

LUNCH BOX Menu - January 2021

Grade 1 -5: price per meal: 62.500VND

	MONDAY 4-Jan	TUESDAY 5-Jan	WEDNESDAY 6-Jan	THURSDAY 7-Jan	FRIDAY 8-Jan
OPTION A			Fish - vietnamese luc lak style G,F (no bone)	Pork - sweet and sour G (bone)	Chicken - tobokki G (no bone)
			Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit
OPTION B		NO SCHOOL STUDENTS	Beef & Pork - spaghetti bolognese G (no bone)	Chicken - grilled G (bone)	Fish - fried G,E,F,D (no bone)
			Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION V (VEGETARIAN)			Eggs - baked with spinach & mushrooms G,E,D	Noodle - stir fry korean sauce G	Vegetable & Bean - chili
			Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit

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



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	MONDAY 11-Jan	TUESDAY 12-Jan	WEDNESDAY 13-Jan	THURSDAY 14-Jan	FRIDAY 15-Jan
OPTION A	Chicken - fried G (bone)	Pork - grilled w/five spice G (no bone)	Beef - stir fry lo mein G,E (no bone)	Pork - braised w/egg G,E,F (no bone)	Fish - fried japanese style G,E,F,D (no bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B	Eggs - baked w/ham & cheese G,E,D (no bone)	Chicken - wings w/bbq sauce G (bone)	Fish - grilled w/mango salsa no (bone)	Chicken - grilled korean sauce G (bone)	Pork - teriyaki meatballs G,E (no bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION V (VEGETARIAN)	Vegetable - vietnamese curry G,D	Tofu - sweet and sour sauce G	Noodle - vegetarian pad thai E,G	Noodle - vegetarian lasgana G,D	Tofu - fajita style w/bean
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit

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	MONDAY 18-Jan	TUESDAY 19-Jan	WEDNESDAY 20-Jan	THURSDAY 21-Jan	FRIDAY 22-Jan
OPTION A	Chicken - sweet & sour sauce G (no bone)	Beef - vietnamese beef stew G (no bone)	Fish - grilled w/lemongrass G,F (no bone)	Pork - grilled cutlet G,F (bone)	Chicken - braised w/ginger sauce G (bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B	Fish - noodle baked G,E,F (no bone)	Pork - grilled w/herbs G (no bone)	Chicken - fried nuggets G,E,D (no bone)	Chicken - fajita style (no bone)	Fish - fried G,E,F,D (no bone)
	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION V (VEGETARIAN)	Curry - thai green D	Potoato - mashed w/broccoli & cheese D	Pasta - vegetable couscous G	Noodle - stir fry lo mein G,E	Vegetable - baked w/bean & cheese D,G
	Steamed rice, vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Vegetables and fruit

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	MONDAY 25-Jan	TUESDAY 26-Jan	WEDNESDAY 27-Jan	THURSDAY 28-Jan	FRIDAY 29-Jan
OPTION A	Chicken - fried w/fish sauce G,F (bone)	Beef - vietnamese luc lak style G (no bone)	Pork - grilled rib w/honey sauce G (bone)	Pork - sweet and sour sauce G (no bone)	Fish - fried japanese style G,E,F,D (no bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B	Fish - grilled w/herb butter G,F (no bone)	Pork - pulled w/bbq sauce G (no bone)	Chicken - creamy basil pasta G,D (no bone)	Chicken - grilled G (bone)	Pasta - Mac & cheese with ham G,D
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit
OPTION V (VEGETARIAN)	Pasta - spinach and mushroom w/cream G,D	Noodles - singapore style G	Tobokki - vegetable & tofu G	Vegetable - baked cauliflower G	Vegetable - vegetarian chilli
	Vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit

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

