

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 2 – NOV 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	06/11/2017	Sauropus with pork broth	Mixed morning glory vegetables + optional salad	Pork belly with pineapple sauce	Satay chicken	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
			Rice/Bread		Pad Thai					Fresh milk
	TUE	07/11/2017	Winter melon with shrimp broth	Stir fried Bok Choy + optional salad	Grilled pork	Fried tilapia	Fruit	Asian + Western lunch set	Butter cream cake	Fruit juice
			Rice/Bread		Quail eggs with oyster oil					Fresh milk
	WED	08/11/2017	Tomato with sprout bean broth	Lettuce, cucumber, tomato	Mixed rice in Italian style		Fruit	Western lunch set	Donut	Fruit juice
THU	09/11/2017	Amaranth with pork broth	Stir fried chayote + optional salad	Roasted chicken	Crunchy shrimp	Fruit	Asian + Western lunch set	Rice cracker (salty)	Fruit juice	
		Rice/Bread		Braised pork loaf with onion					Fresh milk	
FRI	10/11/2017		Local vegetables	Noodles with grilled pork and spring rolls		Fruit	Asian lunch set	Waffle	Fruit juice	
									Fresh milk	

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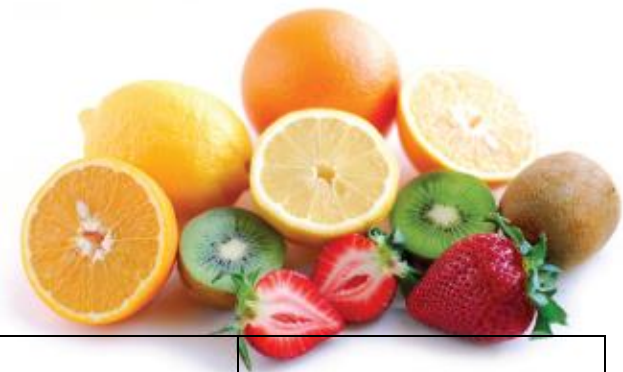


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4	MON	13/11/2017	Sauropus with shrimp broth	Stir fried Napa cabbage + optional salad	Grilled chicken with honey	Roasted pork	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice
			Rice/Bread		Minced pork stuffed in tofu with tomato sauce					Fresh milk
	TUE	14/11/2017	Turnip with meat broth	Stir fried kohlrabi with garlic + optional salad	Grilled pork loaf	Fried squid with fish sauce	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
			Rice/Bread		Fish loaf with sweet and sour sauce					Fresh milk
	WED	15/11/2017		Herbs	Beef Pho	Noodles with fish loaf	Fruit	Asian lunch set	Coconut jelly	Fruit juice
										Fresh milk
THU	16/11/2017	Amaranth with shrimp broth	Stir fried jicama + optional salad	Fried chicken	Braised pork in Chinese style	Fruit	Asian + Western lunch set	Crackers	Fruit juice	
		Rice/Bread		Stir fried noodles in Singaporean style					Fresh milk	
FRI	17/11/2017		Herbs	Chicken soya noodles	Noodles with pork ribs	Fruit	Asian lunch set	Cookies	Fresh milk	
									Yoghurt	

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5	MON	20/11/2017	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	21/11/2017	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	22/11/2017		Fried potato	Spaghetti with minced beef sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Quail eggs dumpling	Fruit juice
						Fresh milk				
	THU	23/11/2017	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	24/11/2017		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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6	MON	27/11/2017	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	28/11/2017	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	29/11/2017	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	30/11/2017	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	01/12/2017		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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