



**SAIGON SOUTH  
INTERNATIONAL SCHOOL**

# MENU

Back  
to School



**EC/Kinder**

Name :

Class :

**Month : Sep-19**

Total meals for the month :

EC/Kinder price per meal: 46.500VND

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2-Sep

3-Sep

4-Sep

5-Sep

6-Sep

SET LUNCH

**PUBLIC HOLIDAY**

Gà nướng  
Grilled chicken



Thịt bằm sốt bolognese  
Meat sauce bolognese



Há cảo hấp  
Dimsum



Cơm cuộn Hàn Quốc  
Kimpap



Xôi viên  
Sticky rice

Mì Ý  
Spaghetti

Thịt nướng, cơm trắng  
Shredded pork on rice



Trứng luộc  
Boiled eggs



Dưa hấu  
Watermelon

Táo  
Apple

Dưa lê  
Honeydew melon

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

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**

9-Sep

10-Sep

11-Sep

12-Sep

13-Sep

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.



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MONDAY

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THURSDAY

FRIDAY

16-Sep

17-Sep

18-Sep

19-Sep

20-Sep

SET LUNCH

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

Gà nướng  
Grilled chicken

Thịt hầm sốt bolognese  
Meat sauce bolognese

Há 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

23-Sep

24-Sep

25-Sep

26-Sep

27-Sep

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

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Mango, grapes

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