SAIGON SOUTH INTERNATIONAL SCHOOL

MENU AUTUMN

THE CATERERS® Catering for all occasions

SET LUNCH - OCTOBER

		MONDAY 01/10	TUESDAY 02/10	WEDNESDAY 03/10	THURSDAY 04/10	FRIDAY 05/10
	Xà lách	Xà lách củ cải, cà rốt , trứng	Xà lách bắp cải	Xà lách rau củ	Xà lách đu đủ	Xà lách cà chua, bắp hạt
	Canh	Canh bắp cải cà rốt	Canh bầu nấu tôm	Súp rau củ kiểu Ý	Canh cải bẹ xanh nấu chả cá	Canh đậu hủ hẹ thịt bằm
CHỌN 1 TRONG 3	Món Á	Bò xào kiểu Hàn Quốc,cơm trắng Rau muống xào tỏi	Đậu hũ dồn thịt , cơm trắng Cải thìa	Gà sốt dầu hào, cơm trắng cải ngọt	Cá sốt Tứ Xuyên, cơm chiên rau củ	Xịu mại sốt cà, cơm trắng Su su
CHỌN 1 TRONG 3	Món Âu	Cá nướng sốt chanh dây, đậu hòa lan và cà rốt	Gà nướng sốt nấm , nui xoắn Cải thìa	Thịt viên sốt cà kiểu Ý , Mì ý Bắp hạt, bông cải	Xúc xích nướng , khoai tây nghiền sốt nâu Đậu hòa lan	Trứng cuộn nấm, cải bó xôi Khoai tây xào
CHỌN 1 TRONG 3	Món chay	Cơm gạo lức, cà ri chay	Mì xào rau củ , sốt tương mật ong	Bánh mì kẹp cà chua , phô mai kiểu Anh	Bánh mì Tacos với sốt salsa cà chua	Bún gạo xào rau củ và đậu hũ
	Tráng miệng	Chuối	Thanh long	Xoài	Dưa hấu	Lê đường

SET LUNCH - OCTOBER

		MONDAY 01/10	TUESDAY 02/10	WEDNESDAY 03/10	THURSDAY 04/10	FRIDAY 05/10
	Salad	Turnip, carrot & egg salad	Cabbage salad	Mixed salad	Papaya salad	Sweetcorn & tomato salad
	Soup	Cabbage soup	Gourd soup	Minestrone soup	Mustard leaf soup	Chive & tofu soup
SELECT ONE	Asian	Korean bulgogi beef, morning glory, steamed rice	Stuffed tofu with pork, steamed rice, bokchoy	Chicken oyster sauce, steamed rice, choysum	Crispy fish with Schezuan sauce, fried vegetable rice	Pork ball, steamed rice, chayote
SELECT ONE	Western	Grilled fish with passion sauce, green peas, carrots	Roast chicken with mushroom, fusilli, bokchoy	Italian pork ball, spaghetti Sweetcorn, broccoli	BangerS & mash	Mushroom omelete, spinach, sauteed potato
SELECT ONE	Vegetarian	Very green curry, red rice	Sauteed noodles with vegetable, soy & honey sauce	Mac n cheese	Cheese , tomato red bean enchiladas	Sauteed noodles with vegetable, tofu
	Fruit	Banana	Dragon fruit	Mango	Watermelon	Pear

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 - OCTOBER

		MONDAY 08/10	TUESDAY 09/10	WEDNESDAY 10/10	THURSDAY 11/10	FRIDAY 12/10
	Xà lách	Xà lách bắp hạt	Xà lách Mimosa	Xà lách Hy Lạp	Xà lách trứng	
	Canh	Canh chua bắp cải	Canh bí xanh	Canh cải bó xôi	Súp rong biển, đậu hủ kiểu Nhật	
CHỌN 1 TRONG 3	Món Á	Bò lúc lắc , cơm trắng Đậu cove	Chả trứng, cơm chiên rau củ Cải thìa	Gà nướng mật ong, cơm trắng Cải bó xôi	Thịt heo hầm lagu với rau củ, cơm trắng Bông cải	SCHOOL CLOSED
	Món Âu	Hải sản sốt nấm Khoai tây múi, đậu cove	Cá file sốt cooktail, nui ống Đậu hòa lan	Heo sốt teriyaki, nui xoắn Cải bó xôi	Gà nướng sốt cam,khoai tây xào Bông cải	
	Món chay	Đậu hũ non sốt Tứ Xuyên	Lasagna cải bó xôi	Mì Ý, bí ngòi sốt cà chua	Nấm xào trứng , đậu hũ	
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu	Thanh long	

SET LUNCH - OCTOBER

		MONDAY 08/10	TUESDAY 09/10	WEDNESDAY 10/10	THURSDAY 11/10	FRIDAY 12/10
	Salad	Sweetcorn salad	Mimosa salad	Greek salad	Egg salad	
	Soup	Sweet & sour cabbage soup	Gourd soup	Spinach clear soup	Miso soup	
SELECT ONE	Asian	Beef "luc lak" with steamed rice	Meatloaf with egg, vegetable fried rice, bokchoy	Grilled honey chicken, steamed rice, spinach	Pork ragout, cauliflower Steamed rice	SCHOOL CLOSED
	Western	Seafood with mushroom sauce, potato wedge, green bean	Fish with cocktail sauce, macaroni, green peas	Teriyaki pork, fusilli, spinach	Roast chicken,orange sauce, sauteed potatoes, cauliflower	
	Vegetarian	Sauteed noodles with vegetables, honey soy sauce	Spinach lasagna	Spaghetti zuchini with tomato sauce,	Sauteed mushroom with tofu, egg	
	Fruit	Watermelon	Banana	Watermelon	Dragon fruit	

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SET LUNCH - OCTOBER

		MONDAY 22/10	TUESDAY 23/10	WEDNESDAY 24/10	THURSDAY 25/10	FRIDAY 26/10
	Xà lách	Xà lách cà chua	Rau xà lách trộn sốt	Xà lách củ dền, táo	Xà lách dưa leo	Xà lách nấm và cải bó xôi
	Canh	Canh bí đỏ	Canh rau tần ô	Canh cải ngọt	Súp kem cà rốt	Canh bông cải trắng
CHỌN 1 TRONG 3	Món Á	Sườn non rim mật ong, cơm trắng Cải ngọt	Gà kho nấm rơm, cơm trắng	Trứng cuộn ham, cải bó xôi, cơm trắng Bắp cải	Cá file sốt cà, cơm chiên tỏi Cải bó xôi	Bò kho cà rốt, bánh mì
	Món Âu	Gà quay sốt nấm, khoai tây xào	Mì Ý sốt bò bằm, bánh mì bơ tỏi, cà rốt, đậu hòa lan	Heo nướng sốt BBQ , khoai tây xào, bông cải xanh	Gà nướng, nui ống,cải bó xôi và bắp hạt	Cá chiên xù, khoai tây xào xà lách táo và dưa leo
	Món chay	Mì sốt kem cà chua, cải bó xôi	Khoai tây đút lò	Đậu hũ non sốt chua ngọt	Bánh nướng rau củ Lasagna	Bánh bí ngòi nướng
	Tráng miệng	Chuối	Thanh long	Xoài	Dưa hấu	Lê đường

SET LUNCH - OCTOBER

		MONDAY 22/10	TUESDAY 23/10	WEDNESDAY 24/10	THURSDAY 25/10	FRIDAY 26/10
	Salad	Tomato salad	Lettuce & dressing	Beetroot & apple salad	Cucumber salad	Mushroom & spinach salad
	Soup	Clear pumpkin soup	Tungho vegetable oup	Choy sum soup	Cream of carrot soup	Cauliflower soup
SELECT ONE	Asian	Pork ribs with honey sauce, steamed rice, choysum	Grilled chicken with BBQ sauce, steamed rice, eggplant	Ham, spinach omelet, steamed rice, cabbage	Grilled fish with passion sauce, fried rice, spinach	Stewed beef with carrots & herbs, baguette
	Western	Roasted chicken with mushroom, sauteed potato	Spaghetti bolognese with garlic bread, carrots, peas	Grilled pork, mushroom sauce, sauteed potatoes, brocolli	Roast chicken with macaroni spinach, sweetcorn	Fish cakes with cucumber & apple salad
	Vegetarian	Spaghetti with tomato sauce, spinach	Baked potato	Young tofu Schezuan style	Vegetables lasagna	Baked zuchini
	Fruit	Banana	Dragon fruit	Mango	Watermelon	Pear

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SET LUNCH - OCTOBER

		MONDAY 29/10	TUESDAY 30/10	WEDNESDAY 31/10
	Xà lách	Xà lách Mimosa	Xà lách bắp cải	Xà lách rau củ
	Canh	Canh chua nấu tôm	Súp kem cải bó xôi	Canh cải thảo, cà rốt
CHỌN 1 TRONG 3	Món Á	Xíu mại trứng cút, cơm trắng Đậu rồng	Cá kho tiêu , cơm trắng Đậu bắp	Trứng cuốn nấm thịt bằm, cơm trắng Su su
	Món Âu	Gà nướng sốt nấm, khoai tây múi, rau củ trộn	Bánh nướng thịt bò "Lasagna"	Mì ý sốt kem hải sản
	Món chay	Bông cải xào kiểu Thái	Rau củ hầm lagu	Nui phô mai đút lò
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu
	Ăn xế	Sandwich kẹp trứng	Bánh su kem	Bánh rau củ, phô mai nướng

SET LUNCH - OCTOBER

		MONDAY 29/10	TUESDAY 30/10	WEDNESDAY 31/10
	Salad	Mimosa salad	Cabbage salad	Mixed salad
	Soup	Sweet & sour soup with shrimp	Cream of spinach soup	Cabbage , carrot soup
SELECT ONE	Asian	Meat ball stuffed with quail egg, steamed rice, dragon bean	Braised fish with pepper sauce, steamed rice, lady fingers	Minced pork and mushroom omelette, steamed rice, chayote
	Western	Grilled chicken, mushroom sauce, potato wedges, Mix veg	Beef lasagna	Seafood carbonara with spaghetti
	Vegetarian	Broccoli pad thai	Vegetable ragout	Mac 'n' cheese
	Fruit	Watermelon	Banana	Watermelon

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