

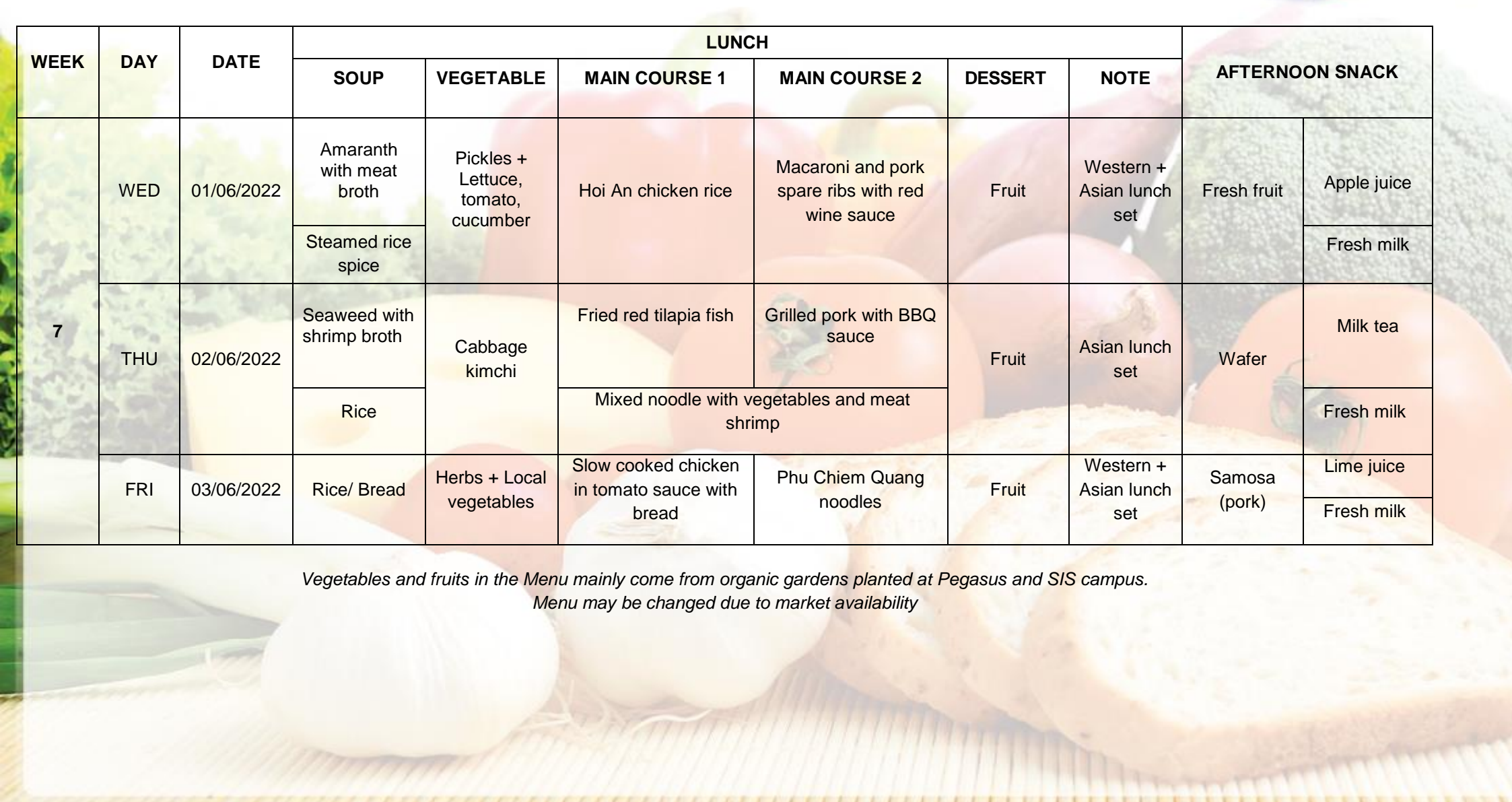
SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 4 – JUN 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	WED	01/06/2022	Amaranth with meat broth	Pickles + Lettuce, tomato, cucumber	Hoi An chicken rice	Macaroni and pork spare ribs with red wine sauce	Fruit	Western + Asian lunch set	Fresh fruit	Apple juice
			Steamed rice spice							Fresh milk
	THU	02/06/2022	Seaweed with shrimp broth	Cabbage kimchi	Fried red tilapia fish	Grilled pork with BBQ sauce	Fruit	Asian lunch set	Wafer	Milk tea
			Rice		Mixed noodle with vegetables and meat shrimp					Fresh milk
	FRI	03/06/2022	Rice/ Bread	Herbs + Local vegetables	Slow cooked chicken in tomato sauce with bread	Phu Chiem Quang noodles	Fruit	Western + Asian lunch set	Samosa (pork)	Lime juice
										Fresh milk

*Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.
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8	MON	06/06/2022	Vine spinach with meat broth	Stir fried morning glory vegetables with garlic	Fish tempura with Tartar sauce	Grilled chicken with lemon sauce and olive oil	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
			Rice		Sweet and sour pork rolls					
	TUE	07/06/2022	Amaranth with shrimp broth	Grilled eggplant with teriyaki sauce	Simmered duck with curry sauce	Braised pork Chinese style	Fruit	Asian lunch set	Salty cookies	Kumquat tea
			Rice		Braised quail eggs					Fresh milk
	WED	08/06/2022	Winter melon with meat broth	Lettuce, tomato, cucumber + Chips	Pan-seared beef tender with Demi-glass sauce	Sausage sandwich with grilled tomato sauce and onion jam with cheese	Fruit	Western lunch set	Chocolate tube cake	Apple juice
			Rice/ Bread							Fresh milk
	THU	09/06/2022	Seaweed with shrimp broth	Coleslaw salad (White cabbage salad with mayonnaise sauce and vinaigrette)	Fried chicken wing sauce	Braised bird fish with melon	Fruit	Asian lunch set	Fresh fruit	Milk tea
			Rice/ Bread		Tofu with tomato sauce and meat					Fresh milk
	FRI	10/06/2022	Herbs + Local vegetables	Tempura fried vegetables	Chicken pasta	Da Nang pork legs noodles	Fruit	Western + Asian lunch set	Butter cream cake	Lime juice
										Fresh milk

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9	MON	13/06/2022	Vine spinach with shrimp broth	Bake sweet potato purple	Grilled pork chop with honey and garlic	Fish Katsu	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
			Rice/ Bread		Scramble eggs					
	TUE	14/06/2022	Papaya with meat broth	Stir fried morning glory vegetables with garlic	Roasted Char-Siu chicken	Boiled pork belly with pickled bean sprouts	Fruit	Asian lunch set	Rice crackers	Juice
			Rice		Shrimp and cabbage coleslaw					Fresh milk
	WED	15/06/2022	Amaranth with shrimp broth	Garden salad (Lettuce, tomato, cucumber)	Stir fried noodles with beef	Chicken pasta with pesto sauce	Fruit	Western + Asian lunch set	Grilled sausage	Juice
										Fresh milk
	THU	16/06/2022	Seaweed with shrimp broth	Grilled pumpkin leaves Oregano	Roasted duck with five spice	Simmered basa fish with galangal	Fruit	Asian lunch set	Fresh fruit	Juice
			Rice		Ham pancakes and vegetables Korean style					Fresh milk
	FRI	17/06/2022	Herbs + Local vegetables		Hanoi fresh noodle	Chicken pizza	Fruit	Western + Asian lunch set	Coconut bread	Juice
					grilled pork loaf & belly with sweet & sour fish sauce					Fresh milk

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			SOUP	VEGETABLE	MAIN COURSE 1			MAIN COURSE 2		DESSERT	NOTE		
10	MON	20/06/2022	Amaranth with meat broth	Salad with mayonnaise sauce	Grilled chicken with BBQ sauce and thyme leaves			Baked fish with satay		Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
			Rice/ Bread		Fried pork with sweet and sour sauce								
	TUE	21/06/2022	Vine spinach with shrimp broth	Stir fried morning glory vegetables with garlic	Simmered duck with lemongrass and ginger			Grilled pork with onion		Fruit	Asian lunch set	Sweet bread with egg sauce and ham	Kumquat tea with ginger
			Rice		Quail eggs with tamarind Thai sauce								Fresh milk
	WED	22/06/2022	Papaya with meat broth	Green salad with mayonnaise (lettuce, tomato, cucumber)	Grilled fillet chicken with honey and mustard			Fish fillet with cream sauce		Fruit	Western lunch set	Fresh fruit	Apple juice
			Rice/ Bread										Fresh milk
	THU	23/06/2022	Seaweed with shrimp broth	Moroccan carrot Rondelle cut salad	Fried fish ball with fish sauce	Braised chicken with lemon grass	Ham sandwich	Roasted pork with bean sprout pickled	Eggs baguette	Fruit	Asian lunch set	Rice crackers	Milk tea
			Rice	Grilled pumpkin & green pea with balsamico dressing	Stir fried corn with baby shrimp and onion	Fried tofu with fish sauce and ram leave		Quail eggs & kumquat sauce	Korean pancake with scallions				Fresh milk
			Bread	Herbs + Local vegetables	Chicken and red wine stewed			Pork noodles, mushrooms and fried onion					Fruit
FRI	24/06/2022											Fresh milk	

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11	MON	27/06/2022	Chayote with shrimp broth	Stir fried long cabbage with garlic	Roasted rosemary chicken with butter sauce	Fish tempura	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
			Rice/ Bread		Tofu with BBQ sauce					
	TUE	28/06/2022	Vine spinach with meat broth	Pumpkin, bean and corn	Char-Siu pork	Simmered duck with galangal	Fruit	Asian lunch set	Croissant	Kumquat tea with ginger
			Rice		Shrimp and macaroni with butter and garlic sauce					Fresh milk
	WED	29/06/2022	Papaya with meat broth	Garlic butter potato	Bolognese spaghetti	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Fried fish balls	Apple juice
				Salad lettuce, tomato, cucumber						Fresh milk
	THU	30/06/2022	Seaweed with shrimp broth	Tomato vinaigrette	Braised fish	Fried pork legs with sweet and sour sauce	Fruit	Asian lunch set	Fresh fruit	Milk tea
			Rice		Omelet					Fresh milk

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