

SCHOOL Since 1986 SINGAPORE INTERNATIONAL SCHOOL MENU FOR TERM 3 – MARCH 2023



	DAY	DATE	LUNCH						2000
WEEK			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNOOI	N SNACK
	WED	01/03/2023	Rotisserie chicken	Hanoi fresh noodle grilled pork loaf & belly	Stir fried morning glory with garlic	Calabash with shrimp broth	Fresh fruit	Bacon sandwiches	Apple juice
1.23			Boiled eggs dipping soy sauce	with sweet & sour fish sauce	Local vegetables	Rice			Fresh milk
5	THU	02/03/2023	Grilled pork with BBQ sauce	Chinese simmered Saba fish	Vegetables	Seaweed with shrimp broth	Fresh fruit		Milk tea
1.1			Mixed noodle with meat & shrimp		tempura	Rice	1	5	Fresh milk
	FRI	<mark>03/03/2023</mark>	Stewed pork ribs with mushroom & vegetables	Stir fried egg noodle with	Vegetables	Rice/Bread	Fresh fruit	uit Vietnamese pork samosa	Lime juice
				chicken	salad	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	AFTERNOC	N SNACK	
16	MON	06/03/2023	Pan- seared fish fillet serve with cream mustard sauce	Roasted chicken & garlic sauce	Fried pumkin	Malabar spinach with meat broth	Fresh fruit	Mini	Fresh milk	
			Sautéed crispy pork		104	Rice	1	cupcake	Carlos Sta	
130	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	
1 area			Omelets		with game	Rice	Part and		Fresh milk	
6	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	
1 miles			Eggplant with mince pork sauce		Stir fried morning glory with garlic	Spice steam rice	4	00	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	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
			Tapioca noodle with mi	ince meat & shrimp	sauce	Rice/Bread			Fresh milk	
	FRI	RI 10/03/2023	Ham burger with BBQ sauce	Da Nang fish loaf	French fries	Herbs + Local	Fresh fruit	Chocolate	Fruit juice	
				noodles	Contraction of the	vegetables	roonnuit	cake	Fresh milk	

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LUNCH WFFK DAY DATE AFTERNOON SNACK WESTERN MAIN COURSE **ASIAN MAIN COURSE** SOUP VEGETABLE DESSERT Winter melon Stir fried chicken with with meat broth Roasted pork tenderloin with lemongrass & chili Bake purple red honev sauce 13/03/2023 Fresh fruit MON Strawberry Fresh milk sweet potato tube cake Rice/Bread Bacon scramble eggs Ginger Fried fish loaf with Grilled pork ribs BBQ with Green mustard with Coconut lemon tea sweet & sour sauce Demi-glass sauce Stir fried bok meat broth sweet TUE 14/03/2023 Fresh fruit chov with bread Stir fried corn with baby shrimp and onion Rice Fresh milk garlic Egg yolk & Cabbage with oil sauce Russian Apple juice Spaghetti carbonara with Tapioca noodles with pork shrimp broth sponge salad WFD 15/03/2023 Fresh fruit bacon & mushroom sauce and quail eggs cake 7 Fresh milk Roasted pork belly served Seaweed with Pan- seared fish fillet served with bean sprout pickle shrimp broth with lemon butter sauce Grilled Milk tea pumpkin with THU 16/03/2023 Fresh fruit **Fresh fruit** Oregano Fried tofu with fish sauce Steamed Fresh milk rice Wonton and Char-Siu Lime juice Red wine chicken stewed Ham sauce Herbs + Local vegetables noodles Fresh fruit FRI served with bread 17/03/2023 sponge Fresh milk cake

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I UNCH AFTERNOON SNACK WEEK DAY DATE WESTERN MAIN COURSE **ASIAN MAIN COURSE** VEGETABLE SOUP DESSERT Roasted smoked chicken with Quang noodles Calabash with **BBQ** sauce shrimp broth Boiled white MON 20/03/2023 Fresh fruit Rice **Fresh milk** cabbage Mix rice noodle with meat. crackers Rice/Bread shrimp & peanut Ginger Green salad Egg tomato Roasted pork tenderloin with lemon tea Egg volk & Fish satav with Gravy sauce soup oil sauce mayonnaise TUE 21/03/2023 Fresh fruit sponge Quail eggs & Thai tamarind sauce Rice Fresh milk cake Grilled chicken with Pumpkin with Apple juice sweet & sour sauce mince pork broth Grilled eggplant Fresh fruit Grilled Stewed pork ribs with red wine WED 22/03/2023 sausage Korean pancake **Rice/Bread** Fresh milk Roasted pork belly with Braised fish with Seaweed with Milk tea lemongrass and lemon shrimp broth pepper sauce Grilled pumpkin THU 23/03/2023 leaves & bean salad Fresh fruit Fresh fruit Fresh milk Stir fried pork with lot leaves Rice/Bread Herbs + Local Lime juice Fresh rice flat paper & Roasted sweet FRI Fresh fruit Donut vegetables Roasted chicken & egg 24/03/2023 potato pork loaf noodle served with Teriyaki Fresh milk sauce

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WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNOON SNACK	
9	MON	27/03/2023	Chicken pasta with mushroom and pesto sauce	Fried shrimp with lemongrass and lime leaves	Stir-fried cabbage with	Wintermelone with shrimp broth	Fresh fruit	Waffle	Fresh milk
	Lit.			Braised calabash with meat	oyster oil	Rice			
	TUE	28/03/2023	Pan- seared fish with Béchamel sauce	Simmered ribs with sesame seed	Roasted carrots &	Pumpkin with meat broth	Fresh fruit	Grilled	Ginger lemon tea
	14		Grilled tofu with ram leave		honey with cumin seeds	Rice		sausage	Fresh milk
	WED	29/03/2023	Rotisserie chicken	Hanoi fresh noodle grilled pork loaf & belly with sweet	Stir fried morning glory with garlic	Calabash with shrimp broth	Fresh fruit	sh fruit Bacon	Apple juice
	20		Boiled eggs dipping soy sauce	& sour fish sauce	Local vegetables	Rice	27	sandwiches	Fresh milk
	THU	30/03/2023	Grilled pork with BBQ sauce	Chinese simmered Saba fish	Vegetables	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Mixed noodle with meat & shrimp		tempura	Herbs			Fresh milk
	FRI	31/03/2023	Stewed pork ribs	Stir fried egg noodle	181 -	Rice/Bread	- Fresh fruit	Vietnamese	Lime juice
			with mushroom & vegetables	& vegetables with chicken	Veg <mark>et</mark> ables salad	Herbs		pork samosa -	Fresh milk

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