



SAIGON SOUTH INTERNATIONAL SCHOOL

MENU WINTER



Catering for all occasions

EC/Kinder

Month : Nov-19

Total meals for the month :

Name :

Class :

EC/Kinder price per meal: 46.500VND

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1-Nov

SET LUNCH

Bánh kẹp gà phô mai
Cheese and Chicken Quesadilla

Trứng luộc
Boiled Egg (1)

Đậu cove , cà chua bi
Green Beans and Cherry Tomato

Dưa hấu
Watermelon

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4-Nov

5-Nov

6-Nov

7-Nov

8-Nov

SET LUNCH

Trứng khuấy thịt nguội & phô mai
Scambled 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

Cơm trắng
Steamed 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



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.



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.
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* Certain items on the menus could be subject to change due to availability.



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11-Nov

12-Nov

13-Nov

14-Nov

15-Nov

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

18-Nov

19-Nov

20-Nov

21-Nov

22-Nov

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

Cá chiên
Fried Fish

Bánh mì tròn
Bread roll

Xôi viên
Sticky rice

Mì Ý
Spaghetti

Thịt nướng, cơm trắng
Shredded pork on rice

Cơm trắng
Steamed rice

Dưa hấu
Water melon

Dưa hấu
Watermelon

Táo
Apple

Dưa lê
Honeydew melon

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

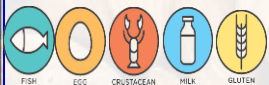
Đậu nành Nhật
Edamame

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
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26-Nov

27-Nov

28-Nov

29-Nov

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

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