



SAIGON SOUTH
INTERNATIONAL SCHOOL

MENU

Back
to School



SET LUNCH - SEPTEMBER

		MONDAY 2-Sep	TUESDAY 3-Sep	WEDNESDAY 4-Sep	THURSDAY 5-Sep	FRIDAY 6-Sep
SET LUNCH (Choose one out of 3 main dishes option)	SALAD		Xà lách cà chua Tomato Salad	Gỏi đu đủ Papaya Salad 	Xà lách trộn Mixed Salad	Xà lách bắp non, cà chua Sweetcorn and Tomato Salad
	SOUP		Canh bí đỏ Pumpkin Soup 	Canh xà lách xoong Watercress Soup 	Canh đu đủ Papaya Soup 	Canh rong biển, đậu hũ non Seaweed and Tofu Soup
	ASIAN MAIN		Thịt heo nướng Grilled Pork 	Gà chiên nước mắm Fried Chicken with Fish Sauce 	Heo sốt chua ngọt Sweet and Sour Pork 	Bò kho Beef Stew
	WESTERN MAIN	PUBLIC HOLIDAY	Mì ý gà sốt kem Creamy Chicken Pasta 	Mì ý sốt thịt bằm Spaghetti Bolognese 	Cá nướng sốt tartar Fried Fish with Tartar Sauce 	Gà nướng Roasted Chicken
	VEGETARIAN MAIN		Mì xào rau củ Stir Fried Noodles with Vegetables 	Khoai tây sốt lò phô mai Mashed Potatoes with Cheese 	Cà ri chay Vietnam Curry 	Đậu hũ chiên sả Fried Tofu with Lemongrass
	VEGETABLES	Dưa leo, cà chua Cucumber and Tomatoes		Bầu luộc & bắp hạt Gourd and Sweetcorn	Khoai tây chiên Fried Potatoes	Cà chua nướng Roasted Tomatoes
			Đậu đũa, bông cải xanh String Bean and Broccoli	Rau mồng tơi Stir Fried Morning Glory with Garlic	Bông cải trắng, tím xào Green and Purple Cabbage	Bí ngò, giá hạt xào Sautéed Bean Spouts, Chives, and Zucchini
	RICE		Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT		Ôi Guava	Dưa hấu Watermelon	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruit	

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.

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SET LUNCH - SEPTEMBER

		MONDAY 9-Sep	TUESDAY 10-Sep	WEDNESDAY 11-Sep	THURSDAY 12-Sep	FRIDAY 13-Sep
SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách xanh trộn cà chua Mixed Green Salad with Tomatoes	Xà lách, sốt giấm Lettuce and Dressing	Xà lách củ dền, táo Beetroot and Apple Salad	Gỏi rau càng cua trộn trứng luộc Watercress Salad with Boiled Egg	Xà lách nấm, cải bó xôi Mushroom and Spinach Salad
	SOUP	Canh bầu Gourd Soup	Canh bí đỏ Pumpkin Soup	Canh rau má Centella Soup	Canh nấm Mushroom Soup	Canh rong biển, đậu hũ non Seaweed and Tofu Soup
	ASIAN MAIN	Gà sốt chua ngọt Sweet and Sour Chicken	Gà kho gừng Stewed Chicken with Lemongrass	Heo nướng ngũ vị Grilled Pork with Five Spice	Cá nướng sốt chanh dây Grilled Fish with Passionfruit Sauce	Thịt kho tiêu Braised Pork with Pepper Sauce
	WESTERN MAIN	Thịt heo nướng sốt BBQ Grilled Pork with BBQ Sauce	Bánh nướng Lasagna voi bò và heo Beef and Pork Lasagna	Gà cắt que chiên sốt mật ong Fried Chicken Strips with Honey Sauce	Trứng nướng với thịt nguội, phô mai Ham and Cheese Frittata	Gà nướng sốt korean sot Korean Sticky Chicken
	VEGETARIAN MAIN	Nui xào rau củ Stir Fried Macaroni with Vegetable	Cà ry đỏ kiểu Thái Thai Red Curry	Mì ý sốt cà chua ớt lò Baked Spaghetti	Rau củ ớt lò, cơm gạo lức Ratatouille with Brown Rice	Đậu hũ kho rau củ, nấm rơm Braised Tofu, Vegetables and Mushrooms
	VEGETABLES	Đậu cove, cà rốt cắt lát Green Beans and Carrots	Bắp trái luộc Corn on the cob	Khoai tây nướng Roasted Potatoes	Khoai tây chiên Fried Potatoes	Bắp cải và đậu xanh Cabbage and Green Peas
		Bông cải trắng, xanh xào Sautéed Cauliflower & Broccoli	Cải thìa Bok choy	Cải bó xôi, cà rốt Spinach and Carrots	Cà chua, dưa leo Tomato and Cucumber Salad	Bí đỏ, hành tây nướng Roast Pumpkin with Onion
	RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT	Trái cây hỗn hợp Mixed fruit	Dưa hấu Watermelon	Chuối Banana	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruits	

LOCAL PRODUCE

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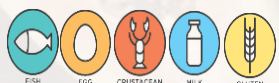


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		SET LUNCH - SEPTEMBER				
		MONDAY 16-Sep	TUESDAY 17-Sep	WEDNESDAY 18-Sep	THURSDAY 19-Sep	FRIDAY 20-Sep
SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách củ sắn, cà rốt và trứng Jicama, Carrot, and Egg Salad	Xà lách cà chua Tomato Salad	Gỏi đu đủ Papaya Salad	Xà lách trộn Mixed Salad	Xà lách bắp non, cà chua Sweetcorn and Tomato Salad
	SOUP	Canh bắp cải, cà rốt Cabbage and Carrot Soup	Canh cải ngọt Bok Choy Soup	Canh khoai mỡ Yam Soup	Súp kem bí đỏ Cream of Pumpkin Soup	Canh rong biển, đậu hũ non Seaweed and Tofu Soup
	ASIAN MAIN	Heo xào sả, hành tây Sauteed Pork with Lemongrass and Onion	Bò kho Beef Stew	Gà chiên nước mắm Fried Chicken with Fish Sauce	Cá nướng sốt cà chua Fried Fish with Tomato Sauce	Heo viên sốt teriyaki Teriyaki Pork Ball
	WESTERN MAIN	Mì ý gà sốt kem quế tây Creamy Chicken Pesto Pasta	Cá nướng salsa xoài Grilled Fish with Mango Salsa	Mì ý với bò và heo viên Spaghetti with Beef and Pork Meatballs	Chả thịt hấp Western Style Meatloaf	Gà nướng Roasted chicken
	VEGETARIAN MAIN	Mì xào rau củ và đậu hũ Sauteed Noodles with Vegetables and Tofu	Rau củ ớt lò với trứng Vegetable Frittata	Đậu hầm rau củ Mixed Bean and Vegetable Chili	Cà ry chay Vietnam Curry	Rau củ ớt lò phô mai Baked Vegetables with Cheese
	VEGETABLES	Bông cải trắng, tím xào Green and Purple Cabbage	Củ dền & cà rốt Beetroot and Carrots	Bầu luộc & bắp non Gourd and Sweetcorn	Bắp trái Corn on the cob	Su su, cà rốt Chayote and Carrot
		Cải bó xôi, cà chua xào Sauteed Spinach and Tomato	Nấm xào bắp non Sauteed Mushroom with Baby Corn	Rau mồng tơi Stir Fried Morning Glory with Garlic	Dưa leo, cà chua Cucumber and Tomato Salad	Bông cải xanh, trắng, đậu hà lan trái Broccoli, Cauliflower, and Snow Peas
	RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT	Trái cây hỗn hợp Mixed fruit	Ới Guava	Dưa hấu Watermelon	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruit	

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Catering for all occasions

SET LUNCH - SEPTEMBER

	MONDAY 23-Sep	TUESDAY 24-Sep	WEDNESDAY 25-Sep	THURSDAY 26-Sep	FRIDAY 27-Sep
SALAD	Xà lách xanh trộn cà chua Mixed Green Salad with Tomatoes	Xà lách, sốt giấm Lettuce and Dressing	Xà lách củ dền, táo Beetroot and Apple Salad	Gỏi rau càng cua trộn trứng luộc Watercress Salad with Boiled Egg	Xà lách nấm, cải bó xôi Mushroom and Spinach Salad
SOUP	Súp hầm rau củ Vegetables Soup	Canh nấm Mushroom Soup	Canh chua rau mồng Morning Glory and Sweet 'n' Sour Soup	Canh cà chua Tomato Soup	Canh rong biển, đậu hũ non Seaweed and Tofu Soup
ASIAN MAIN	Gà chiên Fried Chicken	Cá lúc lác Fish Luc Lac	Heo nướng ngũ vị Grilled Pork with Five Spice	Bò lúc lác Beef Luc Lac	Heo sốt chua ngọt Sweet and Sour Pork
WESTERN MAIN	Trứng nướng với thịt nguội, phô mai Ham and Cheese Frittata	Heo nướng sốt nấm Roasted Pork Loin with Mushroom Sauce	Gà cắt que chiên xù Fried Chicken Strips	Gà nướng sốt Hàn Quốc Korean Sticky Chicken	Mì ý gà sốt kem Creamy Chicken Pasta
VEGETARIAN MAIN	Cà ry chay Vietnam Curry	Đậu hũ non sốt chua ngọt Sweet and Sour Tofu	Đậu hũ xào nấm với xả Sauteed Tofu with Mushroom and Lemongrass	Rau củ "lasagna" Vegetable Lasagna	Rau củ đút lò, cơm gạo lức Ratatouille with Brown Rice
VEGETABLES	Đậu cove, cà rốt cắt lát Green Bean and Carrot	Bắp trái luộc Corn on the cob	Bắp cải Cabbage	Khoai tây chiên Fried Potatoes	Bắp cải và đậu cove Cabbage and Green Bean
	Bông cải trắng, xanh xào Sauteed Cauliflower and Broccoli	Cải thìa Bok choy	Cải bó xôi, cà rốt Spinach and Carrot	Rau mồng Stir Fried Morning Glory with Garlic	Bí đỏ, hành tây nướng Roast Pumpkin with Onion
RICE	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT	Thơm Pineapple	Dưa hấu Watermelon	Chuối Banana	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruit

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SET LUNCH - SEPTEMBER

MONDAY 30-Sep	TUESDAY 1-Oct	WEDNESDAY 2-Oct	THURSDAY 3-Oct	FRIDAY 4-Oct
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SET LUNCH (Choose one out of 3 main dishes option)	SALAD	Xà lách củ sắn, cà rốt Jicama and Carrot Salad
	SOUP	Canh bí đỏ Pumpkin Soup
	ASIAN MAIN	Gà chiên nước mắm Fried Chicken with Fish Sauce
	WESTERN MAIN	Thịt heo nướng sốt BBQ Grilled Pork with BBQ Sauce
	VEGETARIAN MAIN	Nui xào rau củ Sauteed Macaroni with Vegetables
	VEGETABLES	Ớt chuông xanh và đỏ xào hành Green and Red Peppers with Onion
	RICE	Cơm trắng Steamed rice
	DESSERT	Trái cây hỗn hợp Mixed fruit



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