SAIGON SOUTH INTERNATIONAL SCHOOL

MENU AUTUMN

THE CATERERS® Catering for all occasions

SET LUNCH - NOVEMBER

	MONDAY 29/10	TUESDAY 30/10	WEDNESDAY 31/10	THURSDAY 01/11	FRIDAY 02/11
	Xà lách			Xà lách đu đủ	Xà lách cà chua, bắp hạt
	Canh			Canh rong biển, đậu hủ	Canh rau củ thịt bằm
CHỌN 1 TRONG 3	Món Á			Gà rim chua ngọt, cơm trắng	Bò xào củ hành dưa leo, cơm trắng
	Món Âu			Heo viên sốt nấm, nui xoắn, cà rốt , đậu hòa lan	Cá chiên xù, khoai tây xào, bắp hạt, ớt chuông
	Món chay			3 loại đậu hầm kiểu Âu, cơm gạp lức	Đậu hũ non sốt nấm
	Tráng miệng			Thanh long	Dưa hấu
	Ăn xế			Bánh chà bông kẹp	Bánh bông lan cà rốt

SET LUNCH - NOVEMBER

	MONDAY 29/10	TUESDAY 30/10	WEDNESDAY 31/10	THURSDAY 01/11	FRIDAY 02/11
	Salad			Papaya salad	Sweetcorn & tomato salad
	Soup			Seaweed, tofu soup	Clear vegetable soup
SELECT ONE	Asian			Sweet & sour chicken, steamed rice, carrot, peas	Sauteed beef with onion, cucumber, steamed rice
	Western			Pork patty with mushroom sauce, fusilli, carrots, peas	Fish nuggets with sauteed potatoes, sweetcorn, peppers
	Vegetarian			3 bean chilli with brown rice	Steamed young tofu mushroom soya sauce
	Fruit			Dragon fruit	Watermelon

LOCAL PRODUCE

WE USE LOCALLY SOURCED SEASONAL INGREDIENTS AS MUCH AS POSSIBLE

FRESH IDEAS

EATING IN SCHOOL SHOULD BE A PLEASUREABLE EXPERIENCE WITH TIME SPENT SHARING GOOD FOOD WITH FRIENDS AND TEACHERS. WE ARE ALWAYS STRIVING TO IMPROVE THIS EXPERIENCE AND LOVE TO HEAR SUGGESTIONS, IDEAS AND FEEDBACK.

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SET LUNCH - NOVEMBER

		MONDAY 05/11	TUESDAY 06/11	WEDNESDAY 07/11	THURSDAY 08/11	FRIDAY 09/11
CHỌN 1 TRONG 3	Xà lách	Xà lách táo , củ dền	Xà lách bắp hạt, cà chua	Xà lách dưa leo	Xà lách đậu cove, thịt heo xông khói	Xà lách cà rốt bào nho khô
	Canh	Canh su su, cà rốt nấu thịt bằm	Súp gà hầm rau củ	Canh cải thìa	Súp kem bí đỏ, cà rốt	Canh hẹ, đậu hủ
	Món Á	Cà ri gà rau củ, cơm trắng Cải thìa	Thịt heo kho trứng, cơm trắng Rau muống	Cá chiên thì là, sốt cà chua, cơm trắng Bắp cải	Gà chiên nước mắm, cơm trắng cải bó xôi	Heo viên, cơm trắng Su su
	Món Âu	Bò bằm miếng, khoai tây múi cau, cà rốt	Cá chiên xù sốt cooktail Bông cải xanh, khoai tây	Mì Ý sốt bò bằm Xà lách trộn	Heo nướng sốt mật ong, khoai tây nghiền và cải bó xôi	Trứng cuộn phô mai Đậu hòa lan, cà rốt, bắp hạt luộc
	Món chay	Đậu lăng, đậu trắng hầm rau củ Cơm gạo lức	Mì xào nấm và rau củ	Đậu hũ sốt tương ngọt	Lasagna rau củ	Đậu hũ non sốt nấm
	Tráng miệng	Chuối	Thanh long	Xoài	Dưa hấu	Ổi

SET LUNCH - NOVEMBER

		MONDAY 05/11	TUESDAY 06/11	WEDNESDAY 07/11	THURSDAY 08/11	FRIDAY 09/11
SELECT ONE	Salad	Beetroot, apple salad	Sweetcorn, tomato salad	Cucumber salad	Green beans, bacon salad	Grated carrot, raisin salad
	Soup	Choysum, minced pork soup	Minestrone soup	Clear vegetable soup	Cream of Zucchini soup	Minced pork chayote soup
	Asian	Chicken curry, steamed rice, bok choy	Braised pork with egg, steamed rice, morning glory	Fried fiell with dill, tomato sauce, steamed rice, cabbage	Fried chicken with fish sauce, steamed rice, spinach	Pork meatloaf, steamed rice, chayote
	Western	Beef patty, potato wedges, carrots	Fish nuggets with cooktail sauce, broccoli, potato	Spaghetti bolognese Mixed salad	Grilled pork with honey sauce, mashed patato, spinach	Cheese omelet, peas, carrot, sweetcorn
	Vegetarian	Moroccan lentil and bean stew with brown rice	Fried noodles with mushrooms and vegetables	Sauteed tofu with sweet chilli sauce	Vegetable lasagna	Steamed young tofu mushroom soya sauce
	Fruit	Banana	Dragon fruit	Mango	Watermelon	Guava

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SET LUNCH - NOVEMBER

		MONDAY 12/11	TUESDAY 13/11	WEDNESDAY 14/11	THURSDAY 15/11	FRIDAY 16/11
	Xà lách	Xà lách cà chua	Xà lách Nga	Xà lách rau củ	Xà lách Ý	Xà lách cà rốt bào nho khô
	Canh	Canh cải thìa	Súp rau củ kiểu Ý	Canh chua bạc hà	Súp rong biển, đậu hủ kiểu Nhật	Canh khoai mỡ
CHỌN 1 TRONG 3	Món Á	Bò xào sốt nước tương, cơm trắng Cải ngọt	Trứng khoáy thịt bằm cà chua, cơm trắng, rau củ trộn	Đậu hủ dồn thịt sốt cà, cơm trắng, bắp cải	Cá phi lê lúc lắc, cơm trắng Cà chua, dưa leo	Gà rô ti, cơm trắng Su su, cà rốt xào
	Món Âu	Cá cuộn nấm bào ngư hấp, sốt kem Mì ống	Thịt heo nướng mè Rau củ trộn	Gà nướng sốt nấm, khoai tây xào, đậu hòa lan, bắp cải	Trứng cuộn jambon, phô mai, cải bó xôi	Xúc xích , khoai tây nghiền sốt nâu Đậu hòa lan
	Món chay	Mì ý sốt nấm	Bông cải trắng nướng sốt chua ngọt	Đậu trắng hầm ragu	Hủ tiếu xào thập cẩm	Mì ống sốt pesto
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu	Thanh long	Ổi

SET LUNCH - NOVEMBER

		MONDAY 12/11	TUESDAY 13/11	WEDNESDAY 14/11	THURSDAY 15/11	FRIDAY 16/11
	Salad	Tomato salad	Russian salad	Mixed vegetable salad	Ceasar salad	Grated carrot, raisin salad
	Soup	Sweet & sour soup	Minestrone soup	Bok choy soup	Miso soup	Yam soup
SELECT ONE	Asian	Sauteed beef with soy sauce, steamed rice, choy sum	Scrambled egg with mince pork, tomato , steamed rice, mixed vegetables	Tofu stuffed with mince pork, steamed rice, cabbage	Fish "luc lac"steamed rice Cucumber, tomato	Roast chicken, steamed rice Chayotte, carrot
	Western	Fish roll with mushroom, cream sauce, maccaroni	Grilled pork with seasame Mixed vegetables	Grilled chicken with mushroom, sauteed potato , peas, cabbage	Ham, cheese omelet, spinach	Bangers & mash
	Vegetarian	Spaghetti with mushroom sauce	Baked brocoli with sweet & sour sauce	Stewed white bean ragu	Sauteed noodles with vegetable	Spaghetti with pesto sauce
	Fruit	Watermelon	Banana	Watermelon	Dragon fruit	Guava

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SET LUNCH - NOVEMBER

		MONDAY 19/11	TUESDAY 20/11	WEDNESDAY 21/11	THURSDAY 22/11	FRIDAY 23/11
CHỌN 1 TRONG 3	Xà lách	Xà lách táo , củ dền	Xà lách bắp hạt, cà chua	Xà lách dưa leo, cá ngừ	Xà lách đậu cove, thịt heo xông khói	Xà lách cà rốt bào nho khô
	Canh	Canh chua bắp cải	Súp rong biển, đậu hủ kiểu Nhật	Canh cà chua trứng	Súp gà rau củ nước trong	Canh rau bồ ngót nấu thịt xay
	Món Á	Gà kho sả , cơm trắng Rau muống xào tỏi	Cá phi lê chiên sốt me, cơm trắng Cải ngọt	Thịt heo xá xíu nước sốt, cơm trắng Cải thảo	Trứng kho thịt, cơm trắng Cải thìa	Tôm rim chua ngọt, cơm trắng Báp cải
	Món Âu	Heo nướng sốt giấm táo Khoai tây, cà rốt	Trứng cuộn ớt chuông, ba rọi xông khói Khoai tây xào	Cá chiên giòn sốt tarta Khoai tây múi	Bò hầm trái cây Bánh mì	Gà chiên xù, khoai tây xào
	Món chay	Đậu hủ nhồi rau củ sốt cà chua	Nấm hầm đậu	Hủ tiếu xào chay kiểu Thái	Khoai tây đút lò	Rau xanh xào cà ri, cơm trắng
	Tráng miệng	Chuối	Thanh long	Xoài	Dưa hấu	Thanh long

SET LUNCH - NOVEMBER

		MONDAY 19/11	TUESDAY 20/11	WEDNESDAY 21/11	THURSDAY 22/11	FRIDAY 23/11
SELECT ONE	Salad	Beetroot, apple salad	Sweetcorn, tomato salad	Tuna, cucumber salad	Green beans, bacon salad	Grated carrot, raisin salad
	Soup	Sweet & sour cabbage soup	Miso soup	Egg & tomato soup	Chicken, vegetable soup	Katuk vegetable soup
	Asian	Braised chicken with lemongrass, steamed rice, morning glory	Fish with tamarind sauce, steamed rice, choy sum	Charsiu pork, steamed rice, cabbage	Braised egg with pork, steamed rice, bok choy	Shrimp with sweet & sour sauce, steamed rice, cabbage
	Western	Grilled pork with apple sauce, potato, carrot	Bacon omelet , sauteed potato	Fried fish with tartare sauce	Stewed beef with fruit, baquette	Chicken schnitzel, sauteed potato
	Vegetarian	Tofu stuffed with vegetables, tomato sauce	Stewed mushroom with bean	Sauteed vegetarian noodles	Baked potato with cheese, beans	Very green curry, steamed rice
	Fruit	Banana	Dragon fruit	Mango	Watermelon	Dragon fruit

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SET LUNCH - NOVEMBER

		MONDAY 26/11	TUESDAY 27/11	WEDNESDAY 28/11	THURSDAY 29/11	FRIDAY 30/11
CHỌN 1 TRONG 3	Xà lách	Xà lách bắp hạt	Xà lách Mimosa	Xà lách Hy Lạp	Xà lách trứng	Xà lách cà chua
	Canh	Súp cà chua, cà rốt	Canh su su	Canh chua rau muống	Súp Tứ Xuyên	Canh cải ngọt
	Món Á	Trứng sốt Singapore, cơm trắng Cải thìa	Cá phi lên kho tiêu, cơm trắng Bầu xào	Bò sốt teriyaki, cơm trắng Bắp cải	Gà nấu đậu. bánh mì	Xíu mại sốt cà, cơm trắng Cải ngọt
	Món Âu	Bò hầm ragu, bí ngòi cà rốt Mì sợi dẹp	Thịt viên sốt cà kiểu Ý , Mì ý	Gà nướng sốt quế tây, Nui ống	Cá nướng , salsa rau củ Cơm trắng, gạo lức	Cá cuộn nấm bào ngư phô mai, sốt cà chua Khoai tây múi
	Món chay	Bánh nướng rau củ Lasagna	Cà ri bông cải trắng, gạo lức	Mì xào rau củ , sốt tương mật ong	Đậu hũ sốt tương ngọt	Nui đút lò với rau củ
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu	Thanh long	Dưa hấu

SET LUNCH - NOVEMBER

		MONDAY 26/11	TUESDAY 27/11	WEDNESDAY 28/11	THURSDAY 29/11	FRIDAY 30/11
SELECT ONE	Salad	Beetroot, apple salad	Sweetcorn, tomato salad	Tuna, cucumber salad	Green beans, bacon salad	Grated carrot, raisin salad
	Soup	Sweet & sour cabbage soup	Miso soup	Egg & tomato soup	Chicken, vegetable soup	Katuk vegetable soup
	Asian	Egg with "Singapore" style, steamed rice, bok choy	Braised fish with pepper, steamed rice, spring bean, carrot	Beef with teriyaki, steamed rice, cabbage	Stewed beef with bean, baquette	Meat ball with tomato sauce, steamed rice, choysum
	Western	Beef ragout, zuchini, carrot, tagliatelle	Italian pork ball, spaghetti	Chicken with pesto, maccaroni	Grill fish, vegetables salsa, brown rice	Fish stuffed with mushroom, cheese, tomato sauce, potato wedge
	Vegetarian	Vegetables lasagna	Cauliflowe curry, brown rice	Sauteed noodles with vegetable, soy & honey sauce	Tofu with sweet chilli sauce	Baked vegetables,macaroni
	Fruit	Watermelon	Banana	Watermelon	Dragon fruit	Watermelon

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