



MENU AUTUMN

		SET LUNCH - OCTOBER				
		MONDAY 30-Sep	TUESDAY 1-Oct	WEDNESDAY 2-Oct	THURSDAY 3-Oct	FRIDAY 4-Oct
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		Gà Sốt chua ngọt Sweet and Sour Chicken  	Thịt xá xíu BBQ Pork 	Cá "Luk lak" Fish Luc Lak  	Gà nướng xả Grilled Chicken with Lemongrass 
	WESTERN MAIN		Cá chiên sốt Tartar Fried Fish with Tartar Sauce   	Mì Ý sốt thịt băm Spaghetti Bolognese 	Gà nướng sốt Hàn Quốc Korean Sticky Chicken 	Chả trứng bò và heo kiểu Âu Beef and Pork Meatloaf   
	VEGETARIAN MAIN		Đậu hũ non sốt Tứ Xuyên Steamed Young Tofu with Szechuan Sauce 	Rau củ đút lò Baked Vegetables 	Mì xào rau củ với đậu hũ Stir Fried Noodles with vegetables and tofu 	Nui đút lò Pasta Baked  
	VEGETABLES		Rau muống xào tỏi Stir Fried Morning Glory with Garlic Bông cải xanh, bông cải trắng & đậu hòa lan hạt Broccoli, cauliflower & peas	Bầu luộc & bắp hạt Gourd and Sweetcorn Dưa leo, cà chua Cucumber and Tomatoes	Bắp trái Big corn on the cob Bông cải trắng, tím xào Green and Purple Cabbage	Cà chua nướng Roasted Tomatoes Bông cải xanh, đậu hòa lan trái Broccoli & snow peas
	RICE		Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice	Cơm trắng Steamed rice
DESSERT		Ổi 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

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MENU AUTUMN

SET LUNCH - OCTOBER

		MONDAY 7-Oct	TUESDAY 8-Oct	WEDNESDAY 9-Oct	THURSDAY 10-Oct	FRIDAY 11-Oct
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 Hy Lạp Greek 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 nướng Grilled Chicken	Heo chiên sốt mật ong Fried Pork with Honey Sauce	Bò Kho Beef Stew	Sườn Heo Pork Rib	Heo viên sốt cà chua Pork ball with Tomato Sauce
	WESTERN MAIN	Cá chiên sốt xoài "Salsa" Grilled Fish Mango Salsa	Mì Ý gà sốt kem Creamy Chicken Pasta	Gà cắt que chiên Fried Chicken Strips	Gà nướng sốt Hàn Quốc Korean Sticky Chicken	Trứng nướng với thịt nguội, phô mai Bacon and Cheese Frittata
	VEGETARIAN MAIN	Mì xào rau củ Stir Fried Noodle with Vegetable	Rau củ hầm Rataouille	Nui xào nấm và cải bó xôi Spinach Mushroom Pasta	Đậu hũ kho nấm Braised Mushroom and Tofu	Cà Ri Thái Thai Green Curry
	VEGETABLES	Đậu cove, cà rốt Green Beans and Carrots	Bắp trái luộc Corn on the cob	Khoai tây nướng Roasted Potatoes	Bí đỏ, hành tây nướng Roast Pumpkin with Onion	Khoai tây chiên Fried Potatoes
		Bông cải trắng, xanh xào Sauteed Cauliflower & Broccoli	Cải thìa Bok choy	Cải bó xôi, cà rốt Spinach and Carrots	Cà chua, dưa leo Tomato and Cucumber Salad	Đậu cove, cà chua Green Beans and Tomatoes
	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	

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MENU AUTUMN

SET LUNCH - OCTOBER

		MONDAY 21-Oct	TUESDAY 22-Oct	WEDNESDAY 23-Oct	THURSDAY 24-Oct	FRIDAY 25-Oct
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	Cá "Luk lak" Fish Luc Lak	Thịt xá xiu BBQ Pork	Gà nướng xả Grilled Chicken with Lemongrass	Gà Sốt chua ngọt Sweet and Sour Chicken	Heo nướng ngũ vị Five Spice Pork
	WESTERN MAIN	Gà nướng Grilled Chicken	Cá chiên sốt Tartar Fried Fish with Tartar Sauce	Mì Ý sốt thịt băm Spaghetti Bolognese	Bánh nướng Lasagna bò và heo Beef and Pork Lasagna	Maccaroni thịt nguội, phô mai Ham and Cheese Maccaroni
	VEGETARIAN MAIN	Cà Ri Việt Nam Vietnam Curry	Trứng nướng với Cải bó xôi, nấm Spinach and Mushroom Frittata	Rau củ sốt ớt Vegetarian Chili	Mì ý sốt kem với quế tây Creamy Pesto Pasta	Đậu hũ non sốt nấm Steamed Young Tofu with Mushroom Sauce
	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 Sautéed Spinach and Tomato	Nấm xào bắp non Sautéed Mushroom with Baby Corn	Rau mồng tơi xào tỏi 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	Ổi Guava	Dưa hấu Watermelon	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruit

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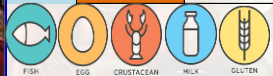


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MENU AUTUMN

SET LUNCH - OCTOBER

	MONDAY 28-Oct	TUESDAY 29-Oct	WEDNESDAY 30-Oct	THURSDAY 31-Oct	FRIDAY 1-Nov
SALAD	Xà lách xanh trộn cà chua Mixed Green Salad with Tomatoes	Xà lách, sốt giấm Lettuce and Dressing	Xà lách hy lap Greek Salad	Gỏi rau càng cua trộn trứng luộc Watercress Salad with Boiled Egg	
SOUP	Súp hầm rau củ Vegetables Soup	Canh nấm Mushroom Soup	Canh chua rau muống Morning Glory and Sweet 'n' Sour Soup	Canh cà chua Tomato Soup	
ASIAN MAIN	Heo viên sốt cà chua Pork ball with Tomato Sauce	Gà chiên nước mắm Fried Chicken with Fish Sauce	Heo xào xả Sautee Pork with Lemongrass	Cá Sốt chua ngọt Sweet and Sour Fried Fish	
WESTERN MAIN	Heo nướng sốt BBQ Grilled Pork with BBQ Sauce	Heo Nướng sốt nấm Grilled Pork with Mushroom Sauce	Gà cắt que chiên Fried Chicken Strips	Gà nướng sốt Hàn Quốc Korean Sticky Chicken	
VEGETARIAN MAIN	Nui xào đậu hũ và nấm Stir Fried Maccaroni with tofu and mushrooms	Khoai tây với rau củ và phô mai Mashed Potatoes with Vegetables and Cheese	Mì xào sốt Hàn Quốc Korean Stir Fry Noodles	Mì Ý sốt cà chua Baked Sapaghetti	
VEGETABLES	Đậu cove, cà rốt Green Bean and Carrot	Bắp trái luộc Corn on the cob	Bắp cải Cabbage	Khoai tây chiên Fried Potatoes	
	Bông cải trắng, xanh xào Sauteed Cauliflower and Broccoli	Cải thìa Bok choy	Cải bó xôi, cà rốt Spinach and Carrot	Rau muống Stir Fried Morning Glory with Garlic	
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	

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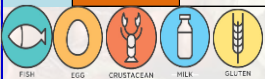


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