

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – OCTOBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
1	MON	21/10/2024	Stir-fried pasta with seafood & tomato sauce served with potato wedges	Nha Trang fish cake noodle soup	Herbs	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Apple juice
						Steamed rice			Fresh milk
	TUE	22/10/2024	Baked pork tenderloin with Gravy sauce	Braised fish with fish sauce & garlic	Salad mixed Tartar sauce	Sour soup with morning glory and soft tofu	Fresh fruit	Grilled sausage	Passion juice
			Stir-fried jicama with meat			Steamed rice			Fresh milk
	WED	23/10/2024	Beef stew in red wine sauce served with bread	Chicken rice steamed with lemon leaves	Stir fried bok choy with mushroom	Napa cabbage with meat broth	Fresh fruit	Green beans sweet with coconut gruel	Fresh milk
THU	24/10/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Stir-fried morning glory with garlic	Seaweed with shrimp broth	Fresh fruit	Milk biscuit	Milk tea	
		Noodle mix minced pork			Steamed rice			Fresh milk	
FRI	25/10/2024	Egg & sausage burger with cheese served with potato baked	Chicken Pho	Herbs	Vegetable with meat broth	Fresh fruit	Butter cream sponge cake	Lime juice	
								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.

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – OCTOBER + NOVEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
2	MON	28/10/2024	Chicken katsu served with black sesame sauce	Braised pork with quail eggs	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
			Stir fried string bean with meat			Steamed rice			Fresh milk
	TUE	29/10/2024	Meat ball stuffed with tomato sauce	Fish clay pot	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit	Cocoa jelly	Kumquat tea
			Stir-fried with chayote with shrimp			Steamed rice			Fresh milk
	WED	30/10/2024	Spaghetti bolognese served with grilled sweet potato	Grilled pork cutlet with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit	Papparoti bread	Fresh milk
	THU	31/10/2024	Baked fish with Teriyaki sauce	Fish sauce fried chicken	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh fruit	Banana cake	Milk tea
			Tofu stuffed with mince pork			Steamed rice			Fresh milk
	FRI	01/11/2024	Pasta with bacon & vegetables served shaken potatoes with cheese	Vietnamese hand-cut rice noodles with pork roll and quail egg	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Passion juice
									Fresh milk

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2024



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
3	MON	04/11/2024	Chicken McNuggets	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
			Stir fried eggplant with mince pork sauce			Steamed rice			Fresh milk
	TUE	05/11/2024	Shrimp tempura served with mayonnaise sauce	Braised fish with garlic chives	Salad mixed cheese sauce	Amaranth with meat broth	Fresh fruit	Cheese bread with pork floss	Apple juice
			Quang noodle mix mince pork			Steamed rice			Fresh milk
	WED	06/11/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour fish sauce)	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
									Fresh milk
THU	07/11/2024	Baked tenderloin with BBQ sauce	Fish katsu served with tomato sauce	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Wafer	Fresh milk	
		Korean pancake			Steamed rice				
FRI	08/11/2024	Ham sandwich served with honey roasted pumpkin	Hanoi kebab rice noodles	Vegetables salad	Courgette with meat broth	Fresh fruit	Hot dog	Ginger lemon tea	
								Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – NOVEMBER 2024



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
4	MON	11/11/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup	Fresh fruit	Solite sponge cake	Fresh milk
			Stir fried wintermelon with shrimp			Steamed rice			
	TUE	12/11/2024	Grilled fish with dressing roasted sesame	Caramelized shrimp and pork	Salad mixed Cocktail sauce	Mustard green with shrimp broth	Fresh fruit	Sweet bread served with strawberry jam	Ginger lemon tea
			Tofu with sweet sour sauce & quail eggs			Steamed rice			Fresh milk
	WED	13/11/2024	Cullet steamed rice Paella	“ Ech” Quang noodle	Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh fruit	Donut	Milk tea
						Fresh milk			
THU	14/11/2024	Pan-fried fish with lemon butter sauce	Braised chicken with chives	Stir fried chayote with onion	Vietnamese garlic chives & soft tofu soup	Fresh fruit	Green bean sticky rice served with pork floss	Passion juice	
		Omelette with cheese			Steamed rice			Fresh milk	
FRI	15/11/2024	Cream pasta with bacon served with grilled sweet potato with honey	Beef Pho	Herbs	Seaweed with shrimp broth	Fresh fruit	Vietnamese pork samosa	Apple juice	
								Fresh milk	

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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
5	MON	18/11/2024	Chicken fillet with spicy cheese sauce	Coconut-braised pork belly	Baked pumpkin with Oregano leave	Malabar spinach with meat broth	Fresh fruit	Chocopie Orion	Watermelon juice
			Stir fried corn with butter			Steamed rice			Fresh milk
	TUE	19/11/2024	Grilled fish with Teriyaki sauce	Braised curry duck	Salad mixed Coktail sauce	Pink melone with shrimp broth	Fresh fruit	Lotus seed coconut sticky rice	Fresh milk
			Southern noodle salad			Steamed rice			
	WED	20/11/2024	Bacon pizza served with french fries	Hai Nam chicken rice	Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh fruit	Cream choux	Apple juice
THU	21/11/2024	Baked pork with Lee Kum Kee sauce	Braised fish with pineapple	Stir fried vegetables with garlic	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
		Fried eggs & vegetables			Steamed rice			Fresh milk	
FRI	22/11/2024	Chicken curry served with bread	"Nam Vang" noodle	Russian salad	Napa cabbage with chicken broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Ginger lemon tea	
								Fresh milk	

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MENU FOR TERM 2 – NOVEMBER 2024



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
6	MON	25/11/2024	Grilled chicken with honey	Caramelized pork ribs	Mexican salad	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Fresh milk
			Stir fried jicama with meat			Steamed rice			
	TUE	26/11/2024	Baked pork with Bulgogi sauce	Steamed fish with soy sauce	Grilled vegetables with butter	Long bottle gourd with shrimp broth	Fresh fruit	Milk biscuits	Guava juice
			Roll eggs with ham			Steamed rice			Fresh milk
	WED	27/11/2024	Seafood pizza served with potato wedges	Saigon broken rice	Lettuce, tomato, cucumber salad	Napa cabbage with meat broth	Fresh fruit	Pork floss bread	Apple juice
									Fresh milk
THU	28/11/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Morning glory salad mixed vinegar dressing	Seaweed with shrimp broth	Fresh fruit	Chocolate jelly	Milk tea	
		Noodle mix minced pork			Steamed rice			Fresh milk	
FRI	29/11/2024	Egg & sausage burger with cheese served with honey roasted carrots	Chicken Pho	Herbs	Vegetable with meat broth	Fresh fruit	Butter cream sponge cake	Lime juice	
								Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2024



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
7	MON	02/12/2024	Chicken katsu served with black sesame sauce	Braised pork with quail eggs	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
			Stir fried string bean with meat			Steamed rice			Fresh milk
	TUE	03/12/2024	Meat ball stuffed with tomato sauce	Fish clay pot	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit	Coconut jelly	Kumquat tea
			Stir-fried with chayote with shrimp			Steamed rice			Fresh milk
	WED	04/12/2024	Spaghetti bolognese served with grilled sweet potato	Grilled pork cutlet with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit	Papparoti bread	Fresh milk
	THU	05/12/2024	Baked fish with Teriyaki sauce	Fish sauce fried chicken	Honey roasted carrots with dill seeds	Leaf mustard with shrimp broth	Fresh fruit	Banana cake	Milk tea
Tofu stuffed with mince pork			Steamed rice	Fresh milk					
FRI	06/12/2024	Pasta with bacon & vegetables served shaken potatoes with cheese	Vietnamese hand-cut rice noodles with pork roll and quail egg	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Passion juice	
								Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – DECEMBER 2024



WEEK	DAY	DATE	LUNCH						
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOON SNACK	
8	MON	09/12/2024	Chicken McNuggets	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
			Stir fried eggplant with mince pork sauce			Steamed rice			Fresh milk
	TUE	10/12/2024	Shrimp tempura served with mayonnaise sauce	Braised fish with garlic chives	Salad mixed cheese sauce	Amaranth with meat broth	Fresh fruit	Cheese bread with pork floss	Apple juice
			Quang noodle mix mince pork			Steamed rice			Fresh milk
	WED	11/12/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour fish sauce)	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
									Fresh milk
	THU	12/12/2024	Baked tenderloin with BBQ sauce	Fish katsu served with tomato sauce	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Wafer	Fresh milk
			Korean pancake			Steamed rice			
FRI	13/12/2024	Ham sandwich served with honey roasted pumpkin	Hanoi kebab rice noodles	Vegetables salad	Courgette with meat broth	Fresh fruit	Hot dog	Ginger lemon tea	
								Fresh milk	

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MENU FOR TERM 2 – DECEMBER 2024



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			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
9	MON	16/12/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup	Fresh fruit	Solite sponge cake	Fresh milk
			Stir fried wintermelon with shrimp			Steamed rice			
	TUE	17/12/2024	Grilled fish with dressing roasted sesame	Caramelized shrimp and pork	Salad mixed Cocktail sauce	Mustard green with shrimp broth	Fresh fruit	Sweet bread served with strawberry jam	Ginger lemon tea
			Tofu with sweet sour sauce & quail eggs			Steamed rice			Fresh milk
	WED	18/12/2024	Cullet steamed rice Paella	“ Ech” Quang noodle	Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh fruit	Donut	Milk tea
						Fresh milk			
THU	19/12/2024	Pan-fried fish with lemon butter sauce	Braised chicken with chives	Stir fried chayote with onion	Vietnamese garlic chives & soft tofu soup	Fresh fruit	Green bean sticky rice served with pork floss	Passion juice	
		Omelette with cheese			Steamed rice			Fresh milk	
FRI	20/12/2024	Cream pasta with bacon served with grilled sweet potato with honey	Beef Pho	Herbs	Seaweed with shrimp broth	Fresh fruit	Vietnamese pork samosa	Apple juice	
								Fresh milk	

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SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 2 – JANUARY 2025



WEEK	DAY	DATE	LUNCH					AFTERNOON SNACK	
			WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT		
10	MON	06/01/2025	Stir-fried pasta with seafood & tomato sauce served with potato wedges	Nha Trang fish cake noodle soup	Herbs	Wintermelon with meat broth	Fresh fruit	Chocopie Orion	Watermelon juice
						Steamed rice			Fresh milk
	TUE	07/01/2025	Grilled fish with Teriyaki sauce	Braised curry duck	Salad mixed Cocktail sauce	Pink melone with shrimp broth	Fresh fruit	Lotus seed coconut sticky rice	Fresh milk
						Southern noodle salad			
	WED	08/01/2025	Bacon pizza served with french fries	Hai Nam chicken rice	Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh fruit	Cream choux	Apple juice
									Fresh milk
THU	09/01/2025	Baked pork with Lee Kum Kee sauce	Braised fish with pineapple	Stir fried vegetables with garlic	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea	
								Fried eggs & vegetables	Steamed rice
FRI	10/01/2025	Chicken curry served with bread	"Nam Vang" noodle	Russian salad	Napa cabbage with chicken broth	Fresh fruit	Egg yolk & oil sauce sponge cake	Ginger lemon tea	
								Fresh milk	

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