

# SINGAPORE INTERNATIONAL SCHOOL

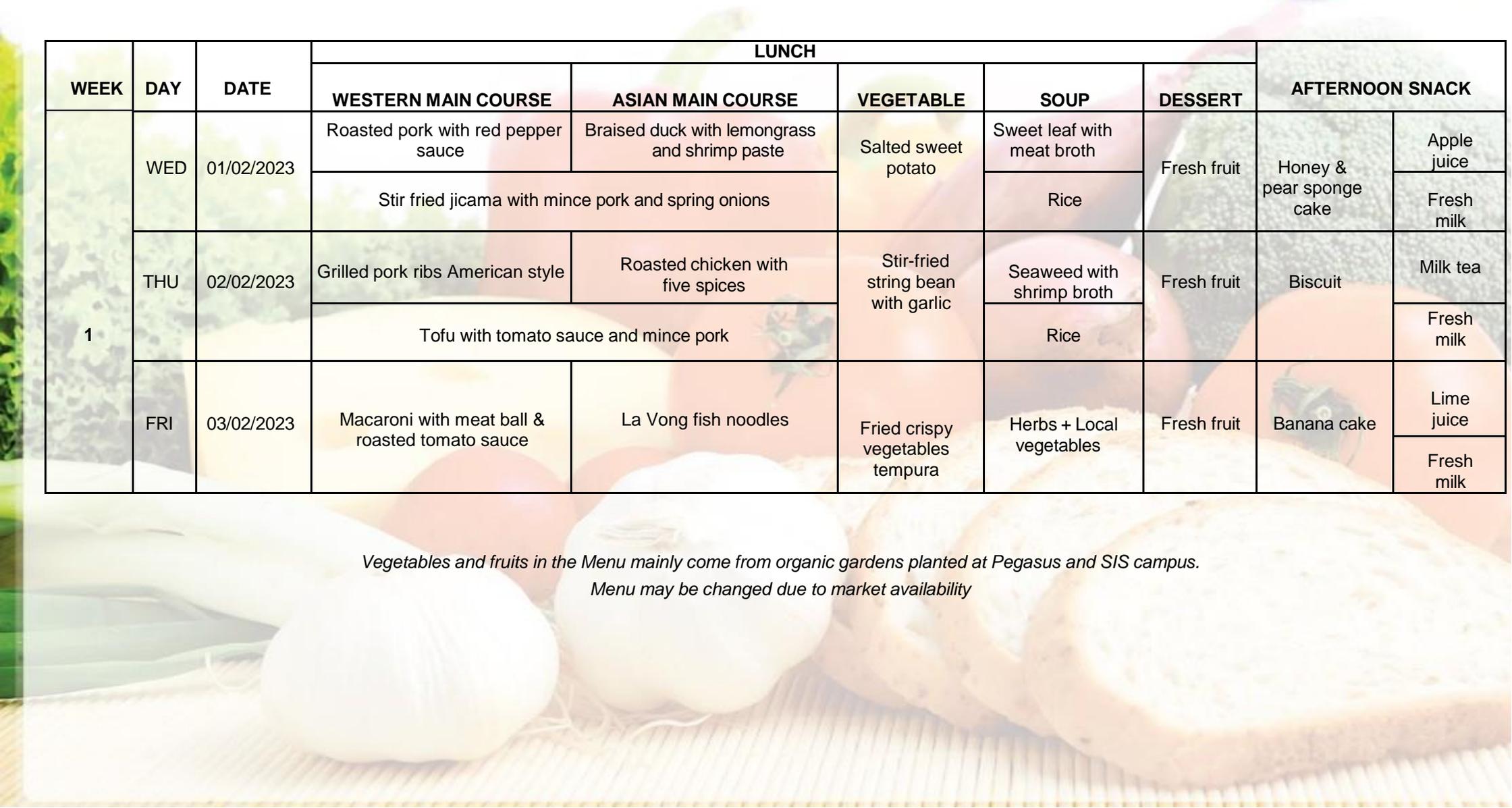
## MENU FOR TERM 3 – FEBRUARY 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
1	WED	01/02/2023	Roasted pork with red pepper sauce	Braised duck with lemongrass and shrimp paste	Salted sweet potato	Sweet leaf with meat broth	Fresh fruit	Honey & pear sponge cake	Apple juice
			Stir fried jicama with mince pork and spring onions			Rice			Fresh milk
	THU	02/02/2023	Grilled pork ribs American style	Roasted chicken with five spices	Stir-fried string bean with garlic	Seaweed with shrimp broth	Fresh fruit	Biscuit	Milk tea
			Tofu with tomato sauce and mince pork			Rice			Fresh milk
	FRI	03/02/2023	Macaroni with meat ball & roasted tomato sauce	La Vong fish noodles	Fried crispy vegetables tempura	Herbs + Local vegetables	Fresh fruit	Banana 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*



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2	MON	06/02/2023	Pan- seared fish fillet serve with cream mustard sauce	Roasted chicken & garlic sauce	Fried pumpkin	Malabar spinach with meat broth	Fresh fruit	Mini cupcake	Fresh milk
			Sautéed crispy pork			Rice			
	TUE	07/02/2023	Grilled pork with marjoram leaves with Pesto sauce	Crispy shrimp batter	Stir fried bok choy with garlic	Leaf mustard with shrimp broth	Fresh fruit	Salty cookies	Ginger lemon tea
			Omelets			Rice			Fresh milk
	WED	08/02/2023	Roasted chicken with honey	Grilled pork cutlet rice	Garden salad with vinegar dressing	Cabbage with mince pork broth	Fresh fruit	Donut	Apple juice
			Eggplant with mince pork sauce		Stir fried morning glory with garlic	Spice steam rice			Fresh milk
	THU	09/02/2023	Roasted pork with bell pepper sauce served with maccaroni	Fish clay pot	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Tapioca noodle with mince meat & shrimp			Rice/Bread			Fresh milk
	FRI	10/02/2023	Ham burger with BBQ sauce	Da Nang fish loaf noodles	French fries	Herbs + Local vegetables	Fresh fruit	Chocolate cake	Fruit juice
									Fresh milk

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3	MON	13/02/2023	Roasted pork tenderloin with red honey sauce	Stir fried chicken with lemongrass & chili	Bake purple sweet potato	Winter melon with meat broth	Fresh fruit	Strawberry tube cake	Fresh milk
			Bacon scramble eggs			Rice/ Bread			
	TUE	14/02/2023	Grilled pork ribs BBQ with Demi-glass sauce	Fried fish loaf with sweet & sour sauce	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Coconut sweet bread	Ginger lemon tea
			Stir fried corn with baby shrimp and onion			Steamed rice			Fresh milk
	WED	15/02/2023	Chicken pasta with pesto sauce	Tapioca noodles with pork and quail eggs	Russian salad	Cabbage with shrimp broth	Fresh fruit	Biscuit	Apple juice
THU	16/02/2023	Pan- seared fish fillet serve with lemon butter sauce	Roasted pork belly with served with bean sprout pickle	Grilled pumpkin with Oregano	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
		Fried tofu with fish sauce			Steamed rice			Fresh milk	
FRI	17/02/2023	Red wine beef stewed served with bread	Wonton and Char-Siu noodles	Herbs + Local vegetables		Fresh fruit	Dumpling	Lime juice	
								Fresh milk	

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4	MON	20/02/2023	Roasted smoked chicken with BBQ sauce	Quang noodles	Boiled white cabbage	Calabash with shrimp broth	Fresh fruit	Rice crackers	Fresh milk
			Mix rice noodle with meat, shrimp & peanut			Rice/Bread			
	TUE	21/02/2023	Roasted pork tenderloin with Gravy sauce	Fish satay	Green salad with mayonnaise	Egg tomato soup	Fresh fruit	Egg yolk & oil sauce sponge cake	Ginger lemon tea
			Quail eggs & Thai tamarind sauce			Rice			Fresh milk
	WED	22/02/2023	Stewed pork ribs with red wine	Grilled chicken with Teriyaki sauce	Grilled eggplant with Teriyaki sauce	Pumpkin with mince pork broth	Fresh fruit	Grilled sausage	Apple juice
				Korean pancake					Rice/Bread
	THU	23/02/2023	Roasted pork belly with pepper sauce	Braised fish with lemongrass and lemon leaves	Grilled pumpkin & bean salad	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Stir fried pork with lot leaves			Rice/ Bread			Fresh milk
	FRI	24/02/2023	Chicken spaghetti	Fresh rice flat paper & pork loaf	Roasted sweet potato	Herbs + Local vegetables	Fresh fruit	Donut	Lime juice
									Fresh milk

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5	MON	27/02/2023	Chicken pasta with mushroom and pesto sauce	Fried shrimp with lemongrass and lime leaves	Stir-fried cabbage with oyster oil	Herbs	Fresh fruit	Wafer	Fresh milk
				Stuffed calabash with meat		Local vegetables			
						Rice			
	TUE	28/02/2023	Pan- seared fish with Béchamel sauce	Simmered ribs with sesame seed	Roasted carrots & honey with cumin seeds	Calabash with shrimp broth	Fresh fruit	Grilled sausage	Ginger lemon tea
Grilled tofu with ram leave			Rice	Fresh milk					

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