

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – FEB 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	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
	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
	WED	15/02/2017	Tofu with beef and tomato broth	Stir fried chayote	Tilapia with tomato sauce	Stir fired pork with vegie	Fruit	Asian + Western lunch set	Fried meat balls	Caramel cream
			Rice/Bread		Grilled pork	Stir fired pork with mushroom and green bean				Fresh milk
	THU	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
	FRI	17/02/2017	Bread	Herbs	Pork ragout	Chicken curry	Fruit	Asian lunch set	Coconut jelly	Fruit juice
										Fresh milk

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
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		Grilled pork loaf	Stir fried pork				Fresh milk
	WED	22/02/2017		Tempura vegie	Stir fried noodles with chicken	Stir fried noodles with seafood	Fruit	Asian + Western lunch set	Grilled chicken stick	Fruit juice
										Fresh milk
	THU	23/02/2017	Chayote with pork broth	Stir fired cabbage	Roasted pork	Mixed potato with eggs and mayonnaise	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
			Rice/Bread		Grilled chicken wings	Braised pork with kohlrabi				Fresh milk
	FRI	24/02/2017		Local vegetables	Noodles with grilled pork	Pork ribs noodles	Fruit	Asian lunch set	Butter cream cake	Fruit juice