

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
6	THU	01/11/2022	Grilled pork with BBQ sauce	Chinese simmered fish	Stir fried morning glory with garlic	Seaweed with shrimp broth	Fresh fruit	Waffle	Milk tea
			Mixed noodle with vegetable, meat & shrimp			Rice			Fresh milk
	FRI	02/11/2022	Chicken mushroom roll with red wine sauce	Fish noodle	Boiled cabbage	Rice/ Bread Herbs	Fresh fruit	Vietnamese pork samosa	Lime 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



SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
7	MON	05/12/2022	Grilled chicken with lemon sauce and olive oil	Crispy fish batter and Tartar sauce	Grilled pumpkin	Malabar spinach with meat broth	Fresh fruit	Fresh fruit	Fresh milk
			Sautéed pork loaf with sweet & sour sauce			Rice			
	TUE	06/12/2022	Grilled pork tenderloin with Demiglass	Braised fish with sauce and tomato	Boiled leaf mustard	Papaya with mince pork broth	Fresh fruit	Milk bread	Ginger lemon tea
			Chinese braised quail eggs			Rice			Fresh milk
	WED	07/12/2022	Sausage hotdog	Hoi An chicken rice	Stir fried vegetables	Leaf mustard with shrimp broth	Fresh fruit	Salty cookies	Apple juice
					Potato wedge	Spice steam rice			Fresh milk
	THU	08/12/2022	Stewed beef with red wine	Char-siu pork	Stir fried morning glory with garlic	Seaweed with shrimp broth	Fresh fruit	Chocola tube cake	Milk tea
			Grilled tofu with BBQ sauce			Rice/ Bread			Fresh milk
	FRI	09/12/2022	Macaroni & pork ribs with vegetables	La Vong fish loaf noodles	Boiled gourd	Herbs + Local vegetables	Fresh fruit	Dumpling	Lime 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

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
8	MON	12/12/2022	Roasted chicken with BBQ & thyme leaves	Braised pork belly and fish sauce (server with bean sprout pickle)	Bake purple sweet potato	Chayote with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk
			Scramble eggs			Rice/ Bread			
	TUE	13/12/2022	Grilled pork cutlet with honey and garlic	Grilled fish with satay	Stir fried vegetables with onion	Malabar spinach with meat broth	Fresh fruit	Coconut milk bread	Ginger lemon tea
			Stir fried noodles with mince pork & mushroom			Rice			Fresh milk
	WED	14/12/2022	Pasta with Bolognese sauce	Grilled pork noodles	Boiled vegetables Russian style	Herbs	Fresh fruit	Strawberry butter cake	Apple juice
								Fresh milk	
	THU	15/12/2022	Grilled fish fillet with lemon cream sauce	Stir fried chicken breast with chilli & lemongrass	Grilled pumpkin with Oregano	Seaweed with shrimp broth	Fresh fruit	Banana fried pancake	Milk tea
			Korean mince pork and vegetable pancake			Rice			Fresh milk
FRI	16/12/2022	Chicken burger	Wonton and Char-Siu noodles	Herbs + Local vegetables/ Chips		Fresh fruit	Papparoti cake	Lime 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