

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – AUGUST 2023



			LUNCH						AFTERNOON SNACK	
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	ON SNACK	
	MON	07/08/2023	Grilled chicken with brown sauce	Simmered pork with sesame seed	Stir fried cabbage with garlic	Sweet leaf with meat broth	Fresh fruit	Wafer	Fresh milk	
100			Fried fish cake with cowpea			Steamed rice			Stater.	
22	TUE	08/08/2023	Baked pork in red wine sauce	Fried fish with sweet & sour sauce	Garden salad with vinegar dressing	Wintermelone with shrimp broth	Fresh fruit	Coconut jelly	Ginger lemon tea	
S. N	Pa.		Roll egg	Roll eggs with ham		Steamed rice	37		Fresh milk	
1	WED	D 09/08/2023	Stewed beef with vegetables served with bread	Flushing fat chicken rice	Lettuce, tomato, cucumber salad	Onion chicken		Red bean bread	Milk tea	
1000				Kimchi		soup	Fresh fruit		Fresh milk	
	THU	10/08/2023	Baked pork tenderloin with black peper sauce	Fish clay pot		Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice	
			Tofu stuffed with mince pork			Steamed rice			Fresh milk	
	FRI	11/08/2023	1/08/2023 Chicken spaghetti	DaNang pork trotter noodle	Potato wedges	Herbs	Fresh fruit	Buttercream sponge	Lime juice	
		10		1		1.2 11.1		cake	Fresh milk	



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	DAY	r DATE	LUNCH															
WEEK			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	OON SNACK									
200	MON	14/08/2023	Grilled chicken with Parika pepper	Southern styles coconut braised pork	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Strawberry tube cake	Apple juice									
23		1 march	Quail eggs with tamarind sauce		1 30	Steamed rice			Fresh milk									
32	TUE	15/08/2023	Grilled pork ribs with Demi- glass sauce	Fried fish with pineapple & tomato sauce	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Lime juice									
	-Pa		Vegetables meatball			Steamed rice	1		Fresh milk									
2	WED	ED 16/08/2023	23 Pork lagu	SaiGon broken rice	Salad mixed	Amaranth with meat broth	Fresh fruit	Grape bread roll	Fresh milk									
1323						Bread	-											
	THU	IU 17/08/2023	17/08/2023	17/08/2023	HU 17/08/2023	THU 17/08/2023	THU 17/08/2023	THU 17/08/2023	THU 17/08/2023	THU 17/08/2023	THU 17/08/2023	Pan- seared fish fillet served with lemon butter sauce	Roasted pork belly served with bean sprout pickle	Steamed white cabbage served	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Ginger lemon tea
-	1		Stir fried string	bean with meat	with sweet soy sauce Steamed rice			-	Fresh milk									
	FRI	18/08/2023	3/08/2023 Spaghetti bolognese	Quang noodle with chicken	Grilled sweet	Herbs	Fresh fruit	Egg yolk & oil sauce	Milk tea									
					potato		i restrictit	t sponge cake	Fresh milk									



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			LUNCH								
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	ON SNACK		
	MON	21/08/2023	Roasted pork tenderloin with BBQ sauce	Stir fried chicken with fish sauce	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea		
1.00		1	Roll eggs with bacon			Steamed rice	A DECK		Fresh milk		
23	TUE	22/08/2023	Fish katsu	Hue styles braised pork	Grilled pumpkin & bean salad	Sweet & sour with fish soup	Fresh fruit	Pineapple jelly	Ginger lemon tea		
			Noodle mix	minced pork		Steamed rice		Jo., y	Fresh milk		
3	WED	23/08/2023	Stewed beef with red wine	Stewed beef with red wine Hoi An chicken rice	Lettuce, tomato, cucumber salad	Celery chicken soup	5	Coconut	Aple juice		
						Steamed rice/ Bread	Fresh fruit	bread	Fresh milk		
	THU	24/08/2023	Roasted pork with grilled bell pepper sauce	Grilled fish with satay sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk		
-			Korean pancake		. W	Steamed rice					
	FRI	25/08/2023	Roasted chicken & egg noodle	Thanh Tri fresh rice flat paper	Baked potato with butter & garlic	Herbs	Fresh fruit	Vietnamese pork	Lime juice		
-			served with Teriyaki sauce	& pork loaf			riconnuit	samosa	Fresh milk		



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LUNCH AFTERNOON SNACK WESTERN MAIN COURSE **ASIAN MAIN COURSE** VEGETABLE SOUP DESSERT WEEK DAY DATE Grilled chicken with orange Cabbage with Braised pork with quail eggs Chocolate meat broth sauce MON 28/08/2023 Baked pumpkin Fresh fruit Fresh milk tube cake Stir fried macaroni with minced pork Steamed rice Apple Leaf mustard with Braised duck with peanuts Shrimp tempura **Boiled vegetables** shrim broth juice Fruits jelly 29/08/2023 with mayonnaise Fresh fruit TUE sauce Tofu with sweet sour sauce & mince pork Steamed rice Fresh milk Milk tea Chicken macaroni with Grilled sweet WED 30/08/2023 Egg noodle with char-siu Herbs Ham bread Fresh fruit mushroom cream sauce potato with honey Fresh milk Ginger Baked pork with Demiglass Seaweed with lemon tea Chinese simmered Saba fish Stir fried chavote shrimp broth Fresh fruit Fresh fruit sauce THU 31/08/2023 with meat Fresh milk Cheese omelette Steamed rice



SCHOOL Since 1986 SINGAPORE INTERNATIONAL SCHOOL MENU FOR TERM 1 – SEPTEMBER 2023



			LUNCH					and a start	
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	DON SNACK
1.1.1.1	TUE	05/09/2023	Grilled pork with mushroom sauce	Braised shrimp & meat with coconut	Stir fried cabbage with garlic	Amaranth with pork broth	Fresh fruit	Chocolate jelly	Ginger lemon tea
		15	Eggplant with minced pork sauce		in gant	Steamed rice	S. S. A.	A States	Fresh milk
	WED	06/09/2023	Spaghetti with minced meat and tomato sauce	Beef noodles	Garden salad with	Vegetables with minced pork	Fresh fruit	Hot-dog	Apple juice
12		Cr 1			vinegar dressing	broth			Fresh milk
5	-	U 07/09/2023	Grilled fish with cheese sauce	I fish with cheese sauce Sweet & sour meatball	Stir fried chayote	Seaweed with shrimp broth	Fresh fruit	Freeb fruit	Milk tea
	тни		Quang noodle mix mince pork & shrimp		with onion	Steamed rice		Fresh fruit	Fresh milk
	FRI	08/09/2023	3 Ham burger	Nha Trang fish noodle	Green salad with	Potato wedge	Fresh fruit	Vanilla sponge	Lime juice
-					mayonnaise sauce		riesiriul	cake	Fresh milk



SINGAPORE INTERNATIONAL SCHOOL MENU FOR TERM 1 – SEPTEMBER 2023



SINGAPORE INTERNATIONAL SCHOOL Since 1986

		DATE	LUNCH						ON SNACK
WEEK	DAY		WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	UN SNACK
	MON	11/09/2023	Grilled chicken with brown sauce	Simmered pork with sesame seed	Stir fried cabbage with garlic	Sweet leaf with meat broth	Fresh fruit	Wafer	Fresh milk
	2	100	Fried fish cal	ke with cowpea	1.1.1	Steamed rice			
	TUE	12/09/2023	Baked pork in red wine sauce	Fried fish with sweet & sour sauce	Garden salad with vinegar dressing	Wintermelone with shrimp broth	Fresh fruit	Coconut jelly	Ginger lemon tea
	See.	-	Roll egg	s with ham		Steamed rice			Fresh milk
6	WED	13/09/2023	Stewed beef with vegetables served with bread	Flushing fat chicken rice	Lettuce, tomato, cucumber salad	Union chicken	Fresh fruit	Red bean bread	Milk tea
				Kimchi					Fresh milk
	THU	14/09/2023	Baked pork tenderloin with black peper sauce	Fish clay pot	Stir-fried bok choy with oyster oil & mushroom	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice
	-	1	Tofu stuffed v	vith mince pork		Steamed rice	-	-	Fresh milk
	FRI	15/09/2023	E/00/2022	n		Herbs		Buttercream	Lime juice
		15/09/2023	15/09/2023 Chicken spaghetti DaNang pork trotter noodle	Potato wedges	TIEIDS	Fresh fruit	t sponge cake	Fresh milk	



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MENU FOR TERM 1 – SEPTEMBER 2023



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	OON SNACK
	MON	18/09/2023	Grilled chicken with Parika pepper	Southern styles coconut braised pork	Stir fried morning glory with garlic	Malabar spinach with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
125			Quail eggs with tamarind sauce		1.9	Steamed rice			Fresh milk
32	TUE	UE 19/09/2023	Grilled pork ribs with Demi- glass sauce	Fried fish with pineapple & tomato sauce	Grilled pumpkin with Oregano	Gourd with shrimp broth	Fresh fruit	Coffee jelly	Ginger lemon tea
7	· Pa	-	Vegetable	Vegetables meatball		Steamed rice	1		Fresh milk
	WED	D 20/09/2023	Indian chicken curry	SaiGon broken rice	Salad mixed mustard sauce	Amaranth with meat broth		Grape bread roll	Fresh milk
	(and					Bread			
	THU	21/09/2023	with lomon butter eques	Roasted pork belly served with bean sprout pickle	Steamed white cabbage served	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Lime juice
	THU	21/09/2023	Chin faile di attaine		with sweet soy sauce		Fresh truit		Fresh milk
-			Stir fried string bean with meat		cauco	Steamed rice			
	FRI	22/09/2023	Spaghetti bolognese	Quang noodle with chicken	Grilled sweet potato	Herbs	Fresh fruit	Egg yolk & oil sauce sponge cake	Milk tea Fresh milk
	FRI	I 22/09/2023	Spaghetti bolognese	Quang noodle with chicken		Herbs	Fresh fruit	oil sauce sponge	

Vegetables 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 1 – SEPTEMBER 2023**



				LUNCH								
	WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	ON SNACK		
		MON	2 <mark>5/0</mark> 9/2023	Roasted pork tenderloin with BBQ sauce	Stir fried chicken with fish sauce	Stir-fried jicama with garlic	Garlard chrysanthemum with meat broth	Fresh fruit	Rice crackers	Milk tea		
	-	2	-	Roll eggs with bacon		1	Steamed rice	Sale a		Fresh milk		
	23	TUE	26/09/2023	Shrimp tempura	Hue styles braised pork	Grilled pumpkin &	Sweet & sour with fish soup	Fresh fruit	Pineapple jelly	Ginger lemon tea		
			-	Noodle mix	minced pork		Steamed rice		Jony	Fresh milk		
	8	WED	27/09/2023	3 Pork lagu Hoi An chicken rice	Hoi An chicken rice	Lettuce, tomato,	Celery chicken soup	5	Coconut bread	Lime juice		
	20					cucumber salad	Steamed rice/ Bread	Fresh fruit		Fresh milk		
	-	THU	28/09/2023	Roasted pork with grilled bell pepper sauce	Grilled fish with satay sauce	Stir-fried bok choy with oyster oil	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Fresh milk		
	-	-	-	Korean pancake		in the loss	Steamed rice					
8 WE	FRI	29/09/2023	Roasted chicken & egg noodle	Thanh Tri fresh rice flat paper	Baked potato with	Herbs	Fresh fruit	Vietnamese pork	Aple juice			
		m		served with Teriyaki sauce	& pork loaf	butter & garlic	A second		samosa	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.



SCHOOL Since 1986 SINGAPORE INTERNATIONAL SCHOOL MENU FOR TERM 1 – OCTOBER 2023



	DAY	DATE		LUNCH					
WEEK			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNOO	ON SNACK
27	MON	02/10/2023	Grilled chicken with orange sauce	Braised pork with quail eggs	Baked pumpkin	Cabbage with meat broth	Fresh fruit	Chocolate tube cake	Fresh milk
60		A.	Stir fried macaron	i with minced pork	4 10	Steamed rice			1 2 1 12
age.	TUE	03/10/2023	Fish katsu	Braised duck with peanuts	Boiled vegetables with mayonnaise	Leaf mustard with shrim broth	Fresh fruit	Fruits jelly	Ginger Iemon tea
2º		5. 5. 1	Tofu with sweet sour sauce & mince pork		sauce	Steamed rice	199	ana series and a series and a series of the	Fresh milk
9	WED	0 <mark>4/10/2023</mark>	Chicken macaroni with mushroom cream sauce	Egg no <mark>odle with cha</mark> r-siu	Grilled sweet	Herbs	Fresh fruit	Ham bread	Milk tea
				polate marriency	in the second is		5	Fresh milk	
13.23	THU	05/10/2023	Baked pork with Demiglass sauce	Chinese simmered Saba fish	Stir fried chayote	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Apple juice
	ino	00/10/2020		-	with meat	1			Fresh milk
			Cheese omelette			Steamed rice		120	
	FRI	06/10/2023	Veggie pizza	Obama grilled pork noodle	Herbs	Wintermelone	Fresh fruit	Banana t cake	Lime juice
		00/10/2025	Potato wedges		10.20	with meat broth			Fresh milk



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MENU FOR TERM 1 – OCTOBER 2023



	DAY		LUNCH					Sector Sector	
WEEK		DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP	DESSERT	AFTERNO	OON SNACK
2	MON	09/10/2023	Roasted chicken with Han Quoc sauce	Braised fish with fish sauce	Stir fried string bean	Pumpkin with shrimp broth	Fresh fruit	Solite sponge	Lime juice
693		1000	Boiled	eggs	with meat	Steamed rice	Ser English	cake	Fresh milk
497	TUE	10/10/2023	Grilled pork with mushroom sauce	Braised shrimp & meat with coconut	Stir fried cabbage with garlic	Amaranth with pork broth	Fresh fruit	Chocolate jelly	Fresh milk
S.		3 1 1	Eggplant with minced pork sauce		- With game	Steamed rice	and the second	JCity	
5	WED	11/10/2023	D/2023 Spaghetti with minced meat and tomato sauce	Beef noodles	Garden salad with	Vegetables with minced pork	Fresh fruit	Hot-dog	Apple juice
10					vinegar dressing	broth	Trestribut		Fresh milk
134	1200		Grilled fish with cheese sauce	Sweet & sour meatball	Stir fried chayote with onion	Seaweed with		Fresh fruit	Milk tea
	THU	12/10/2023		1 the second		shrimp broth	Fresh fruit		Fresh milk
-			Quang noodle mix mince pork & shrimp			Steamed rice		-	Treshtmik
	FRI	13/10/2023	13/10/2023 Ham burger	Nha Trang fish noodle	Green salad with mayonnaise sauce	Potato wedge	Fresh fruit	Vanilla sponge	Ginger lemon tea
		100		-	mayorinaise sauce			cake	Fresh mil <mark>k</mark>