



# SINGAPORE INTERNATIONAL SCHOOL

## MENU FOR TERM I - SY 2024-2025



WEEK	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DATE	30-Sep-24	1-Oct-24	2-Oct-24	3-Oct-24	4-Oct-24	5-Oct-24	
7	MORNING SNACK	Vietnamese noodles with beef soup	Brioche cake	Mung beans sticky rice with floss	Salmon congee	Roasted pork sandwich	Salmon congee	
			Fresh milk	Orange juice	Croutons	Tangerine	Croutons	
	LUNCH	SOUP	Malabar nightshade soup	Creamy pumpkin soup	Mixed vegetables soup	Eggs and tomato soup	Water spinach broth	Creamy zucchini soup
		VEGETABLE	Boiled Chayote and carrot with salted peanut	Steamed vegetables with butter	Sautéed rice noodles with chicken and vegetables	Poached sweet choy with soy sauce	Wok-fried water spinach with garlic	Grilled vegetables with butter and herb
		MAIN COURSE 1	Crispy chicken ball and corn served with steamed rice	Braised chicken served with toast		Simmered pork and tofu served with steamed rice	Braised beef with mushroom and soya sauce served with steamed rice	Pasta Bolognese
		MAIN COURSE 2	Braised pork and egg served with steamed rice	Stir-fried fish garlic and butter served with toast	Thai style pork served with rice noodles	Sautéed seafood with salted egg served with steamed rice	Wok-fried chicken with sambal sauce served with steamed rice	Crumbed chicken served with pasta
		DESSERT	Watermelon	Mango jelly	Papaya	Sweetened jackfruit and mixed jelly soup	Mixed fresh fruits	Papaya
		NOTE	Asian lunch set	Western lunch set	Asian lunch set	Vietnamese lunch set	Asian lunch set	Western lunch set



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WEEK	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DATE	7-Oct-24	8-Oct-24	9-Oct-24	10-Oct-24	11-Oct-24	12-Oct-24	
8	MORNING SNACK	Vietnamese flat rice noodles with fish and minced pork in beltel nut leaves soup	Chicken noodles soup	Fusilli served with Bolognese sauce	Raisin muffin	Chicken and corn, mushroom soup	Sticky rice served with floss	
					Mango juice	Watermelon	Mango juice	
	LUNCH	SOUP	Green squash with soup	Pasta soup	Sweet and sour pork soup	Malabar nightshade with crab soup	Katuk soup	Amaranth soup
		VEGETABLE	Boiled sweet choy	Poached vegetables	Pickel cucumber and carrot	Sauteed chinese cabbage with oyster sauce	Steamed vegetables with soy sauce	Boiled chayote with salted peanut
		MAIN COURSE 1	Roasted chicken served with steamed rice	Beef balls in tomato served served with bread	Battered chicken served with fried rice	Wok-fried beef with black pepper sauce served with fried bun	Fried pork with tamarind sauce served with steamed rice	Squid cake with sambal sauce served with steamed rice
		MAIN COURSE 2	Simmered pork and corns served steamed rice	Stir-fried seafood with garlic and butter served with bread	Egg omellet served with fried rice	Simmered pork cake served with fried bun	Tofu in tomato sauce served with steamed rice	Chinese char-siu pork served with steamed rice
		DESSERT	Mixed fresh fruits	Sweetenned black sticky rice with coconut milk soup	Banana	Coconut jelly	Mixed fresh fruits	Watermelon
		NOTE	Asian lunch set	Western lunch set	Asian lunch set	Asian lunch set	Asian lunch set	Asian lunch set