

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – JAN 2018



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	01/01/2018	Public holiday							
	TUE	02/01/2018		Herbs	Beef Pho	Noodles with fish loaf	Fruit	Asian lunch set	Crackers	Fruit juice
										Fresh milk
	WED	03/01/2018	Turnip with meat broth	Stir fried kohlrabi with garlic + Optional salad	Grilled pork loaf	Fried squid with fish sauce	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
			Rice/Bread		Fish loaf with sweet and sour sauce					Fresh milk
	THU	04/01/2018	Amaranth with shrimp broth	Stir fried jicama + Optional salad	Fried chicken	Braised pork in Chinese style	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
Rice/Bread			Stir fried noodles in Singaporean style		Fresh milk					
FRI	05/01/2018		Herbs	Chicken soya noodles	Noodles with pork ribs	Fruit	Asian lunch set	Cookies	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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10	MON	08/01/2018	Vine spinach with pork broth	Stir fried glory morning vegetables + Optional salad	Fried spicy chicken	Braised fish with turmeric	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
			Rice/Bread		Braised pork with turnip					Fresh milk
	TUE	09/01/2018	Winter melon with shrimp broth	Stir fried chayote + Optional salad	Grilled pork ribs	Fried tilapia	Fruit	Asian + Western lunch set	Chocolate chips cookies	Fruit juice
			Rice/Bread		Shu mai					Fresh milk
	WED	10/01/2018		Fried potato	Spaghetti with minced beef sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Quail eggs dumpling	Fruit juice
						Fresh milk				
	THU	11/01/2018	Papaya with pork broth	Stir fried Bok Choy + Optional salad	Roasted chicken	Braised pork with mushroom	Fruit	Asian + Western lunch set	Sesame crackers	Fruit juice
			Rice/Bread		Fried eggs					Fresh milk
	FRI	12/01/2018		Local vegetables	Quang noodles (shrimp, pork, quail eggs)	Braised beef	Fruit	Asian lunch set	Shaken sweet potato	Fruit juice
						Fresh milk				

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11	MON	15/01/2018	Sauropus with pork broth	Stir fired Bok Choy with oyster oil + Optional salad	Stir fried chicken with butter and garlic	Roasted pork	Fruit	Asian + Western lunch set	Pound cake	Fruit juice
			Rice/Bread		Braised quail eggs in Chinese style					Fresh milk
	TUE	16/01/2018	Pumpkin with shrimp broth	Boiled cabbage + Optional salad	BBQ pork loin	Shrimp tempura	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
			Rice/Bread		Fish balls with oyster oil					Fresh milk
	WED	17/01/2018	Vegie with meat broth	Lettuce, cucumber	Chicken rice in Hoian style	Broken rice with grilled pork ribs, eggs	Fruit	Asian lunch set	Cheese rolls	Fruit juice
										Fresh milk
	THU	18/01/2018	Amaranth with shrimp broth	Stir fried green bean + Optional salad	Stir fried pork ribs	Braised fish	Fruit	Asian + Western lunch set	Coconut Danish	Fresh milk
			Rice/Bread		Stir fried soya noodles with crab stick					Caramel cream
	FRI	19/01/2018		Shaken potato with salt	Chicken end eggs sandwich	Shrimp sandwich	Fruit	Western lunch set	Fish balls stick	Fruit juice
										Fresh milk

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