



MENU AUTUMN

EC/Kinder

Name :

Class :

Month : Oct-19

Total meals for the month :

EC/Kinder price per meal: 46.500VND

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30-Sep

1-Oct

2-Oct

3-Oct

4-Oct

SET LUNCH

Gà nướng
Grilled chicken



Thịt bằm sốt bolognese
Meat sauce bolognese



Há cảo hấp
Dimsum



Cá chiên
Fried Fish



Xôi viên
Sticky rice

Mì Ý
Spaghetti

Thịt nướng, cơm trắng
Shredded pork on rice



Cơm trắng
Steamed rice

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

2 Trái chuối
2 Banana

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7-Oct

8-Oct

9-Oct

10-Oct

11-Oct

SET LUNCH

Thịt viên sốt teriyaki
Teriyaki meatballs



Thịt heo nướng
Grilled pork



Gà chiên
Fried chicken strips



Gà nướng
Chicken strips



Bánh kẹp gà phô mai
Cheese and Chicken Quesadilla



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 trứng sốt cà chua
Egg Noodle and Tomato Sauce



Trứng luộc
Boiled Egg (1)

Đậu cove luộc
Steamed green bean

Cà rốt & dưa leo
Carrot & cucumber

Bông cải xanh, đậu hòa lan
Broccoli & peas

Cam
Oranges

Đậu cove, cà chua bi
Green Beans and Cherry Tomato

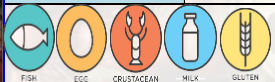
Xoài, nho
Mango, grapes

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



**SAIGON SOUTH
INTERNATIONAL SCHOOL**

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

21-Oct

22-Oct

23-Oct

24-Oct

25-Oct

SET LUNCH

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

Gà nướng
Grilled chicken

Thịt bằm sốt bolognese
Meat sauce bolognese

Há cảo hấp
Dimsum

Cá chiên
Fried Fish



Bánh mì tròn
Bread roll

Xôi viên
Sticky rice

Mì Ý
Spaghetti

Thịt nướng, cơm trắng
Shredded pork on rice



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

2 Trái chuối
2 Banana

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28-Oct

29-Oct

30-Oct

31-Oct

1-Nov

SET LUNCH

Thịt viên sốt teriyaki
Teriyaki meatballs

Thịt heo nướng
Grilled pork

Gà chiên
Fried chicken strips

Gà nướng
Chicken strips



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 trứng sốt cà chua
Egg Noodle and Tomato Sauce



Đậu cove luộc
Steamed green bean

Cà rốt & dưa leo
Carrot & cucumber

Bông cải xanh, đậu hòa lan
Broccoli & peas

Cam
Oranges

Xoài, nho
Mango, grapes

Mít
Jackfruit

Bưởi
Pomelo

Đậu nành Nhật nguyên trái
Edamame pops



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