

Set lunch Menu - November 2020

HS 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)	Grilled Chicken - bone in (G)
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)
SALAD	Papaya salad	Tomato, egg salad (G)	Greek salad	Cucumber salad	Mixed salad
SOUP	Tomato Soup (G)	Sweet & sour soup (G)	Minestrone soup (G)	Pumpkin Soup	Seaweed and Tofu Soup (G)
VEGETABLES	Spinach & Tomatoes	Fried Potoatoes	Bok Choy	Green and Purple Cabbage	Green Bean and Tomato

* Steamed rice served daily * Seasonal fresh fruit served daily

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

Set lunch Menu - November 2020

HS price per meal: 73,000VND

	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)
SALAD	Mimosa salad (E)	Sweetcorn salad (E)	Cabbage salad	Mixed vegetable salad	Mixed salad
SOUP	Egg Drop Soup (G,E)	Cabbage soup (G)	Chayote, carrot soup (G)	Clear tomato & egg soup (G,E)	Seaweed and Tofu Soup (G)
VEGETABLES	Spinach, Tomato, Mushroom	Zucchini, Corn, and Onion	Cabbage & Carrot	Corn on the Cob	Green Bean and Tomato

* Steamed rice served daily * Seasonal fresh fruit served daily

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

Set lunch Menu - November 2020

HS price per meal: 73,000VND

	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)
SALAD	Papaya salad	Grated carrot & cabbage salad	Watercress & Egg Salad	Mixed salad	Greek salad
SOUP	Chive & tofu soup (G)	Pumpkin Soup (G)	Minestrone soup (G)	Winter melon soup	Seaweed and Tofu Soup (G)
VEGETABLES	Spinach, Carrots, & Tomatoes	Stir Fry Morning Glory	Roasted Beetroot and Carrot	Sauteed Bean Spouts, Chives, and Zucchini	Green and Purple Cabbage

* Steamed rice served daily * Seasonal fresh fruit served daily

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

Set lunch Menu - November 2020

HS price per meal: 73,000VND

	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)
SALAD	Tomato,egg salad (E)	Papaya salad	Cucumber salad	Greek salad	Mixed salad
SOUP	Egg Drop Soup (G)	Sweet & sour soup	Cabbage Soup (G)	Tomato Soup (G)	Seaweed and Tofu Soup (G)
VEGETABLES	Bok Choy and Onion	Fried Potoatoes	Green and Purple Cabbage	Eggplant and Carrot	Green Bean and Tomato

* Steamed rice served daily * Seasonal fresh fruit served daily

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

Set lunch Menu - November 2020

HS price per meal: 73,000VND

	MONDAY 30-Nov	TUESDAY 1-Dec	WEDNESDAY 2-Dec	THURSDAY 3-Dec	FRIDAY 4-Dec
OPTION A	Vietnamese Beef Stew - boneless (G)				
OPTION B	Korean Grilled Chicken - bone in (G)				
OPTION V (VEGETARIAN)	Fajita Style Tofu & Beans				
SALAD	Watercress & Egg Salad (E)				
SOUP	Winter melon soup (G)				
VEGETABLES	Spinach, Carrot, & Onion				



* Steamed rice served daily * Seasonal fresh fruit served daily
G: Gluten E: Egg D: Dairy F: Fish C: Crustacean

