

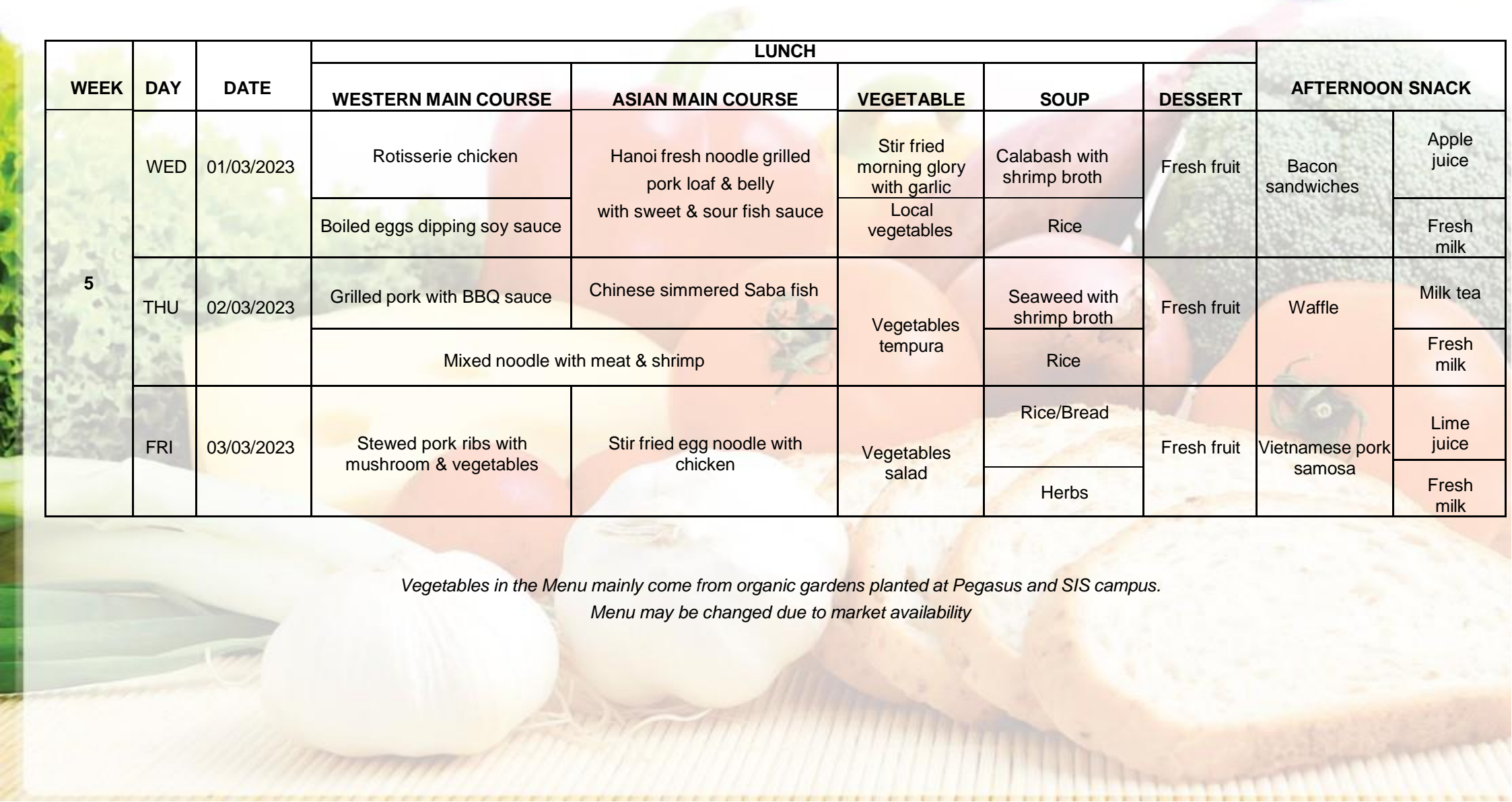
SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 3 – MARCH 2023



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
5	WED	01/03/2023	Rotisserie chicken	Hanoi fresh noodle grilled pork loaf & belly with sweet & sour fish sauce	Stir fried morning glory with garlic	Calabash with shrimp broth	Fresh fruit	Bacon sandwiches	Apple juice
			Boiled eggs dipping soy sauce		Local vegetables	Rice			Fresh milk
	THU	02/03/2023	Grilled pork with BBQ sauce	Chinese simmered Saba fish	Vegetables tempura	Seaweed with shrimp broth	Fresh fruit	Waffle	Milk tea
			Mixed noodle with meat & shrimp			Rice			Fresh milk
	FRI	03/03/2023	Stewed pork ribs with mushroom & vegetables	Stir fried egg noodle with chicken	Vegetables salad	Rice/Bread	Fresh fruit	Vietnamese pork samosa	Lime juice
Herbs						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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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
6	MON	06/03/2023	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	07/03/2023	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	08/03/2023	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	09/03/2023	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	10/03/2023	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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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
7	MON	13/03/2023	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	14/03/2023	Grilled pork ribs BBQ with Demi-glass sauce	Fried fish loaf with sweet & sour sauce	Stir fried bok choy with garlic	Green mustard with meat broth	Fresh fruit	Coconut sweet bread	Ginger lemon tea
			Stir fried corn with baby shrimp and onion			Rice			Fresh milk
	WED	15/03/2023	Spaghetti carbonara with bacon & mushroom sauce	Tapioca noodles with pork and quail eggs	Russian salad	Cabbage with shrimp broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Apple juice
									Fresh milk
	THU	16/03/2023	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			Steamed rice	Fresh milk					
FRI	17/03/2023	Red wine chicken stewed served with bread	Wonton and Char-Siu noodles	Herbs + Local vegetables		Fresh fruit	Ham sauce sponge cake	Lime juice	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT			
8	MON	20/03/2023	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	21/03/2023	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	22/03/2023	Stewed pork ribs with red wine	Grilled chicken with sweet & sour sauce	Korean pancake	Grilled eggplant	Pumpkin with mince pork broth	Fresh fruit	Grilled sausage	Apple juice
							Rice/Bread			Fresh milk
	THU	23/03/2023	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	24/03/2023	Roasted chicken & egg noodle served with Teriyaki sauce	Fresh rice flat paper & pork loaf	Roasted sweet potato	Herbs + Local vegetables	Fresh fruit	Donut	Lime juice		
										Fresh milk

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Menu



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
9	MON	27/03/2023	Chicken pasta with mushroom and pesto sauce	Fried shrimp with lemongrass and lime leaves	Stir-fried cabbage with oyster oil	Wintermelon with shrimp broth	Fresh fruit	Waffle	Fresh milk
				Braised calabash with meat		Rice			
	TUE	28/03/2023	Pan-seared fish with Béchamel sauce	Simmered ribs with sesame seed	Roasted carrots & honey with cumin seeds	Pumpkin with meat broth	Fresh fruit	Grilled sausage	Ginger lemon tea
						Rice			Fresh milk
	WED	29/03/2023	Rotisserie chicken	Hanoi fresh noodle grilled pork loaf & belly with sweet & sour fish sauce	Stir fried morning glory with garlic	Calabash with shrimp broth	Fresh fruit	Bacon sandwiches	Apple juice
			Boiled eggs dipping soy sauce			Local vegetables			Rice
	THU	30/03/2023	Grilled pork with BBQ sauce	Chinese simmered Saba fish	Vegetables tempura	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Mixed noodle with meat & shrimp			Herbs			Fresh milk
	FRI	31/03/2023	Stewed pork ribs with mushroom & vegetables	Stir fried egg noodle with chicken	Vegetables salad	Rice/Bread	Fresh fruit	Vietnamese pork samosa	Lime juice
Herbs						Fresh milk			

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