

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – JUN 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE	SNACK	DESSERT OR DRINK
6	MON	06/06/2016	Sauropus with beef broth + rice	Boiled Bok Choy	Braised chicken	Stir fried fish balls with sweet and sour sauce	Tropical fresh fruit	Asian lunch set	Sandwich with pork pate	Fresh milk
	TUE	07/06/2016	Winter melon with shrimp broth + rice	Stir fried green gourd	Pork ribs BBQ	Omelet	Tropical fresh fruit	Western lunch set	Waffle with honey	Passion fruit juice
	WED	08/06/2016	Vine spinach with meat broth + rice	Stir fried chayote	Braised tilapia with tomato sauce	Stir fried vegie with beef	Tropical fresh fruit	Asian lunch set	Banana and coconut ice cream	Fresh milk
	THU	09/06/2016	Vegie with meat broth + rice	Mixed salad	Fried chicken wings with fish sauce	Grilled potato and sausage	Tropical fresh fruit	Asian lunch set	Samosa (chicken)	Fruit juice
	FRI	10/06/2016		Local vegetables	Beef noodle in Hue style		Tropical fresh fruit	Asian lunch set	Shrimp and vegie soup	Coconut jelly

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7	MON	13/06/2016	Sweet potato with pork broth + rice	Stir fried cabbage	Stewed beef	Stir fried cauliflower with shrimp	Tropical fresh fruit	Asian lunch set	Fried fish balls	Fruit juice
	TUE	14/06/2016	Lufa with shrimp broth + rice	Stir fried green bean	Braised basa fish in Chinese style	Omelet with bacon	Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fresh milk
	WED	15/06/2016		Steamed vegie	Spaghetti with minced beef sauce		Tropical fresh fruit	Western lunch set	Fruits stick	Passion fruit juice
	THU	16/06/2016	Pumpkin with pork broth + rice	Stir fired lufa	Braised duck with ginger	Stir fried pork pies	Tropical fresh fruit	Asian lunch set	Dorayaky	Fresh milk
	FRI	17/06/2016		Local vegetables	Spring rolls, pork loaf		Tropical fresh fruit	Asian lunch set	Quail eggs soup	Yoghurt

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8	MON	20/06/2016	Vine spinach with shrimp broth + rice	Stir fried Bok Choy	Braised chicken with mushroom	Roasted shrimp with pork	Tropical fresh fruit	Asian lunch set	Fruit jelly	Apple juice
	TUE	21/06/2016		Mixed salad	Chicken, eggs sandwich		Tropical fresh fruit	Western lunch set	Crepe	Fresh milk
	WED	22/06/2016	Bok Choy with beef broth + rice	Stir fried kohlrabi	Braised fish with turmeric	Pork rolled in lolot	Tropical fresh fruit	Asian lunch set	Grilled chicken stick	Passion fruit juice
	THU	23/06/2016	Chayote with pork broth + rice	Mixed shrimp, pork with noodles	Grilled pork with onion	Stir fried chicken with mushroom	Tropical fresh fruit	Western lunch set	Patechaud	Fresh milk
	FRI	24/06/2016		Local vegetables	Noodles with pork loins, quail eggs, Chinese cruller		Tropical fresh fruit	Asian lunch set	Beef soup	Fruit juice

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9	MON	27/06/2016	Amaranth broth + rice	Glory morning vegetable with sesame salad	Fried tilapia with sweet and sour fish sauce	Shumai	Tropical fresh fruit	Asian lunch set	Samosa (pork)	Orange juice
	TUE	28/06/2016	Pumpkin with beef broth	Tomato, lettuce	Broken rice with grilled pork ribs and pork-pies		Tropical fresh fruit	Asian lunch set	Summer rolls	Fresh milk
	WED	29/06/2016	Sauropus with shrimp broth + rice	Cabbage salad with mayonnaise sauce	Roasted chicken	Stir fried shrimp with garlic	Tropical fresh fruit	Western lunch set	Waffle	Passion fruit juice
	THU	30/06/2016	Napa cabbage with shrimp broth + rice	Cucumber salad	Roasted pork	Braised quail eggs in Chinese style	Tropical fresh fruit	Asian lunch set	Grilled pork stick	Yogurt
	FRI	01/07/2016		Local vegetables	Noodles with pork ribs		Tropical fresh fruit	Asian lunch set	Dumpling with char siu	Apple juice