SAIGON SOUTH INTERNATIONAL SCHOOL

MENU WINTER

THE CATERERS® Catering for all occasions

SET LUNCH - JANUARY

		MONDAY 07/01	TUESDAY 08/01	WEDNESDAY 09/01	THURSDAY 10/01	FRIDAY 11/01
	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 nướng sốt BBQ, cơm trắng, cà tím	Đùi gà chiên xù, cơm trắng, bắp cải trộn	Cá file sốt cà, cơm chiên tỏi Cải bó xôi	Bò kho cà rốt, bánh mì
	Món Âu	Gà quay sốt nấm, cải bó xôi	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,cải bó xôi và bắp hạt	Bánh cá chiên xù, xà lách táo và dưa leo
	Món chay	Mì sốt kem cà chua, cải bó xôi	Khoai tây đút lò rau củ và phô mai	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 - JANUARY

		MONDAY 07/01	TUESDAY 08/01	WEDNESDAY 09/01	THURSDAY 10/01	FRIDAY 11/01
	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	Chicken drumstick, steamed rice, mixed cabbage	Grilled fish with tomato sauce, garlic fried rice, spinach	Stewed beef with carrots & herbs, baguette
	Western	Roasted chicken w/mushrooms and spinach	Spaghetti bolognese with garlic bread, carrot, peas	Grilled pork BBQ sauce, sauteed potatoes, brocolli	Roast chicken with spinach, sweetcorn	Fish cakes with cucumber & apple salad
	Vegetarian	Spaghetti with tomato sauce, spinach	Baked potato topped with roasted vegetable and cheese	Young tofu Schezuan style	Vegetables lasagna	Baked zuchini
	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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		MONDAY 14/01	TUESDAY 15/01	WEDNESDAY 16/01	THURSDAY 17/01	FRIDAY 18/01
CHỌN 1 TRONG 3	Xà lách	Xà lách Mimosa	Xà lách bắp cải	Xà lách rau củ	Xà lách đu đủ	Xà lách bắp hạt, cà chua
	Canh	Canh chua nấu tôm	Súp kem cải bó xôi	Canh cải thảo, cà rốt	Canh rong biển, đậu hũ	Canh rau củ
	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	Gà sốt chua ngọt, cơm trắng, cà rốt và đậu hòa lan	Bò xào củ hành, dưa leo, cơm trắng
	Món Âu	Gà nướng sốt nấm, khoai tây múi, rau củ trộn	Bánh nướng thịt bò "Lasagna"	Mì ý sốt bò bằm	Thịt viên sốt nấm, nui xoắn, cà rốt và đậu hòa lan	Cá chiên xù, khoai tây xào, bắp hạt, ớt chuông
	Món chay	Mì xào bông cải kiểu Thái	Rau củ hầm lagu	Nui phô mai đút lò	3 loại đậu hầm, cơm gạo lức	Đậu hũ non sốt nấm
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu	Thanh long	Táo

SET LUNCH - JANUARY

		MONDAY 14/01	TUESDAY 15/01	WEDNESDAY 16/01	THURSDAY 17/01	FRIDAY 18/01
SELECT ONE	Salad	Mimosa salad	Cabbage salad	Mixed salad	Papaya salad	Sweetcorn & tomato salad
	Soup	Sweet & sour soup with shrimp	Cream of spinach soup	Cabbage, carrot soup	Seaweed, tofu soup	Clear vegetable soup
	Asian	Meat ball stuffed with quail egg, steamed rice, mixed vegetables	Braised fish with pineapple, steamed rice, okra	Minced pork and mushroom omelette, steamed rice, chayote	Sweet & sour chicken, steamed rice, carrot, peas	Sauteed beef with onion, cucumber, steamed rice
	Western	Grilled chicken, mushroom sauce, potato wedges, Mix veg	Beef lasagna	Spaghetti bolognese	Pork patty with mushroom sauce, fusilli, carrots, peas	Fish nuggets with sauteed potatoes, sweetcorn, peppers
	Vegetarian	Broccoli pad thai	Vegetable ragout	Mac 'n cheese	3 bean chilli with brown rice	Steamed young tofu mushroom soya sauce
	Fruit	Watermelon	Banana	Watermelon	Dragon fruit	Apple

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SET LUNCH - JANUARY

		MONDAY 21/01	TUESDAY 22/01	WEDNESDAY 23/01	THURSDAY 24/01	FRIDAY 25/01
	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 dưa leo
	Canh	Canh cải ngọt thịt bằm	Súp rau củ kiểu Ý	Canh rau củ	Súp kem bí ngòi	Canh su su thịt bằm
CHỌN 1 TRONG 3	Món Á	Cà ri gà, cơm trắng, cải ngọt	Thịt kho trứng, cơm trắng, rau muống xào tỏi	Cá áp chảo sốt cà, cơm trắng, bắp cải xào	Gà chiên nước mắm, cơm trắng, cải bó xôi	Heo viên sốt nâu, cơm trắng, su su
CHỌN 1 TRONG 3	Món Âu	Bò vo viên, khoai tây múi, cà rốt	Cá chiên xù sốt cocktail, bông cải xanh, khoai tây	Mì ý sốt bò bằm	Heo nướng sốt mật ong, khoai tây nghiền, cải bó xôi	Trứng cuộn phô mai, đậu hòa lan, cà rốt, bắp hạt
CHỌN 1 TRONG 3	Món chay	Đậu lăng và đậu hầm, cơm gạo lức	Mì xào nấm, rau củ	Đậu hũ non sốt tương ngọt	Bánh rau củ nướng lasagna	Đậu hũ non sốt nấm
	Tráng miệng	Chuối	Thanh long	Xoài	Dưa hấu	Ổi

SET LUNCH - JANUARY

		MONDAY 21/01	TUESDAY 22/01	WEDNESDAY 23/01	THURSDAY 24/01	FRIDAY 25/01
	Salad	Beetroot, apple salad	Sweetcorn, tomato salad	Cucumber salad	Green beans, bacon salad	Cucumber salad
	Soup	Choysum, minced pork soup	Minestrone soup	Clear vegetable soup	Cream of Zucchini soup	Minced pork chayote soup
SELECT ONE	Asian	Chicken curry, steamed rice, bok choy	Braised pork with egg, steamed rice, morning glory	Fried fish w/tomato sauce, steamed rice, cabbage	Fried chicken with fish sauce, steamed rice, spinach	Pork meatloaf with gravy, steamed rice, chayote
SELECT ONE	Western	Beef patty, potato wedges, carrots	Fish nuggets with cooktail sauce, broccoli, potato	Spaghetti bolognese	Grilled pork with honey sauce, mashed patato, spinach	Cheese omelet, peas, carrot, sweetcorn
SELECT ONE	Vegetarian	Moroccan lentil and bean stew with brown rice	Sauteed 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 - JANUARY

		MONDAY 28/01	TUESDAY 29/01	WEDNESDAY 30/01	THURSDAY 31/01
CHỌN 1 TRONG 3	Xà lách	Xà lách cà chua	Xà lách Nga	Xà lách rau củ trộn	Xà lách ceasar
	Canh	Canh chua	Súp gà hầm rau củ	Canh cải thìa	Súp rong biển kiểu Nhật
	Món Á	Bò xào sốt nước tương, cơm trắng, cải ngọt	Trứng khuấy cà chua, cơm trắng , rau củ trộn	Đậu hũ dồn thịt, cơm trắng, bắp cải	Bò lúc lắc , cơm trắng, dưa & cà chua
	Món Âu	Mì ý cá nướng sốt nấm	Heo nướng mè, rau củ trộn	Gà nướng sốt nấm, khoai tây xào, cải bó xôi	Trứng cuộn thịt nguội, phô mai, cải bó xôi
	Món chay	Mì xào rau củ sốt mật ong	Bông cải xanh đút lò	Đậu hầm rau củ	Hủ tíu xào rau củ
	Tráng miệng	Dưa hấu	Chuối	Dưa hấu	Thanh long

SCHOOL CLOSE

SET LUNCH - JANUARY

		MONDAY 28/01	TUESDAY 29/01	WEDNESDAY 30/01	THURSDAY 31/01
SELECT ONE	Salad	Tomato salad	Russian salad	Mixed vegetable salad	Ceasar salad
	Soup	Sweet & sour soup	Minestrone soup	Bok choy soup	Miso soup
	Asian	Sauteed beef with soy sauce, steamed rice, choy sum	Scrambled egg with tomato, steamed rice, mixed vegetables	Tofu stuffed with mince pork, steamed rice, cabbage	Beef "luc lac"steamed rice Cucumber, tomato
	Western	Fish pasta w/mushroom cream sauce	Grilled pork with seasame Mixed vegetables	Grilled chicken with mushroom, sauteed potato , spinach	Ham, cheese omelet, spinach
	Vegetarian	Sauteed noodles with vegetables, honey soy sauce	Baked brocoli casserole	Vegetable and bean chili	Sauteed noodles with vegetable
	Fruit	Watermelon	Banana	Watermelon	Dragon fruit

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