



LUNCH BOX Menu - December 2020

Grade 1 -5: price per meal: 62.500VND

		TUESDAY 1-Dec	WEDNESDAY 2-Dec	THURSDAY 3-Dec	FRIDAY 4-Dec
OPTION A (ASIAN)		Pork (no bone) - meatballs in teriyaki sauce G,E	Pork (no bone) - grilled w/five spice G	Pork (bone) - rib w/honey sauce G	Fish (no bone) - japanese style fried G,F,E,D
		Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B (WESTERN)		Fish (no bone) - grilled w/mango salsa F	Chicken (no bone) - fried nuggets boneless G,E,D	Chicken (no bone) - sweet and sour sauce G	Chicken (bone) - wings w/teriyaki sauce G
		Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION V (VEGETARIAN)		Noodle - stir fry lo mein E,G	Potato- mashed w/broccoli & cheese D	Pasta - couscous w/vegetable & tofu G	Pasta - lasagna vegetarian G,D
		Vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Vegetables and fruit

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





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	MONDAY 7-Dec	TUESDAY 8-Dec	WEDNESDAY 9-Dec	THURSDAY 10-Dec	FRIDAY 11-Dec
OPTION A (ASIAN)	Chicken (bone) - fried w/fish sauce G,F	Beef (no bone) - noodles with vegetable G,E	Chicken (bone) - vietnamese curry sauce G,D	Fish (no bone) - vietnamese luk lak style G,F	Pork (bone) - grilled cutlet G,F
	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B (WESTERN)	Beef & Pork (no bone) - shepherd's pie G,D	Chicken (no bone) - grilled G	Beef & Pork (no bone) - spaghetti w/tomato sauce G	Beef & Pork (no bone) - meatloaf G,E,D	Fish (no bone) - fried G,F,D
	Vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION V (VEGETARIAN)	Eggs - baked w/spinach & mushrooms E,D	Curry - thai green G,D	Tofu - mushrooms & sauce G	Topokki - vegetable & tofu G	Noodles - singapore style w/egg & tofu G,E
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Rau củ và trái cây Vegetables and fruit	Rau củ và trái cây Vegetables and fruit

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	MONDAY 14-Dec	TUESDAY 15-Dec	WEDNESDAY 16-Dec	THURSDAY 17-Dec	FRIDAY 18-Dec
OPTION A (ASIAN)	Pork (no bone) - meatball in teriyaki sauce G,E	Chicken (no bone) - topokki G	Beef (no bone) - vietnamese luk lak style	Chicken (bone) - ginger sauce G,F	
	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	
OPTION B (WESTERN)	Chicken (no bone) - creamy basil pasta G,D	Pork (no bone) - grilled w/bbq sauce G	Chicken (no bone) - fried nuggets G,E,D	Fish (no bone) - grilled w/herb butter G,F	NO SCHOOL
	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	
OPTION V (VEGETARIAN)	Noodle - korean glass noodle w/tofu & vegetable G	Tofu - sweet & sour sauce	Pasta - couscous w/vegetable & tofu G	Curry - vietnamese style G,D	
	Vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	

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

