



SINGAPORE INTERNATIONAL SCHOOL

MENU FOR TERM II - SY 2024-2025



WEEK	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DATE	21-Oct-24	22-Oct-24	23-Oct-24	24-Oct-24	25-Oct-24	26-Oct-24	
1	MORNING SNACK	Hue vermicelli with beef broth	Strawberry sponge roll Milo	Sticky rice with minced quail meat Watermelon	Duck congee Crispy croutons	Egg noodles with pork char-siu and egg soup	Pasta Bolognese	
	SOUP	Malabar nightshade soup	Creamy pumpkin soup	Cucumber and carrot	Miso soup	Green squash soup	Mixed vegetables and lotus seeds soup	
	VEGETABLE	Boiled sweet choy with mushroom sauce	Steamed vegetables with butter		Boiled vegetables with sesame dressing	Steamed bok choy with garlic and soy sauce	Boiled cabbage with soya sauce	
	LUNCH	MAIN COURSE 1	Battered chicken served with steamed rice	Pasta served Bolognese	Vietnamese grilled pork and fried spring roll served with vermicelli, pickel and dipping sauce	Simmered meat balls served with steamed rice	Vietnamese braised beef served with steamed rice	Braised chicken and mushrooms served with steamed rice
		MAIN COURSE 2	Braised pork and egg served with steamed rice	Grilled sausage served with pasta		Fish in tomato and dill sauce served with steamed rice	Sweet and sour chicken served with steamed rice	Minced pork in beltel nut leaves served with steamed rice
	DESSERT	Watermelon	Papaya	Sweetened taro and sago with coconut milk soup	Mango jelly	Mixed fresh fruits	Watermelon	
	NOTE	Asian lunch set	Western lunch set	Vietnamese lunch set	Vietnamese lunch set	Asian lunch set	Asian lunch set	



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WEEK	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DATE	28-Oct-24	29-Oct-24	30-Oct-24	31-Oct-24	01-Nov-24	02-Nov-24	
2	MORNING SNACK	Quail meat and lotus seed congee	Vietnamese chicken noodles soup	Prawn and king mushroom soup	Field crab Vermiceli soup	Hai Phong style pate bread	Vietnamese vermicelli with duck broth	
		Croutons		Dragon fruit		Fresh milk		
	LUNCH	SOUP	Sweet choy soup	Creamy mushroom soup	Katuk soup	Tofu and minced pork soup	Malabar nightshade soup	Green mustard soup
		VEGETABLE	Stir fried chayote with garlic	Sliced cucumber	Quang Dong Roasted chicken served with mixed fried rice	Steamed Sweet choy with mushroom sauce	Boiled cabbage with oyster sauce	Wok-fried cabbage with garlic
		MAIN COURSE 1	Braised chicken and mushroom served with steamed rice	Beef burger served with french fries		Wok-fried pork with mixed vegetables served with steamed rice	Szechuan tofu served with steamed rice	Braised beef with mushroom and soya sauce served with steamed rice
		MAIN COURSE 2	Fish finger served with steamed rice	Pan-fried egg served with french fries	Shrimp cracker served with mixed fried rice	Fried seafood with salted egg served with steamed rice	Simmered prawns and pork served with steamed rice	Wok-fried chicken with sambal sauce served with steamed rice
		DESSERT	Mixed fresh fruits	Coconut jelly	Sweetened tofu and mixed jelly with ginger syrup	Papaya	Watermelon	Mixed fresh fruits
NOTE	Vietnamese lunch set	Western lunch set	Asian lunch set	Vietnamese lunch set	Asian lunch set	Vietnamese lunch set		