

EC/Kinder Menu - November 2020

Total meals for the month :
EC/Kinder price per meal: 46.500VND

	MONDAY 2-Nov	TUESDAY 3-Nov	WEDNESDAY 4-Nov	THURSDAY 5-Nov	FRIDAY 6-Nov
SET LUNCH	Teriyaki meatballs (G,E,D)	Grilled pork - boneless (G)	Fried chicken strips - boneless (G,E,D)	Chicken strips - boneless (G)	Grilled Chicken and Cheese Sandwich (G,D)
	Steamed rice	Fried rice with peas,carrot,com (G,E)	Roast potato	Egg Noodle and Tomato Sauce (G,E)	Boiled Egg (E)
	Steamed green bean	Carrot & cucumber	Broccoli & peas	Edamame pops	Green Beans and Cherry Tomato
	Mango, grapes	Jackfruit	Pomelo	Oranges	Watermelon

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
SET LUNCH	Scambled eggs with ham & cheese (D,E)	Grilled chicken - boneless (G)	Meat sauce bolognese (G)	Dimsum (E,G)	Fried Fish - boneless (G,F,D,E)
	Bread roll (E,G)	Sticky rice	Spaghetti (G)	Shredded pork on rice - boneless (G)	Steamed rice
	Edamame	Broccoli, cauliflower & peas	Slice cucumbers & cherry tomato	Big corn on the cob	Broccoli & snow peas
	Dưa hấu Water melon	Dưa hấu Watermelon	Táo Apple	Dưa lê Honeydew melon	2 Banana

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	MONDAY 16-Nov	TUESDAY 17-Nov	WEDNESDAY 18-Nov	THURSDAY 19-Nov	FRIDAY 20-Nov
SET LUNCH	Teriyaki meatballs (G,E,D)	Grilled pork - boneless (G)	Fried chicken strips - boneless (G,E,D)	Chicken strips - boneless (G)	Grilled Chicken and Cheese Sandwich (G,D)
	Steamed rice	Fried rice with peas,carrot,com (G,E)	Roast potato	Egg Noodle and Tomato Sauce (G,E)	Boiled Egg (E)
	Steamed green bean	Carrot & cucumber	Broccoli & peas	Edamame pops	Green Beans and Cherry Tomato
	Mango, grapes	Jackfruit	Pomelo	Oranges	Watermelon

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	MONDAY 23-Nov	TUESDAY 24-Nov	WEDNESDAY 25-Nov	THURSDAY 26-Nov	FRIDAY 27-Nov
SET LUNCH	Scambled eggs with ham & cheese (D,E)	Grilled chicken - boneless (G)	Meat sauce bolognese (G)	Dimsum (E,G)	Fried Fish - boneless (G,F,D,E)
	Bread roll (E,G)	Sticky rice	Spaghetti (G)	Shredded pork on rice - boneless (G)	Steamed rice
	Edamame	Broccoli, cauliflower & peas	Slice cucumbers & cherry tomato	Big corn on the cob	Broccoli & snow peas
	Water melon	Watermelon	Apple	Honeydew melon	2 Banana

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	MONDAY 30-Nov	TUESDAY 1-Dec	WEDNESDAY 2-Dec	THURSDAY 3-Dec	FRIDAY 4-Dec
SET LUNCH	Teriyaki meatballs (G,E,D)				
	Steamed rice				
	Steamed green bean				
	Mango, grapes				

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