

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – AUGUST 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	05/8/2024	Chocolate tube cake	Fresh milk	Stir-fried noodle with seafood	Potato wedges	Herbs	Wintermelon with meat broth Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk
	TUE	06/8/2024	Fresh Fruit	Fresh milk	Baked pork tenderloin with Gravy sauce	Stir-fried jicama with meat	Italian style salad	Sour soup with morning glory and soft tofu Steamed rice	Fresh Fruit	Strawberry jelly	Vinamilk yoghurt
	WED	07/8/2024	Banana cake	Apple juice	Beef stew in red wine sauce served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Green bean sticky rice served with ham	Fresh milk
	THU	08/8/2024	Beef soup	Fresh milk	Pan-fried fish fillet with passion fruit sauce	Noodle mix minced pork	Stir-fried morning glory with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Milk biscuit	Fresh milk
	FRI	09/8/2024	Orange jam sandwich	Yoghurt	Chicken Pho		Herbs	Fresh Fruit	Butter cream sponge cake	Fresh milk	

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – AUGUST 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	12/8/2024	Cornflakes	Fresh milk	French's mustard baked chicken	Stir fried string bean with bacon	Baked pumpkin with Oregano	Sour soup with eggs and bean sprouts	Fresh Fruit	Strawberry tube cake	Fresh milk
							Steamed rice				
	TUE	13/8/2024	Fresh Fruit	Fresh milk	Braised fish with pineapple & tomato	Tofu stuffed with mince pork	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh Fruit	Grilled sausage	Vinamilk yoghurt
								Steamed rice			
	WED	14/8/2024	Carrot cake	Apple juice	Spaghetti bolognese served with grilled sweet potato		Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh Fruit	Papparoti bread	Fresh milk
THU	15/8/2024	Seafood soup	Fresh milk	Fish sauce fried chicken	Stir-fried with chayote with meat	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh Fruit	Fresh Fruit	Fresh milk	
							Steamed rice				
FRI	16/8/2024	Butter & jam bread	Yoghurt	Ham pizza served with potato baked			Pumpkin with meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk	

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – AUGUST 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT			
3	MON	19/8/2024	Cosy Marie biscuits	Fresh milk	Chicken fillet katsu served with mushroom cream	Stir fried eggplant with mince pork sauce	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk	
	TUE	20/8/2024	Fresh Fruit	Fresh milk	Baked fish served with caper sauce	Quang noodle mix mince pork	Salad mixed Aioli sauce	Garlic chive soup with soft tofu Steamed rice	Fresh Fruit	Banana cake	Vinamilk yoghurt	
	WED	21/8/2024	Cream choux	Apple juice	Lagu pork stew with white beans served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Almond butter cake	Fresh milk	
	THU	22/8/2024	Chicken soup with baby corn	Fresh milk	Baked tenderloin with BBQ sauce	Korean pancake	Stir fried bok choy with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Coconut jelly	Fresh milk	
	FRI	23/8/2024	Egg sponge cake	Yoghurt	Eggs and sausage hamburger served with grilled sweet potato with honey			Courgette with meat broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk	

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – AUGUST 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
4	MON	26/8/2024	Magic cracker sandwich	Fresh milk	Baked chicken Carbonara with mushroom & ham	Stir fried winter melone with shrimp	Stir fried white cabbage with garlic	Vegetables with meat broth Steamed rice	Fresh Fruit	Solite sponge cake	Fresh milk
	TUE	27/8/2024	Fresh Fruit	Fresh milk	Caramelized shrimp and pork	Tofu with sweet sour sauce & quail eggs	Salad mixed Cocktail sauce	Pink melone with shrimp broth Steamed rice	Fresh Fruit	Donut	Fresh milk
	WED	28/8/2024	Grape sponge cake	Apple juice	Seafood pizza served with potato wedges		Lettuce, tomato, cucumber salad with Mayonnaise	Luffa with chicken broth	Fresh Fruit	Hot dog	Fresh milk
	THU	29/8/2024	Minced pork soup	Fresh milk	Pan-fried fish with lemon butter sauce	Omelette with cheese	Stir fried chayote with onion	Long bottle gourd with meat broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	FRI	30/8/2024	Strawberry jam sandwich	Yoghurt	Cream pasta with bacon	Grilled sweet potato with honey		Seaweed with shrimp broth	Fresh Fruit	Kimbap	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

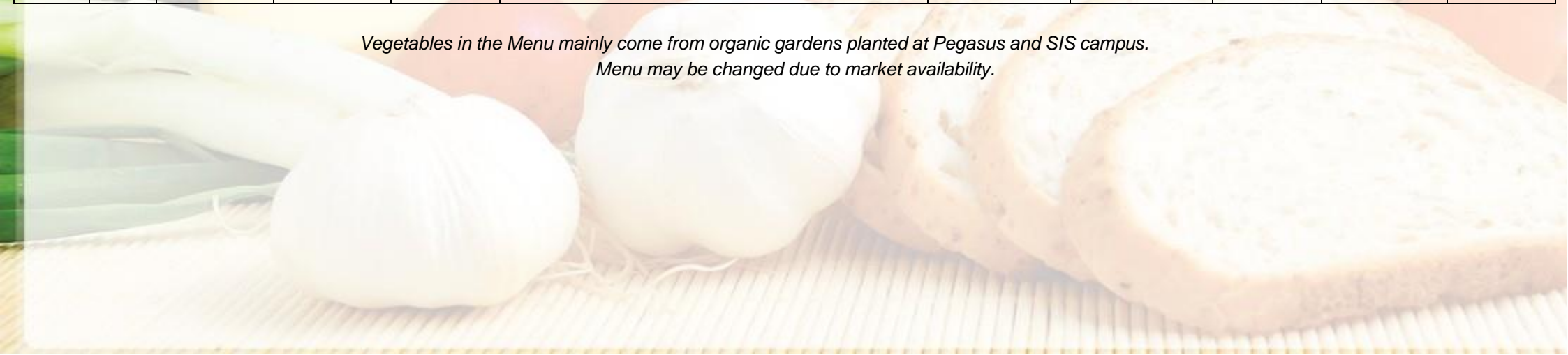
# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	WED	04/9/2024	Fresh fruit	Apple juice	Vietnamese macaroni soup with pork stew and vegetables		Herbs	Steamed rice/ Bread	Fresh Fruit	Chocopie Orion	Fresh milk
	THU	05/9/2024	Chicken soup	Fresh milk	Grilled fish with Teriyaki sauce	Fried eggs & vegetables	Stir fried vegetables with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	06/9/2024	Cheese bread	Yoghurt	Ham and cheese burger served with french fries		Russian salad	Napa cabbage with chicken broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*



# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT			
6	MON	09/9/2024	Chocolate tube cake	Fresh milk	Baked chicken with cheese sauce	Stir fried jicama with meat	Mexican salad	Wintermelone with meat broth Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk	
	TUE	10/9/2024	Fresh Fruit	Fresh milk	Baked pork tenderloin with Demi sauce	Bacon and egg roll	Stir fried vegetables with butter	Gourd with shrimp broth Steamed rice	Fresh Fruit	Milk biscuits	Vinamilk yoghurt	
	WED	11/9/2024	Banana cake	Apple juice	Chicken curry served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Ham bread	Fresh milk	
	THU	12/9/2024	Beef soup	Fresh milk	Pan-fried fish fillet with passion fruit sauce	Noodle mix minced pork	Stir fried bok choy with mushroom in oyster sauce	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Chocolate jelly	Fresh milk	
	FRI	13/9/2024	Orange jam sandwich	Yoghurt	Vietnamese colocasia gigantea noodle soup			Herbs	Fresh Fruit	Butter cream sponge cake	Fresh milk	

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	16/9/2024	Cornflakes	Fresh milk	French's mustard baked chicken	Stir fried string bean with bacon	Baked pumpkin with Oregano	Sour soup with eggs and bean sprouts	Fresh Fruit	Strawberry tube cake	Fresh milk
							Steamed rice				
	TUE	17/9/2024	Fresh Fruit	Fresh milk	Braised fish with pineapple & tomato	Tofu stuffed with mince pork	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh Fruit	Grilled sausage	Vinamilk yoghurt
								Steamed rice			
	WED	18/9/2024	Carrot cake	Apple juice	Spaghetti bolognese served with grilled sweet potato		Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh Fruit	Papparoti bread	Fresh milk
THU	19/9/2024	Seafood soup	Fresh milk	Fish sauce fried chicken	Stir-fried with chayote with meat	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh Fruit	Potato cracker	Fresh milk	
							Steamed rice				
FRI	20/9/2024	Butter & jam bread	Yoghurt	Ham pizza served with potato baked			Pumpkin with meat broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk	

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – SEPTEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
8	MON	23/9/2024	Cosy Marie biscuits	Fresh milk	Chicken fillet katsu served with mushroom cream	Stir fried eggplant with mince pork sauce	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth Steamed rice	Fresh Fruit	Rice crackers	Fresh milk
	TUE	24/9/2024	Fresh Fruit	Fresh milk	Baked fish served with caper sauce	Quang noodle mix mince pork	Salad mixed Aioli sauce	Garlic chive soup with soft tofu Steamed rice	Fresh Fruit	Banana cake	Vinamilk yoghurt
	WED	25/9/2024	Cream choux	Apple juice	Lagu pork stew with white beans served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Almond butter cake	Fresh milk
	THU	26/9/2024	Chicken soup with baby corn	Fresh milk	Baked tenderloin with BBQ sauce	Korean pancake	Stir fried bok choy with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh Fruit	Fresh milk
	FRI	27/9/2024	Egg sponge cake	Yoghurt	Eggs and sausage hamburger served with grilled sweet potato with honey			Courgette with meat broth	Fresh Fruit	Vietnamese pork samosa	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*



# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – SEP + OCT 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	30/9/2024	Magic cracker sandwich	Fresh milk	Baked chicken Carbonara with mushroom & ham	Stir fried wintermelon with shrimp	Stir fried white cabbage with garlic	Vegetables with meat broth Steamed rice	Fresh Fruit	Solite sponge cake	Fresh milk
	TUE	01/10/2024	Fresh Fruit	Fresh milk	Caramelized shrimp and pork	Tofu with sweet sour sauce & quail eggs	Salad mixed Cocktail sauce	Pink melone with shrimp broth Steamed rice	Fresh Fruit	Donut cake	Vinamilk yoghurt
	WED	02/10/2024	Grape sponge cake	Apple juice	Seafood pizza served with potato wedges		Lettuce, tomato, cucumber salad with Mayonnaise	Seaweed with shrimp broth	Fresh Fruit	Hot dog	Fresh milk
	THU	03/10/2024	Minced pork soup	Fresh milk	Pan-fried fish with lemon butter sauce	Omelette with cheese	Stir fried chayote with onion	Long bottle gourd with meat broth Steamed rice	Fresh Fruit	Coconut jelly	Fresh milk
	FRI	04/10/2024	Strawberry jam sandwich	Yoghurt	Cream pasta with bacon	Grilled sweet potato with honey		Luffa with chicken broth	Fresh Fruit	Kimbap	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*



**SINGAPORE INTERNATIONAL SCHOOL**  
Since 1986

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – KINDERGARTEN – OCTOBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
10	MON	07/10/2024	Wafer	Fresh milk	Roasted chicken with herbs sauce	Boiled eggs	Stir-fired luffa with bean sprouts & basil leaves	Pumpkin with pork broth Steamed rice	Fresh Fruit	Chocopie Orion	Fresh milk
	TUE	08/10/2024	Fresh Fruit	Fresh milk	Grilled pork with Madeira sauce	Eggplant with minced pork sauce	Stir fried morning glory with garlic	Amaranth with shrimp broth Steamed rice	Fresh Fruit	Sesame roll bread	Vinamilk yoghurt
	WED	09/10/2024	Coconut bread	Apple juice	Vietnamese macaroni soup with pork stew and vegetables		Herbs	Steamed rice/Bread	Fresh Fruit	Cream choux	Fresh milk
	THU	10/10/2024	Chicken soup	Fresh milk	Grilled fish with Teriyaki sauce	Fried eggs & vegetables	Stir fried vegetables with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	11/10/2024	Cheese bread	Yoghurt	Ham burger served with potato wedges		Russian salad	Napa cabbage with chicken broth	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

*Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability.*