

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – OCT 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	2/10/2017	Sauropus with shrimp broth	Stir fried Napa cabbage	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	3/10/2017	Turnip with meat broth	Stir fried kohlrabi with garlic	Grilled pork loaf	Fried squid with fish sauce	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
			Rice/Bread		Fish loaf with sweet and sour sauce					Fresh milk
	WED	4/10/2017		Herbs	Beef Pho	Noodles with fish loaf	Fruit	Asian lunch set	Moon cakes	Fruit juice
						Fresh milk				
	THU	5/10/2017	Amaranth with shrimp broth	Stir fried jicama	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	6/10/2017		Herbs	Chicken soya noodles	Noodles with pork ribs	Fruit	Asian lunch set	Cookies	Fruit juice
						Fresh milk				

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

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	9/10/2017	Vine spinach with pork broth	Stir fried glory morning vegetables	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	10/10/2017	Winter melon with shrimp broth	Stir fried chayote	Grilled pork ribs	Fried tilapia	Fruit	Asian + Western lunch set	Chocolate chips cookies	Fruit juice
			Rice/Bread		Shu mai					Fresh milk
	WED	11/10/2017		Fried potato	Spaghetti with minced beef sauce	Spaghetti with chicken balls sauce	Fruit	Western lunch set	Quail eggs dumpling	Fruit juice
										Fresh milk
	THU	12/10/2017	Papaya with pork broth	Stir fried Bok Choy	Roasted chicken	Braised pork with mushroom	Fruit	Asian + Western lunch set	Sesame crackers	Fruit juice
			Rice/Bread		Fried eggs					Fresh milk
	FRI	13/10/2017		Local vegetables	Quang noodles (shrimp, pork, quail eggs)	Braised beef	Fruit	Asian lunch set	Shaken sweet potato	Fruit juice
										Yoghurt

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			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
11	MON	23/10/2017	Sauropus with pork broth	Stir fired Bok Choy with oyster oil	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	24/10/2017	Pumpkin with shrimp broth	Boiled cabbage	BBQ pork loin	Shrimp tempura	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
			Rice/Bread		Fish balls with oyster oil					Fresh milk
	WED	25/10/2017	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	26/10/2017	Amaranth with shrimp broth	Stir fried green bean	Stir fried pork ribs	Braised fish	Fruit	Asian + Western lunch set	Coconut Danish	Fruit juice
			Rice/Bread		Stir fried soya noodles with crab stick					Fresh milk
	FRI	27/10/2017		Shaken potato with salt	Chicken end eggs sandwich	Shrimp sandwich	Fruit	Western lunch set	Pork balls tempura	Fruit juice
										Fresh milk

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MENU FOR TERM 2 – OCT + NOV 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK		
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE			
12	MON	30/10/2017	Vine spinach with pork broth	Boiled vegie	Char siu	Fried chicken with fish sauce	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice	
			Rice/Bread		Shu mai with tomato sauce					Fresh milk	
	TUE	31/10/2017	Green gourd with shrimp broth	Stir fried Napa cabbage	Grilled chicken with lemon leaves	Squid tempura	Fruit	Asian + Western lunch set	Chocolate crackers	Fruit juice	
			Rice/Bread		Fried fish loaf with oyster oil					Fresh milk	
	WED	01/11/2017	Bread	Tempura sweet potato	Beef steak	Braised chicken with red wine	Fruit	Western lunch set	Fish balls stick	Fruit juice	
										Fresh milk	
	THU	02/11/2017	Bok Choy with shrimp broth	Mixed morning glory vegetables with sesame	Braised pork ribs with lemongrass	Mackerel with tomato sauce	Fruit	Asian + Western lunch set	3 flavor jelly	Fruit juice	
			Rice/Bread		Stir fried penne with shrimp					Fresh milk	
	FRI	03/11/2017			Local vegetables	Noodles with fish loaf	Noodles with wonton and char siu	Fruit	Asian lunch set	Ham pizza	Fruit juice
											Fresh milk

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