



SAIGON SOUTH
INTERNATIONAL SCHOOL

MENU WINTER



Catering for all occasions

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
							SET LUNCH - NOVEMBER
							1-Nov
SET LUNCH (Choose one out of 3 main dishes option)	SALAD						Xà lách bắp non, cà chua Sweetcorn and Tomato Salad
	SOUP						Canh rong biển , đậu hũ non Seaweed and Tofu Soup 🍲
	ASIAN MAIN						Heo kho gừng Braised Pork w/Ginger 🍲🌶️🌿
	WESTERN MAIN						Cánh gà chiên sốt Teriyaki Fried Chicken Wings with Teriyaki Sauce 🍲
	VEGETARIAN MAIN						Cà ri Thái Thai Red Curry 🌿🍲
	VEGETABLES						Ớt chuông đỏ và xanh xào với nấm và hành Sautee Green and Red Peppers with Mushrooms and Onions Bí ngò, giá hạt xào Sauteed Bean Spouts, Chives, and Zucchini
	RICE						Cơm trắng Steamed rice
	DESSERT						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 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.

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CATERING FOR ALL OCCASIONS

SET LUNCH - NOVEMBER

		MONDAY 4-Nov	TUESDAY 5-Nov	WEDNESDAY 6-Nov	THURSDAY 7-Nov	FRIDAY 8-Nov
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 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 kho gừng Braised Chicken with Lemongrass 	Chả cá sốt cà chua Fish Cake with Tomato Sauce 	Sườn heo nướng nước mắm Grilled Pork Rib with Fish Sauce 	Bò Kho Beef Stew 	Gà Sốt cam Orange Chicken
	WESTERN MAIN	Mì ý sốt kem với ba rọi, cải bó xôi Creamy BLT Spaghetti 	Heo nướng sốt nấm Grilled Pork Loin with Mushroom Gravy 	Gà chiên sốt mù tạt mật ong Fried Chicken Tenders with Honey Mustard 	Gà nướng Roasted Chicken	Bánh nướng khoai tây đút lò nhân thịt và rau củ Shepards Pie
	VEGETARIAN MAIN	Pad Thái rau củ Vegetarian Pad Thai 	Đậu hũ kho với rau củ Braised Tofu with Vegetables 	Bún Singapore Singapore Noodles 	Couscous với rau củ Couscous with Vegetables 	Rau củ đút lò Baked Vegetables
	VEGETABLES	Bông cải trắng, tím xào Green and Purple Cabbage 	Cà Tím nướng Roasted Eggplant	khoai tây nướng Roasted Potatoes	Khoai tây chiên Fried Potatoes	Cà chua nướng Roasted Tomatoes
		Cải bó xôi, cà chua xào Sauteed Spinach and Tomato	Đậu đũa, bông cải xanh String Bean and Broccoli	Rau muống xào tỏi Stir Fried Morning Glory with Garlic	Bí xào Sautee Squash and Zucchini	Bí ngò, giá hẹ xào Sauteed Bean Spouts, Chives, and Zucchini
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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		SET LUNCH - NOVEMBER				
		MONDAY 11-Nov	TUESDAY 12-Nov	WEDNESDAY 13-Nov	THURSDAY 14-Nov	FRIDAY 15-Nov
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	Gỏi kiêu Tây Coleslaw	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 chiên nước mắm Fried Chicken with Fish Sauce	Heo chiên xù Pork Kushi Katsu (Japanese Fried Pork)	Cá chiên sốt chanh dây Grilled Fish with Passion Sauce	Thịt sá sù BBQ Pork	Heo viên sốt teriyaki Teriyaki Pork Ball
	WESTERN MAIN	Trứng nướng với thịt nguội, phô mai Ham and Cheese Frittata	Gà đốt lò phô mai Baked Chicken Parmesan	Mì ý sốt thịt băm Spaghetti Bolognese	Gà nướng sốt tương đen Grilled Chicken with Hoisin sauce	Cá chiên sốt Tartar Fried Fish with Tartar Sauce
	VEGETARIAN MAIN	Mì xào rau củ với đậu hũ Stir Fried Noodles with tofu and vegetables	Hủ tiếu xào sốt Thái Pad Kee Maw (Drunken Noodles)	Rau củ sốt ớt Vegetarian Chili	Đậu hũ non sốt ớt Steamed Young Tofu with Chili Sauce	Bông cải trắng Califlower Casserole
	VEGETABLES	Đậu Cove và hành Green Beans and Onions	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
		Cà Tím và cà rốt xào Sauteed Eggplant and Carrot	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	

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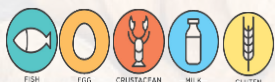


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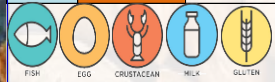


MENU WINTER



SET LUNCH - NOVEMBER

		MONDAY 18-Nov	TUESDAY 19-Nov	WEDNESDAY 20-Nov	THURSDAY 21-Nov	FRIDAY 22-Nov
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	Gà kho gừng Braised Chicken with Ginger	Heo kho tiêu Braised Pork with Pepper Sauce	Cá lức lác Fish Luc Lak	Heo với các loại đậu Pork with Mixed Beans	Bò kho Beef Stew
	WESTERN MAIN	Cá Chiên sốt bơ chanh Grilled Fish with Lemon Dill Butter Sauce	Gà nướng Roasted Chicken	Gà viên chiên sốt bơ mật ong Fried Chicken Nuggets with Honey Butter	Mì ý gà sốt kem basil Creamy Basil Chicken Spaghetti	Chả trứng bò và heo kiểu Âu Western beef and pork Meatloaf
	VEGETARIAN MAIN	Cà Ri Việt nam Vietnam Curry	Rau củ hầm với gạo lức Ratatouille with Brown Rice	Cà ri Thái Thai Green Curry	Nấm xào cải thìa và đậu hũ Stir Fry Mushrooms, Bok Choy, and Tofu	Bánh nướng Lasagna rau củ Vegetarian Lasagna
	VEGETABLES	Bông cải trắng, tím xào Green and Purple Cabbage	Gỏi kiểu Tây Coleslaw	Khoai tây nướng Roasted Potatoes	Bắp trái Corn on the cob	Đậu cove và cà chua Green Beans and Tomato
		Cải bó xôi, cà chua xào Sautéed Spinach and Tomato	Nấm xào bắp non Sautéed Mushroom, Onion, and Corn	Rau muống xào tỏi Stir Fried Morning Glory with Garlic	Củ dền & cà rốt Beetroot and Carrots	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	Ôi Guava	Dưa hấu Watermelon	Trái cây tươi theo mùa Seasonal fruit	Trái cây hỗn hợp Mixed fruit



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MENU WINTER



		SET LUNCH - NOVEMBER				
		MONDAY 25-Nov	TUESDAY 26-Nov	WEDNESDAY 27-Nov	THURSDAY 28-Nov	FRIDAY 29-Nov
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 trộn kiểu Âu Coleslaw	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 muống Morning Glory and Sweet 'n' Sour Soup	Canh cà chua Tomato Soup	Canh rong biển, đậu hũ non Seaweed and Tofu Soup
	ASIAN MAIN	Sườn heo sốt mật ong Pork Rib with Honey Sauce	Heo viên với trứng cút sốt cà chua Pork Ball with Quail Egg and Tomato Sauce	Gà hấp lá chanh Steamed Chicken with Lemon Leaves	Heo kho với bí đỏ Braised Pork with Pumpkin	Gà chiên sốt nước mắm Fried Chicken with Fish Sauce
	WESTERN MAIN	Trứng nướng với gà, phô mai Chicken and Cheese Frittata	Gà nướng sốt Hàn Quốc Korean Sticky Chicken	Mì Ý thịt viên bò và heo Spaghetti with beef and pork Meatballs	Gà sốt lá quế Basil Chicken	Cá chiên sốt Tartar Fried Fish with Tartar Sauce
	VEGETARIAN MAIN	Mì xào đậu hũ và rau củ Stir Fried Noodles with Tofu and Vegetables	Mì Ý sốt lò Baked Spaghetti	Pad Thái xào rau củ Vegetarian Pad Thai	Đậu hũ non sốt nấm Steam Young Tofu with Mushroom Sauce	Khoai tây nghiền với rau củ và phô mai Mashed Potatoes with Vegetables and Cheese
	VEGETABLES	Đậu cove, cà rốt cắt lát Green Bean and Carrot	Bắp trái luộc Corn on the cob	Cà tím nướng Roasted Eggplant	Khoai tây chiên Fried Potatoes	Bắp cải và đậu cove Cabbage and Green Bean
	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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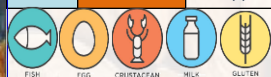
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