



SAIGON SOUTH  
INTERNATIONAL SCHOOL

# MENU

Back  
to School



		SET LUNCH - AUGUST				
		MONDAY 5-Aug	TUESDAY 6-Aug	WEDNESDAY 7-Aug	THURSDAY 8-Aug	FRIDAY 9-Aug
SET LUNCH (Choose one out of 3 main dishes option)	SALAD			Xà lách Nga Russian salad 	Xà lách củ dền trứng Beetroot & egg salad 	Xà lách Ý Ceasar salad 
	SOUP			Canh cà chua trứng Clear tomato & egg soup 	Canh cải bẹ xanh nấu chả cá Mustard leaf with fish cake soup 	Canh bò rau củ nước trong Beef consomme 
	ASIAN MAIN			Gà nướng Grilled chicken 	Cá phi lê lúc lác Fish "luc lac" 	Gà chiên Fried chicken 
	WESTERN MAIN			Mì Ý sốt bò bằm Spaghetti bolognese 	Thịt heo nướng mè Grilled pork with sesame 	Chả trứng nướng kiểu Âu Western meatloaf 
	VEGETARIAN MAIN			Đậu hũ non sốt chua ngọt Young tofu Schezuan style 	Lasagna rau củ Vegetables lasagna 	Nấm hầm đậu Stewed mushroom with bean 
	VEGETABLES			Cải thìa Bok choy	Su su Chayote	Đậu cove Green bean
				Bắp cải và đậu cove Cabbage, green bean	Cà rốt và đậu hà lan Carrots, green peas	Nấm, cải bó xôi Mushroom & spinach
	RICE			Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT			Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	

**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 - AUGUST

		MONDAY 12-Aug	TUESDAY 13-Aug	WEDNESDAY 14-Aug	THURSDAY 15-Aug	FRIDAY 16-Aug
SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách trứng, cà chua Tomato, egg salad 	Xà lách đu đủ Papaya salad 	Xà lách dưa leo Cucumber salad	Xà lách Hy Lạp Greek salad	Xà lách cà rốt bào nhỏ khô Grated carrot, raisin salad
	SOUP	Canh cải chua thịt băm Pork minced & fermented cabbage soup 	Canh chua cá Sweet & sour fish soup 	Canh rau muống nấu tôm Morning glory with shrimp soup 	Canh khoai mỡ thịt băm Yam soup with minced pork 	Canh rau rau dền, mồng tơi, tàu hủ Vegetable & tofu soup 
	ASIAN MAIN	Chả trứng Meatloaf with egg 	Gà kho gừng Braised chicken with ginger 	Cá sốt cà Fried fish with tomato sauce 	Bò lúc lắc Beef "luc lak" 	Xíu mại sốt cà Meat ball with tomato sauce 
	WESTERN MAIN	Cá nướng sốt tartar Fried fish with tartar sauce 	Heo sốt teriyaki Teriyaki pork 	Nui sốt cà Baked macaroni cheese with ham 	Gà nướng Roast chicken 	Trứng đúc lò với bacon, phô mai Bacon, cheese frittata 
	VEGETARIAN MAIN	Bánh bí ngòi nướng Baked zucchini 	Mì xào rau củ, sốt tương mật ong Sauteed noodles with vegetable, soy & honey sauce 	Cà ri chay kiểu Thái Thai green curry 	Nui luộc với rau củ Baked vegetables, macaroni 	Mì ý sốt pesto Pesto pasta 
	VEGETABLES	Bầu xào Sauteed gourd	Mướp xào giá Sauteed loofa with bean sprout	Cải ngồng Chinese broccoli	Cà chua, dưa leo salad Tomato, cucumber salad	Cải ngọt Choysum
		Củ sắn, cà rốt Turnip, carrot	Bắp cải Cabbage	Cà rốt và bông cải trắng Carrot & cauliflower	Bắp trái Corn on the cob	Bông cải Broccoli, cauliflower
	RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT	Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	Trái cây theo mùa Seasonal fruit	

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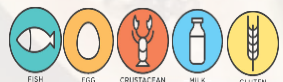


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Catering for all occasions

		SET LUNCH - AUGUST				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách bắp hạt Sweetcorn salad	Xà lách Mimoso Mimoso salad	Xà lách rau củ Mixed vegetable salad	Xà lách bắp cải Cabbage salad	Xà lách củ dền, táo Beetroot & apple salad
	SOUP	Canh cải ngọt nấu thịt băm Choy sum & minced pork soup	Canh rau bò ngọt nấu thịt xay Sweet leaf bush minced pork	Canh su su, cà rốt nấu thịt băm Minced pork chayote, carrot soup	Canh xà lách xoong nấu thịt Watercress with meat soup	Canh rong biển đậu hũ Seaweed and tofu soup
	ASIAN MAIN	Sườn non rim mật ong Pork ribs with honey sauce	Gà chiên nước mắm Fried chicken with fish sauce	Chả cá kho thơm Braised fish cake with pineapple	Bò kho cà rốt Stewed beef with carrots & herbs	Chả trứng Meatloaf with egg
	WESTERN MAIN	Mì Ý, gà sốt kem Creamy chicken pasta	Bò hầm kiểu Âu Beef stew	Heo nướng sốt BBQ Grilled pork, BBQ sauce	Gà chiên kiểu Hàn Quốc Korean sticky chicken	Cánh gà chiên Fried chicken wings
	VEGETARIAN MAIN	3 loại đậu hầm kiểu Âu, cơm gạo lức 3 bean chilli with brown rice	Mì ý sốt nấm, cà chua Spaghetti with mushroom, tomato sauce	Hũ tíu xào kiểu Thái chay Vegetarian pad Thai	Khoai tây sốt lò rau củ Potato gratin	Đậu hũ sốt tương ngọt Tofu with sweet chilli sauce
	VEGETABLES	Bắp cải trộn Coleslaw	Đậu đũa String bean	Cải bó xôi Spinach	Bí ngòi, hành tây Zucchini, onion	Bắp cải Cabbage
		Đậu cove Green bean	Đậu bắp, cà rốt Lady finger, carrot	Bắp cải, cà chua bị Cabbage, cherry tomato	Bông cải trắng, bông cải xanh Cauliflower & broccoli	Cà rốt, đậu hòa lan Carrot, peas
	RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
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		SET LUNCH - AUGUST				
		MONDAY 26-Aug	TUESDAY 27-Aug	WEDNESDAY 28-Aug	THURSDAY 29-Aug	FRIDAY 30-Aug
SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách củ cải, cà rốt, trứng Turnip, carrot & egg salad	Xà lách bắp hạt, cà chua Sweetcorn, tomato salad	Xà lách củ dền, táo Beetroot & apple salad	Gỏi ngô sen Lotus stem salad	Cà chua, dưa leo salad Tomato, cucumber salad
	SOUP	Canh rau củ nấu thịt băm Vegetable & minced pork soup	Canh rong biển đậu hũ Seaweed and tofu soup	Canh rau tần ô nấu thịt bò Vegetable with minced beef soup	Canh mướp, mong tơi thịt băm Sponge gourd Basella, pork minced soup	Canh khoai môn nấu thịt băm Taro with minced pork soup
	ASIAN MAIN	Cá kho tiêu, cơm trắng Braised fish with pineapple	Xiu mại trứng cút Meat ball stuffed with quail egg	Gà kho nấm Braised chicken with mushroom	Bò xào sốt nước tương Sauteed beef with soy sauce	Gà hầm Stew chicken
	WESTERN MAIN	Gà quay sốt nấm Roast chicken	Khoai tây đút lò Shephards pie	Trứng đút lò với ham, phô mai Ham, cheese frittata	Cá chiên giòn, sốt cocktail Fried fish with, cocktail sauce	Gà hầm sữa chua kiểu Ấn Tikka marsala
	VEGETARIAN MAIN	Núi đút lò phô mai Mac 'n cheese	Đậu hũ nhồi rau củ sốt cà chua Tofu stuffed with vegetables, tomato sauce	Bông cải nướng Baked cauliflower, broccoli	Miến trộn kiểu Hàn Quốc Korean glass noodles stir fried	Cà ri chay Vietnamese curry
	VEGETABLES	Rau muống Morning glory	Cà tím Eggplant	Giá hẹ, đậu cove Sauted bean sprout & chives, green bean	Bí đỏ, hành nướng Roasted pumpkin with onion	Cải thảo Chinese cabbage
		Bầu, cà rốt Gourd, carrot	Đậu, cà chua, bắp hạt Mixed bean, tomato, corn	Đậu hoà lan, cà rốt Snow pea, carrot	Bắp cải & bí ngòi Cabbage, zucchini	Cà rốt, đậu cove Carrot, green bean
	RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
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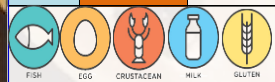


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