

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – OCTOBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	21/10/2024	Magic cracker	Fresh milk	Stir-fried pasta with seafood & tomato sauce	Potato wedges	Herbs	Wintermelon with meat broth Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk
	TUE	22/10/2024	Fresh Fruit	Fresh milk	Baked pork tenderloin with Gravy sauce	Stir-fried jicama with meat	Salad mixed Tartar sauce	Sour soup with morning glory and soft tofu Steamed rice	Fresh Fruit	Grilled sausage	Vinamilk yoghurt
	WED	23/10/2024	Orange jam sandwich	Apple juice	Beef stew in red wine sauce served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Green beans sweet with coconut gruel	Fresh milk
	THU	24/10/2024	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	25/10/2024	Coconut roll bread	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 2 – KINDERGARTEN – OCT + NOV 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	28/10/2024	Cornflakes	Fresh milk	Chicken katsu served with black sesame sauce	Stir fried string bean with meat	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth Steamed rice	Fresh Fruit	Strawberry tube cake	Fresh milk
	TUE	29/10/2024	Fresh Fruit	Fresh milk	Meat ball stuffed with tomato sauce	Stir-fried with chayote with shrimp	Stir-fried white cabbage with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Cocoa jelly	Vinamilk yoghurt
	WED	30/10/2024	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	31/10/2024	Seafood soup	Fresh milk	Baked fish with Teriyaki sauce	Tofu stuffed with mince pork	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth Steamed rice	Fresh Fruit	Banana cake	Fresh milk
	FRI	01/11/2024	Butter & jam bread	Yoghurt	Vietnamese hand-cut rice noodles with pork roll and quail egg		Herbs	Steamed rice	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
3	MON	04/11/2024	Cosy Marie biscuits	Fresh milk	Chicken McNuggets	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	05/11/2024	Fresh Fruit	Fresh milk	Shrimp tempura served with mayonnaise sauce	Quang noodle mix mince pork	Salad mixed cheese sauce	Amaranth with meat broth Steamed rice	Fresh Fruit	Cheese bread with pork floss	Vinamilk yoghurt
	WED	06/11/2024	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	07/11/2024	Chicken soup with baby corn	Fresh milk	Fish katsu served with tomato sauce	Korean pancake	Stir fried bok choy with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	FRI	08/11/2024	Egg sponge cake	Yoghurt	Ham sandwich served with honey roasted pumpkin		Vegetables salad	Courgette with meat broth	Fresh Fruit	Hot dog	Fresh milk

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# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
4	MON	11/11/2024	Seaweed rice cracker	Fresh milk	Baked chicken Carbonara with mushroom & ham	Stir fried wintermelon with shrimp	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup Steamed rice	Fresh Fruit	Solite sponge cake	Fresh milk
	TUE	12/11/2024	Fresh Fruit	Fresh milk	Grilled fish with dressing roasted sesame	Tofu with sweet sour sauce & quail eggs	Salad mixed Cocktail sauce	Mustard green with shrimp broth Steamed rice	Fresh Fruit	Sweet bread served with strawberry jam	Vinamilk yoghurt
	WED	13/11/2024	Banana cake	Apple juice	Cullet steamed rice Paella		Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh Fruit	Donut cake	Fresh milk
	THU	14/11/2024	Minced pork soup	Fresh milk	Pan-fried fish with lemon butter sauce	Omelette with cheese	Stir fried chayote with onion	Vietnamese garlic chives & soft tofu soup Steamed rice	Fresh Fruit	Green bean sticky rice served with pork floss	Fresh milk
	FRI	15/11/2024	Grape sponge cake	Yoghurt	Beef Pho			Herbs	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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## MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	MON	18/11/2024	Magic cracker	Fresh milk	Chicken fillet with cheese sauce	Stir fried corn with butter	Baked pumpkin with Oregano leave	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Chocopie Orion	Fresh milk
	TUE	19/11/2024	Fresh fruit	Fresh milk	Grilled fish with Teriyaki sauce	Southern noodle salad	Salad mixed Cocktail sauce	Pink melone with shrimp broth Steamed rice	Fresh Fruit	Lotus seed coconut sticky rice	Fresh milk
	WED	20/11/2024	Grilled sausage	Apple juice	Bacon pizza served with french fries		Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh Fruit	Cream choux	Fresh milk
	THU	21/11/2024	Chicken soup	Fresh milk	Baked pork with Lee Kum Kee sauce	Fried eggs & vegetables	Stir fried vegetables with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	22/11/2024	Cheese bread	Yoghurt	Chicken curry served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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## MENU FOR TERM 2 – KINDERGARTEN – NOVEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	25/11/2024	Solite cake with pineapple flavour	Fresh milk	Grilled chicken with honey	Stir fried jicama with meat	Mexican salad	Wintermelone with meat broth Steamed rice	Fresh Fruit	Cheese wafer	Fresh milk
	TUE	26/11/2024	Fresh Fruit	Fresh milk	Baked pork with Bulgogi sauce	Bacon and egg roll	Stir fried vegetables with butter	Long bottle gourd with shrimp broth Steamed rice	Fresh Fruit	Milk biscuits	Vinamilk yoghurt
	WED	27/11/2024	Donut cake	Apple juice	Seafood pizza served with potato wedges		Lettuce, tomato, cucumber salad	Napa cabbage with meat broth	Fresh Fruit	Pork floss bread	Fresh milk
	THU	28/11/2024	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	29/11/2024	Coconut roll bread	Yoghurt	Egg & sausage burger with cheese served with honey roasted carrots		Vegetable with meat broth		Fresh Fruit	Butter cream sponge cake	Fresh milk

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# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – DECEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	02/12/2024	Cornflakes	Fresh milk	Chicken katsu served with black sesame sauce	Stir fried string bean with meat	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth Steamed rice	Fresh Fruit	Strawberry tube cake	Fresh milk
	TUE	03/12/2024	Fresh Fruit	Fresh milk	Meat ball stuffed with tomato sauce	Stir-fried with chayote with shrimp	Stir-fried white cabbage with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Coconut jelly	Vinamilk yoghurt
	WED	04/12/2024	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	05/12/2024	Seafood soup	Fresh milk	Baked fish with Teriyaki sauce	Tofu stuffed with mince pork	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth Steamed rice	Fresh Fruit	Banana cake	Fresh milk
	FRI	06/12/2024	Butter & jam bread	Yoghurt	Vietnamese hand-cut rice noodles with pork roll and quail egg		Herbs	Steamed rice	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – DECEMBER 2024



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
8	MON	09/12/2024	Cosy Marie biscuits	Fresh milk	Chicken McNuggets	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	10/12/2024	Fresh Fruit	Fresh milk	Shrimp tempura served with mayonnaise sauce	Quang noodle mix mince pork	Salad mixed cheese sauce	Amaranth with meat broth Steamed rice	Fresh Fruit	Cheese bread with pork floss	Vinamilk yoghurt
	WED	11/12/2024	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	12/12/2024	Chicken soup with baby corn	Fresh milk	Fish katsu served with tomato sauce	Korean pancake	Stir fried bok choy with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Wafer	Fresh milk
	FRI	13/12/2024	Egg sponge cake	Yoghurt	Ham sandwich served with honey roasted pumpkin		Vegetables salad	Courgette with meat broth	Fresh Fruit	Hot dog	Fresh milk

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## MENU FOR TERM 2 – KINDERGARTEN – DECEMBER 2024



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					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	16/12/2024	Seaweed rice cracker	Fresh milk	Baked chicken Carbonara with mushroom & ham	Stir fried winter melone with shrimp	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup Steamed rice	Fresh Fruit	Solite sponge cake	Fresh milk
	TUE	17/12/2024	Fresh Fruit	Fresh milk	Grilled fish with dressing roasted sesame	Tofu with sweet sour sauce & quail eggs	Salad mixed Cocktail sauce	Mustard green with shrimp broth Steamed rice	Fresh Fruit	Sweet bread served with strawberry jam	Vinamilk yoghurt
	WED	18/12/2024	Banana cake	Apple juice	Cullet steamed rice Paella		Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh Fruit	Donut cake	Fresh milk
	THU	19/12/2024	Minced pork soup	Fresh milk	Pan-fried fish with lemon butter sauce	Omelette with cheese	Stir fried chayote with onion	Vietnamese garlic chives & soft tofu soup Steamed rice	Fresh Fruit	Green bean sticky rice served with pork floss	Fresh milk
	FRI	20/12/2024	Grape sponge cake	Yoghurt	Beef Pho			Herbs	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – KINDERGARTEN – JANUARY 2025



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
10	MON	06/01/2025	Solite cake with pineapple flavour	Fresh milk	Chicken fillet with cheese sauce	Stir fried corn with butter	Baked pumpkin with Oregano leave	Malabar spinach with meat broth Steamed rice	Fresh Fruit	Chocopie Orion	Fresh milk
	TUE	07/01/2025	Fresh fruit	Fresh milk	Grilled fish with Teriyaki sauce	Southern noodle salad	Salad mixed Coktail sauce	Pink melone with shrimp broth Steamed rice	Fresh Fruit	Lotus seed coconut sticky rice	Fresh milk
	WED	08/01/2025	Grilled sausage	Apple juice	Bacon pizza served with french fries		Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh Fruit	Cream choux	Fresh milk
	THU	09/01/2025	Chicken soup	Fresh milk	Baked pork with Lee Kum Kee sauce	Fried eggs & vegetables	Stir fried vegetables with garlic	Seaweed with shrimp broth Steamed rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	10/01/2025	Cheese bread	Yoghurt	Chicken curry served with bread		Herbs	Steamed rice/ Bread	Fresh Fruit	Egg yolk & oil sauce sponge cake	Fresh milk

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