

SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM 1 – SEP 2020



WEEK	DAY	DATE	LUNCH						AFTERNOON SNACK	
			SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	14/09/2020		Herbs + Local vegetables	Beef Pho	Quang noodles (chicken)	Fruit	Asian lunch set	Butter cream cake	Fruit juice
										Fresh milk
	TUE	15/09/2020	Pumpkin with minced meat broth	Stir fried vegies + Optional salad	Fried fish with sweet and sour sauce	Braised pork legs with galangal	Fruit	Western + Asian lunch set	Vanilla wafer	Fruit juice
			Rice		Simmered minced pork with tofu					Fresh milk
	WED	16/09/2020	Long cabbage with shrimp broth	Cucumber, tomato, lettuce + Optional salad	Chicken rice in Hoian style	Rice served with pork ribs and BBQ sauce	Fruit	Asian lunch set	Fried fish balls	Fruit juice
										Fresh milk
	THU	17/09/2020	Papaya with minced meat broth	Stir fried morning glory vegetables + Optional salad	Simmered duck with lemongrass and ginger	Grilled chicken with BBQ sauce and sesame	Fruit	Western + Asian lunch set	Rice crackers	Fruit juice
			Rice		Quail eggs with kumquat sauce					Fresh milk
FRI	18/09/2020		Herbs	Noodles with pork ribs	Noodles with fish pies	Fruit	Asian lunch set	Butter cookies	Fruit juice	
									Fresh milk	

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