

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – OCT 2017



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	23/10/2017	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	24/10/2017	Winter melon 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	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	Vine spinach with shrimp broth	Stir fried green bean + optional salad	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	Fish balls stick	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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WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	30/10/2017	Vine spinach with pork broth	Boiled vegie + optional salad	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 + optional salad	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	Pork balls tempura	Fruit juice
										Fresh milk
	THU	02/11/2017	Bok Choy with shrimp broth	Mixed morning glory vegetables + optional salad	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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