

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEPTEMBER 2022



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT		
5	MON	05/09/2022	Grilled vegan chicken penne & tomato sauce	Phu Chiem Quang noodles	Roasted carrots & honey with cumin seeds	Herbs Local vegetables	Fresh fruit	Fresh fruit	Fresh milk
	TUE	06/09/2022	Pan- fried shrimp and butter garlic	Korean stewed pork legs in soy sauce & herbs	Stir fried morning glory with garlic	Calabash with shrimp broth	Fresh fruit	Grilled sausage	Fruit juice
			Sautéed fish loaf with sweet and sour sauce			Rice			Fresh milk
	WED	07/09/2022	Crispy crumble chicken fillet served with BBQ sauce	Chinese simmered Saba fish	Baked potato and garlic with Western spices	Pumpkin with mince pork broth	Fresh fruit	Fresh fruit	Fruit juice
			Boiled eggs with fish sauce concentration			Rice			Fresh milk
	THU	08/09/2022	Grilled pork with BBQ sauce	Fried red tilapia with fish sauce	Cabbage pickle (kimchi)	Seaweed with shrimp broth	Fresh fruit	Waffle	Milk tea
			Mixed noodle with vegetable, meat & shrimp			Rice			Fresh milk
	FRI	09/09/2022	Stewed pork ribs with tomato sauce (served with bread)	Stir fried egg noodle with chicken	Lettuce, tomato, cucumber	Rice/ Bread	Fresh fruit	Vietnamese pork samosa	Fruit juice

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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6	MON	12/09/2022	Grilled chicken with lemon sauce and olive oil	Crispy fish batter and Tartar sauce	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Fresh fruit	Fresh milk
			Sautéed pork loaf with sweet & sour sauce			Rice			
	TUE	13/09/2022	Stewed pork with celery and Oregano	Braised curry duck	Grilled eggplant with Teriyaki sauce	Amaranth with shrimp broth	Fresh fruit	Salty cookies	Fruit juice
			Chinese braised quail eggs			Rice			Fresh milk
	WED	14/09/2022	Sausage hotdog	Hoi An chicken rice	Lettuce, tomato, cucumber + potato wedge	Winter melon with mince pork broth	Fresh fruit	Chocolate tube cake	Fruit juice
						Spice steam rice			Fresh milk
	THU	15/09/2022	Stewed pork tenderloin with red wine	Braised amberjack fish with cucumber pickle	White cabbage coleslaw	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
			Tofu with tomato sauce and mince pork			Rice/ Bread			Fresh milk
	FRI	16/09/2022	Grilled chicken fillet fusilli	Beef noodles	Vegetables tempura	Herbs + Local vegetables	Fresh fruit	Egg yolk & oil sauce sponge cake	Fruit juice
									Fresh milk

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7	MON	19/09/2022	Grilled pork cutlet with honey and garlic	Fish Katsu	Bake purple sweet potato	Chayote with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk
			Scramble eggs			Rice/ Bread			
	TUE	20/09/2022	Roasted chicken with mustard & thyme	Braised pork belly and fish sauce server with bean sprout pickle	Boiled vegetables	Papaya with mince pork broth	Fresh fruit	Rice crackers	Fruit juice
			Vegan shrimp coleslaw			Rice			Fresh milk
	WED	21/09/2022	Chicken pasta with pesto sauce	Danang fish loaf noodles	Garden salad with vinegar dressing	Herbs	Fresh fruit	Strawberry butter cake	Fruit juice
								Fresh milk	
	THU	22/09/2022	Red wine stewed beef and tomato sauce	Roasted duck with five spice	Grilled pumpkin and bean	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fruit juice
Korean mince pork and vegetable pancake			Rice			Fresh milk			
FRI	23/09/2022	Chicken burger	Wonton and Char-Siu noodles	Herbs + Local vegetables/ Chips		Fresh fruit	Coconut bread	Fruit juice	
								Fresh milk	

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8	MON	26/09/2022	Grilled chicken with BBQ sauce and thyme leaves	Baked fish satay	Russia salad	Amaranth with mince pork broth	Fresh fruit	Fresh fruit	Fresh milk
			Sautéed crispy pork with sweet and sour sauce			Rice/Bread			
	TUE	27/09/2022	Grilled pork cutlet & lemon butter sauce	Simmered duck with lemongrass and ginger	Moroccan carrot rondelle cut salad	Malabar spinach with shrimp broth	Fresh fruit	Egg yolk oil sauce sweet bread	Fruit juice
			Quail eggs with Thai tamarind sauce			Rice			Fresh milk
	WED	28/09/2022	Pan- seared chicken fillet	Fish Teriyaki noodle	Green salad with mayonnaise	Papaya with mince pork broth	Fresh fruit	Fresh fruit	Fruit juice
			serve with honey mustard sauce			Rice/ Bread			Fresh milk
THU	29/09/2022	Roasted pork belly	Grilled fish with lemongrass and lemon leaves	Grilled pumpkin and bean salad	Seaweed with shrimp broth	Fresh fruit	Rice crackers	Fruit juice	
		Stir fried corn with baby shrimp and onion			Rice/ Bread			Fresh milk	
FRI	30/09/2022	Red wine chicken stewed	Rice paper noodle & pork loaf	Herbs + Local vegetables	Bread	Fresh fruit	Donut	Fruit juice	
								Fresh milk	

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