

INTERNATIONAL SCHOOL Simer 1986

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – APRIL 2023

WEEK	DAY	DATE	LUNCH						
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNOC	ON SNACK
10	MON	03/04/2023	Roasted pork tenderloin with	Stir fried chicken with lemongrass & chili	Bake purple	White cabbage with meat broth			S. S. S.
			red honey sauce Bac <mark>on scramb</mark>	sweet po		Rice	Fresh fruit	Strawberry tube cake	Fresh milk
	TUE	04/04/2023	Grilled pork ribs BBQ with Demi-glass sauce	Fried fish loaf with sweet & sour sauce	Stir fried bok	Green mustard with shrimp broth		Coconut	Ginger lemon tea
			Stir fried corn with butter		choy with garlic	Rice	Fresh fruit	sweet bread	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	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Fried tofu with fish sauce		pumpkin with Oregano	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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		DATE	LUNCH					AFTERNOON SNACK	
WEEK	DAY		WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	ATTERNO	JN SNACK
2	MON	17/04/2023	KFC chicken	Quang noodles	Stir-fried morning glory with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Sweet bread with	Fresh milk
			Roasted sweet potato with butter			Rice		strawberry jam	
5.32	TUE	4.	Roasted pork tenderloin with BBQ sauce	Basa fish tempura	Garden salad with vinegar dressing	Leaf mustard with shrimp broth	Fresh fruit	Egg sponge	Ginger lemon tea
1		18/04/2023	Mixed noodle with meat & shrimp			Rice		cake	Fresh milk
1.5	WED	19/04/2023	Stewed beef with red wine	Grilled chicken with sweet & sour sauce	Stir fried string bean with mince pork &	Wintermelone with mince pork broth	Fresh fruit	Grilled sausage	Apple juice
SONE.	3			Korean pancake		Rice/Bread			Fresh milk
126-2	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			Milk tea
			Roll eggs		Con 1	Rice	_ Fresh fruit	Fresh fruit	Fresh milk
	FRI	21/04/2023	Roasted chicken & egg noodle served with Teriyaki		Baked sweet potato	Her <mark>bs +</mark> Local	Fresh fruit	Brioche	Lime juice
			sauce loaf		1	vegetables		bread	Fresh milk

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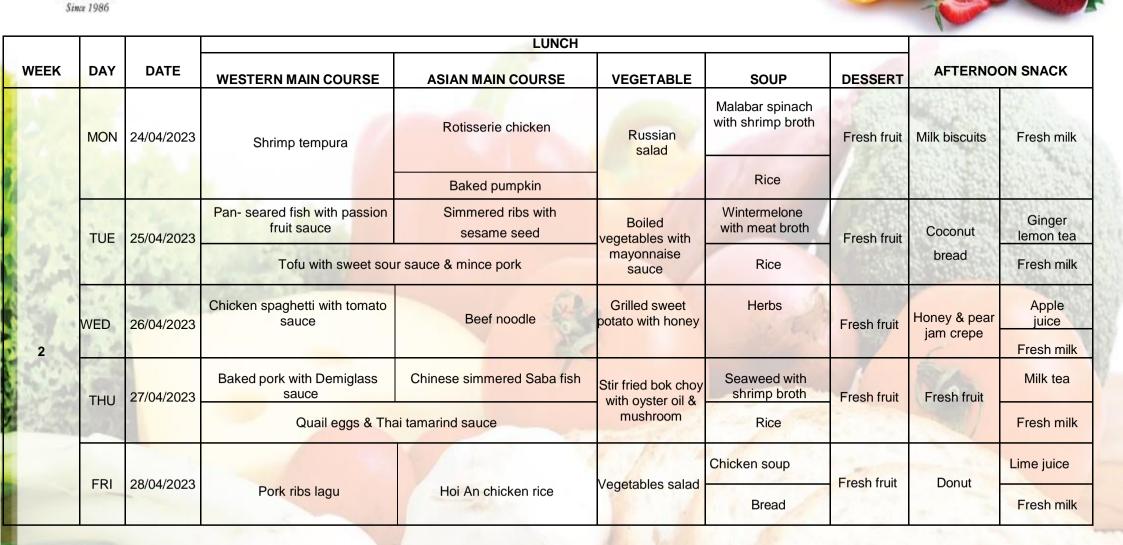
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