

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – FEB 2017

	DAY	DATE	LUNCH								
WEEK			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	AFTERNOON SNAC		
	MON	06/02/2017	Winter melon with meat broth	Stir fried Napa cabbage	Braised pork	Braised quail eggs in Chinese style	Fruit	Asian lunch set	AFC crackers	Fruit juice	
			Rice/Bread		Fried tilapia	Stuffed tofu with tomato sauce				Fresh milk	
4	TUE	07/02/2017	Sauropus with beef broth	Potato wedges	BBQ chicken	Stir fried pork	Fruit	Asian + Western lunch set	Grilled pork stick	Fruit juice	
			Rice/Bread		Braised pork ribs with sesame	Shrimp with coconut sauce				Fresh milk	
	WED	08/02/2017		Boiled vegetables	Bolognaise spaghetti	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Waffle	Yoghurt	
										Fresh milk	
	THU	09/02/2017	Crown daisy with shrimp broth	Stir fired vegie with mushroom	Braised basa fish	Shu mai	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice	
			Rice/Bread	and meat	Satay chicken	Stewed pork with papaya				Fresh milk	
	FRI	10/02/2017	Local /2017 Bread vegetables/	Noodles with Char siu and wonton	Braised beef	Fruit	Asian lunch	Chicken Dumpling	Fruit juice		
			money	Herbs	Sid and Wonton		The	set	Dumping	Fresh milk	



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WE	EK			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	AFTERNOON SNACK	
		MON	13/02/2017	Sauropus with beef broth	Boiled Bok Choy	Grilled chicken with honey	Stuffed tofu with pork	Fruit	Asian + Western lunch set	Butter cream cake	Fruit juice
				Rice/Bread		Braised pork with shrimp	Fish balls with oyster sauce				Fresh milk
37.36	177	TUE	14/02/2017	Winter melon with shrimp broth	Stir fried green gourd	Roasted chicken	Braised pork stuffed in green gourd	Fruit	Asian + Western lunch set	Crepe with honey	Fruit juice
				Rice/Bread		BBQ pork ribs	Omelet				Fresh milk
5		WED	15/02/2017	Tofu with beef and tomato broth	Stir fried	Tilapia with tomato sauce	Stir fired pork with vegie	Fruit	Asian + Western lunch set	Fried meat balls	Caramel cream
	est (es			Rice/Bread	chayote	Grilled pork	Stir fired pork with mushroom and green bean				Fresh milk
		THU	J 16/02/2017	Vine spinach with meat broth	Stir fried vegie	Fried chicken wings	Stir fired shrimp with Lufa	Fruit	Asian lunch set	Stewed pork pizza	Fruit juice
				Rice/Bread		Roasted pork	Mixed chicken				Yoghurt
0.00		FRI	17/02/2017	17/02/2017 Bread Herbs Pork ragout	Horbo	Pork ragout	Chicken curry	Fruit	Asian lunch set	Coconut	Fruit juice
							Set	jelly	Fresh milk		



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6	MON	20/02/2017	Pumpkin with pork broth	Stir fried Glory morning vegetables	Braised beef with lemongrass	Braised pork with young jackfruit	Fruit	Asian + Western lunch set	Rice crackers	Fruit juice
			Rice/Bread		Fried spicy chicken	Noodles mixed with shrimp and pork				Fresh milk
	TUE	21/02/2017	Vegetables with meat broth	Grilled eggplant with soya sauce	Braised basa fish	Boiled eggs	Fruit	Asian lunch set	Pork samosa	Fruit juice
			Rice/Bread	Sauce	Grilled pork loaf	Stir fried pork	26			Fresh milk
	WED	22/02/2017		Tempura vegie	Stir fried noodles with chicken	Stir fried noodles with seafood	Fruit Fruit	Asian + Grilled Western lunch chicken	chicken	Fruit juice
3226								set	stick	Fresh milk
	THU	23/02/2017	Chayote with pork broth	Stir fired cabbage	Roasted pork	Mixed potato with eggs and mayonnaise		Asian + Western lunch	Dorayaky	Fruit juice
			Rice/Bread		Grilled chicken wings	Braised pork with kohlrabi		set		Fresh milk
	FRI	FRI 24/02/2017		Local vegetables	Noodles with grilled pork	Pork ribs noodles	Fruit	Asian lunch set	Butter cream cake	Fruit juice
				vegetables						Fresh milk