayonnaise		Grilled chicken wings	Braised pork with tofu	Fruit	Asian + Western lunch set	Bread with Char siu	Fruit juice
			Rice/Bread			Grilled pork ribs with lemongrass	Braised pork with young jackfruit				Fresh milk
	THU	J 08/12/2016	Vegie with meat broth	Stir fried kohlrabi		Braised pork with sesame	Quail eggs with sweet and sour sauce	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice
			Rice/Bread			Spicy fried chicken	Braised pork with turnip				Yoghurt
	FRI	09/12/2016		Herbs Local vege-tables		Pork loin noodles	Chicken Quang noodles	Fruit	Asian lunch set	Pate Chaud	Fruit juice
			A		7/1///////	Hoodies	7,00	iulicii set	Criauu	Fresh milk	



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VEEK	DAY	DATE	SOUP	VEGETABLE	MAIN COURSE	MAIN COURSE 2	DESSERT	NOTE	AFTERNOO	I SNACK
8	MON	12/12/2016	Pumpkin with pork broth	Stir fried green	Braised pork	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Chicken and mushroom pizza	Fruit juice
			Rice/Bread	gourd	Grilled chicken wings	Stir fried pork with cabbage				Fresh mill
	TUE	13/12/2016	Sauropus with shrimp broth  Bread	Lettuce, tomato	Broken rice with grilled pork ribs	Rice with roasted chicken thigh	Fruit	Asian + Western lunch set	AFC crackers	Caramel cream Fresh mill
	WED	14/12/2016	Lufa with shrimp broth	Stir fried vegie	Grilled chicken with thyme leaves	Boiled eggs	Fruit	Asian + Western lunch set	Shook fruits	Fruit juice
			Rice/Bread		Braised fish with turmeric	Stir fried pork with sweet and sour sauce				Fresh mill
	THU	15/12/2016	Bok Choy with meat broth	00.00.11.0	BBQ pork ribs	Braised pork with mushroom	Fruit	Asian + Western lunch set	Donut	Fruit juice
			Rice/Bread	Stir fried Lufa	Grilled chicken with lemon leaves	Fish balls with oyster sauce				Fresh mill
	FRI	16/12/2016	Bread	Local Herbs vege-	Rolled cake with pork pies	Braised beef	Fruit	Asian lunch set	3 flavors jelly	Fruit juice
				tables						Fresh mil