

LUNCH BOX Menu - November 2020

Grade 1 -5: price per meal: 62.500VND

Grade 6 - 8: price per meal: 73.000VND

	MONDAY 2-Nov	TUESDAY 3-Nov	WEDNESDAY 4-Nov	THURSDAY 5-Nov	FRIDAY 6-Nov
OPTION A	Fried Chicken - bone in (G,F)	Braised Chicken w/Lemongrass - bone in (G,F)	Braised Pork w/ginger - boneless (G,F)	Beef Lo Mein (G,E)	Fried Fish w/Passion Sauce - boneless (G,F)
OPTION B	Teriyaki Pork Meatballs G	Grilled Fish w/lemon butter sauce - boneless	Fried Chicken Nuggets - boneless (G,E,D)	Fajita Chicken - boneless (G)	Fried Fish - boneless (G,F,E,D)
OPTION V (VEGETARIAN)	Vegetable & Tofu Couscous (G)	Steamed Tofu w/Sweet and Sour Sauce (G)	Vegetarian Chili	Baked Vegetables & Bean w/Cheese (G,D)	Singapore Noodles w/Tofu & Egg (G)
VEGETABLES	Spinach & Tomatoes	Fried Potatoes	Bok Choy	Green and Purple Cabbage	Green Bean and Tomato
Steamed rice/ Pasta and Seasonal fresh fruit					

G: Gluten E: Egg D: Dairy F: Fish C: Crustacean

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	MONDAY 9-Nov	TUESDAY 10-Nov	WEDNESDAY 11-Nov	THURSDAY 12-Nov	FRIDAY 13-Nov
OPTION A	Fried Fish w/Lemongrass - boneless (G,F)	Pork Rib w/Honey Sauce - bone in (G,F)	Fish Luk Lac - boneless (G,F)	Braised Chicken w/Ginger - bone in (G,F)	Grilled Pork Cutlet - bone in (G,F)
OPTION B	Sweet & Sour Chicken - boneless (G)	Grilled Herb Chicken - bone in G	Baked Beef & Pork Spaghetti (G,D)	Shredded Pork w/BBQ Sauce - boneless (G)	Fried Fish - boneless (G,F,E,D)
OPTION V (VEGETARIAN)	Stir Fry Rice Noodle w/Vegetables & Tofu (G)	Mushroom Frittata (E,D)	Fajita Style Tofu & Beans	Mashed Potatoes with Broccoli and Cheese (D)	Braised Tofu & Mushroom (G)
VEGETABLES	Spinach, Tomato, Mushroom	Zucchini, Corn, and Onion	Cabbage & Carrot	Corn on the Cob	Green Bean and Tomato
Steamed rice/ Pasta and Seasonal fresh fruit					

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	MONDAY 16-Nov	TUESDAY 17-Nov	WEDNESDAY 18-Nov	THURSDAY 19-Nov	FRIDAY 20-Nov
OPTION A	Chicken Wings w/Honey Sauce - bone in (G)	Vietnamese Beef Stew - boneless (G,F)	Sweet & Sour Pork - boneless (G)	Fried Chicken w/Fish Sauce - bone in (G,F)	Japanese Fried Fish - boneless (G,F,E,D)
OPTION B	Teriyaki Pork Meatballs (G)	Creamy Basil Chicken Pasta - boneless (G,D)	Fried Chicken Nuggets - boneless (G,E,D)	Grilled Fish w/Mango Salsa - boneless	Korean Grilled Chicken - bone in (G)
OPTION V (VEGETARIAN)	Thai Green Curry (D)	Baked Cauliflower (G)	Tobokki w/Tofu &Kimchi (G)	Vegetarian Pad Thai (G,E)	Vegetarian Lasagna (G,D)
VEGETABLES	Spinach, Carrots, & Tomatoes	Stir Fry Morning Glory	Roasted Beetroot and Carrot	Sauteed Bean Spouts, Chives, and Zucchini	Green and Purple Cabbage
Steamed rice/ Pasta and Seasonal fresh fruit					

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	MONDAY 23-Nov	TUESDAY 24-Nov	WEDNESDAY 25-Nov	THURSDAY 26-Nov	FRIDAY 27-Nov
OPTION A	Chicken Bugogi & Topokki - boneless (G)	Stir Fry Lo Mein w/Beef (G,E)	Fish Luc Lak (G,F)	Braised Chicken w/Ginger - bone in (G,F)	Teriyaki Chicken Wings - bone in (G)
OPTION B	Beef & Pork Meatloaf (G,D)	Grilled Pork w/BBQ Sauce (G)	Spaghetti Bolognese w/Beef & Pork (G)	Beef & Pork Lasagna (G,D)	Fried Fish - boneless (G,F,E,D)
OPTION V (VEGETARIAN)	Sweet & Sour Tofu (G)	Korean Glass Noodle Stir Fry w/Tofu (G)	Baked Vegetables & Beans w/Cheese (D,G)	Vegetarian Chili	Vietnam Curry (G,D)
VEGETABLES	Bok Choy and Onion	Fried Potatoes	Green and Purple Cabbage	Eggplant and Carrot	Green Bean and Tomato
Steamed rice/ Pasta and Seasonal fresh fruit					

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MONDAY 30-Nov					
OPTION A	Vietnamese Beef Stew - boneless (G)				
OPTION B	Korean Grilled Chicken - bone in (G)				
OPTION V (VEGETARIAN)	Fajita Style Tofu & Beans				
VEGETABLES	Spinach, Carrot, & Onion				
Steamed rice/ Pasta and Seasonal fresh fruit					

G: Gluten E: Egg D: Dairy F: Fish C: Crustacean

