



# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 1 – OCT 2016



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	10/10/2016	Winter melon with pork broth	Mixed Glory morning vegetable with sesame	Braised pork with eggs	Stir fried noodles with chicken and green bean	Fruit	Asian lunch set	Crackers	Fruit juice
			Rice/Bread		Fried tilapia	Braised pork with tofu				Fresh milk
	TUE	11/10/2016	Sauropus with beef broth	Stir fried Bok Choy	BBQ Chicken	Stir fried pork with vegie	Fruit	Asian + Western lunch set	Milk bread	Fruit juice
			Rice/Bread		Braised pork loin with sesame	Potato wedges and sausage				Fresh milk
	WED	12/10/2016		Boiled vegie	Spaghetti with seafood sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Banana cake	Fruit juice
										Fresh milk
	THU	13/10/2016	Lufa with shrimp broth	Stir fired mushroom with vegie and meat	Braised basa fish	Stir fried beef with broccoli	Fruit	Asian + Western lunch set	Waffle	Ice cream
			Rice/Bread		Braised chicken	Shu mai				
	FRI	14/10/2016		Herbs	Wonton with Char siu noodles	Noodles with pork loin, pork pies	Fruit	Asian lunch set	Chicken dumpling	Fruit juice
										Fresh milk