



SAIGON SOUTH  
INTERNATIONAL SCHOOL

# MENU

Back  
to School



EC/Kinder

Month : August, 2019

Total meals for the month :

Name :

Class :

EC/Kinder price per meal: 46.500VND

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5-Aug

6-Aug

7-Aug

8-Aug

9-Aug

SET LUNCH

Thịt bò hầm sốt bolognese  
Meat sauce bolognese



Gà nướng  
Grilled chicken



Trứng luộc  
Boiled eggs



Mì Ý  
Spaghetti

Xôi viên  
Sticky rice

Cơm cuộn Hàn Quốc  
Kimpap



Táo  
Apple

Dưa hấu  
Watermelon

Bông cải xanh, đậu hòa lan trái  
Broccoli & snow peas

Dưa leo & cà chua bi  
Slice cucumbers & cherry tomato

Bông cải xanh, bông cải trắng & đậu  
hòa lan hạt  
Broccoli, cauliflower & peas

Chuối & dưa hấu  
Banana & watermelon

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12-Aug

13-Aug

14-Aug

15-Aug

16-Aug

SET LUNCH

Thịt viên sốt teriyaki  
Teriyaki meatballs



Thịt heo nướng  
Grilled pork



Gà chiên  
Fried chicken strips



Gà nướng  
Chicken strips



Pizza phô mai  
Mini cheese pizza



Cơm trắng  
Steamed rice

Cơm chiên đậu hòa lan, cà rốt, bắp  
hạt  
Fried rice with peas, carrot, corn



Khoai tây luộc  
Roast potato



Mì xào rau củ  
Stir fried veggies & noodles



Cà chua bi  
Cherry tomato

Đậu cove luộc  
Steamed green bean

Cà rốt & dưa leo  
Carrot & cucumber

Bông cải xanh, đậu hòa lan  
Broccoli & peas

Cam  
Oranges

Đậu cove luộc  
Green beans

Xoài, nho  
Mango, grapes

Mít  
Jackfruit

Bưởi  
Pomelo

Đậu nành Nhật nguyên trái  
Edamame pops

Dưa hấu  
Watermelon



LOCAL PRODUCE

WE USE LOCALLY SOURCED  
SEASONAL INGREDIENTS  
AS MUCH AS POSSIBLE



FRESH IDEAS

EATING IN SCHOOL SHOULD BE  
A PLEASURABLE 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.



If you or your child have  
a food allergy or intolerance,  
please ask a member of our  
catering team for information.  
We hope your child enjoys  
our new menus.

PLEASE VISIT OUR WEBSITE  
FOR FURTHER UPDATES.  
[www.thecaterers.vn](http://www.thecaterers.vn)

\* Certain items on the menus could be subject to change due to availability.



SAIGON SOUTH  
INTERNATIONAL SCHOOL

# MENU

Back  
to School



EC/Kinder

Name :

Class :

Month : August, 2019

Total meals for the month :

EC/Kinder price per meal: 46.500VND

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19-Aug

20-Aug

21-Aug

22-Aug

23-Aug

SET LUNCH

Trứng khuấy thịt nguội & phô mai  
Scrambled eggs with ham & cheese

Gà nướng  
Grilled chicken

Thịt bằm sốt bolognese  
Meat sauce bolognese

Hà cảo hấp  
Dimsum

Cơm cuộn Hàn Quốc  
Kimpap



Bánh mì tròn  
Bread roll

Xôi viên  
Sticky rice

Mì Ý  
Spaghetti

Thịt nướng, cơm trắng  
Shredded pork on rice

Trứng luộc  
Boiled eggs



Dưa hấu  
Water melon

Dưa hấu  
Watermelon

Táo  
Apple

Dưa lê  
Honeydew melon

Bông cải xanh, đậu hòa lan trái  
Broccoli & snow peas

Đậu nành Nhật  
Edamame

Bông cải xanh, bông cải trắng &  
đậu hòa lan hạt  
Broccoli, cauliflower & peas

Dưa leo & cà chua bi  
Slice cucumbers & cherry tomato

Bắp trái  
Big corn on the cob

Chuối & dưa hấu  
Banana & watermelon

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

26-Aug

27-Aug

28-Aug

29-Aug

30-Aug

SET LUNCH

Thịt viên sốt teriyaki  
Teriyaki meatballs

Thịt heo nướng  
Grilled pork

Gà chiên  
Fried chicken strips

Gà nướng  
Chicken strips

Pizza phô mai  
Mini cheese pizza



Cơm trắng  
Steamed rice

Cơm chiên đậu hòa lan, cà rốt,  
bắp hạt  
Fried rice with peas, carrot, corn

Khoai tây đút lò  
Roast potato

Mì xào rau củ  
Stir fried veggies & noodles

Cà chua bi  
Cherry tomato



Đậu cove luộc  
Steamed green bean

Cà rốt & dưa leo  
Carrot & cucumber

Bông cải xanh, đậu hòa lan  
Broccoli & peas

Cam  
Oranges

Đậu cove luộc  
Green beans

Xoài, nho  
Mango, grapes

Mít  
Jackfruit

Bưởi  
Pomelo

Đậu nành Nhật nguyên trái  
Edamame pops

Dưa hấu  
Watermelon

LOCAL PRODUCE

WE USE LOCALLY SOURCED  
SEASONAL INGREDIENTS  
AS MUCH AS POSSIBLE



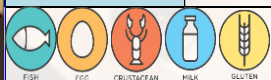
FRESH IDEAS

EATING IN SCHOOL SHOULD BE  
A PLEASURABLE 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.



If you or your child have  
a food allergy or intolerance,  
please ask a member of our  
catering team for information.  
We hope your child enjoys  
our new menus.

PLEASE VISIT OUR WEBSITE  
FOR FURTHER UPDATES.  
[www.thecaterers.vn](http://www.thecaterers.vn)



\* Certain items on the menus could be subject to change due to availability.