



**SINGAPORE INTERNATIONAL SCHOOL**  
Since 1986

# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM 3 – APRIL 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
10	MON	03/04/2023	Roasted pork tenderloin with red honey sauce	Stir fried chicken with lemongrass & chili	Bake purple sweet potato	White cabbage with meat broth	Fresh fruit	Strawberry tube cake	Fresh milk
			Bacon scramble eggs			Rice			
	TUE	04/04/2023	Grilled pork ribs BBQ with Demi-glass sauce	Fried fish loaf with sweet & sour sauce	Stir fried bok choy with garlic	Green mustard with shrimp broth	Fresh fruit	Coconut sweet bread	Ginger lemon tea
			Stir fried corn with butter			Rice			Fresh milk
	WED	05/04/2023	Spaghetti carbonara with bacon & mushroom sauce	Tapioca noodles with pork and quail eggs	Russian salad	Herbs	Fresh fruit	Wafer	Apple juice
									Fresh milk
	THU	06/04/2023	Pan-seared fish fillet served with lemon butter sauce	Roasted pork belly served with bean sprout pickle	Grilled pumpkin with Oregano	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Fried tofu with fish sauce			Rice			Fresh milk
	FRI	07/04/2023	Red wine chicken stewed served with bread	Wonton and Char-Siu noodles	Herbs + Local vegetables	Bread	Fresh fruit	Vietnamese pork samosa	Lime juice
									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*

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## MENU FOR TERM 4 – APRIL 2023



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
1	MON	17/04/2023	KFC chicken	Quang noodles	Stir-fried morning glory with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Sweet bread with strawberry jam	Fresh milk
			Roasted sweet potato with butter			Rice			
	TUE	18/04/2023	Roasted pork tenderloin with BBQ sauce	Basa fish tempura	Garden salad with vinegar dressing	Leaf mustard with shrimp broth	Fresh fruit	Egg sponge cake	Ginger lemon tea
			Mixed noodle with meat & shrimp			Rice			Fresh milk
	WED	19/04/2023	Stewed beef with red wine	Grilled chicken with sweet & sour sauce	Stir fried string bean with mince pork & carrot	Wintermelon with mince pork broth	Fresh fruit	Grilled sausage	Apple juice
				Korean pancake		Rice/Bread			Fresh milk
	THU	20/04/2023	Roasted pork belly with pepper sauce	Fried Red Talapia fish with fish sauce	Grilled pumpkin and bean salad	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Roll eggs			Rice			Fresh milk
	FRI	21/04/2023	Roasted chicken & egg noodle served with Teriyaki sauce	Fresh rice flat paper & pork loaf	Baked sweet potato	Herbs + Local vegetables	Fresh fruit	Brioche bread	Lime juice
									Fresh milk

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
2	MON	24/04/2023	Shrimp tempura	Rotisserie chicken	Russian salad	Malabar spinach with shrimp broth	Fresh fruit	Milk biscuits	Fresh milk
				Baked pumpkin		Rice			
	TUE	25/04/2023	Pan-seared fish with passion fruit sauce	Simmered ribs with sesame seed	Boiled vegetables with mayonnaise sauce	Wintermelon with meat broth	Fresh fruit	Coconut bread	Ginger lemon tea
			Tofu with sweet sour sauce & mince pork			Rice			Fresh milk
	WED	26/04/2023	Chicken spaghetti with tomato sauce	Beef noodle	Grilled sweet potato with honey	Herbs	Fresh fruit	Honey & pear jam crepe	Apple juice
								Fresh milk	
	THU	27/04/2023	Baked pork with Demiglass sauce	Chinese simmered Saba fish	Stir fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Quail eggs & Thai tamarind sauce			Rice			Fresh milk
	FRI	28/04/2023	Pork ribs lagu	Hoi An chicken rice	Vegetables salad	Chicken soup	Fresh fruit	Donut	Lime juice
						Bread			Fresh milk

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