



EC/Kinder Menu - January 2021

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

	MONDAY 4-Jan	TUESDAY 5-Jan	WEDNESDAY 6-Jan	THURSDAY 7-Jan	FRIDAY 8-Jan
SET LUNCH			Pumpkin Soup G	Egg Drop Soup G,E	Seaweed & Tofu Soup G
			Spaghetti bolognese with beef and pork G	Dimsum E,G	Fried Fish G,F,D,E
		NO SCHOOL STUDENTS	Garlic Bread G	Steamed rice	Seasoned potatoes
			Honey baked carrots	Edamame	Green Beans and Cherry Tomato
			Apple	Dragon Fruit	Watermelon

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
SET LUNCH	Carrot & Potato Soup G	Tomato Soup G	Mushroom Soup G	Beef Pho Broth Soup G	Seaweed & Tofu Soup G
	Baked egg with ham and cheese E,D	Chicken with BBQ sauce G	Stir fry Lo Mein with beef G,E	Vegetarian lasagna G,D	Pork teriyaki meatballs G, E
	Bread roll G	Fried rice with green bean and corn G		Garlic bread G	Sticky rice
	Roasted mixed vegetables	Edamame	Corn on the cob	Carrot sticks	Steamed broccoli
	Mango	Tangerine	Pomelo	Oranges	Honeydew melon

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	MONDAY 18-Jan	TUESDAY 19-Jan	WEDNESDAY 20-Jan	THURSDAY 21-Jan	FRIDAY 22-Jan
SET LUNCH	Egg Drop Soup G,E	Chicken Pho Broth Soup G	Cabbage Soup G	Creamy Pumpkin Soup G,D	Seaweed & Tofu Soup G
	Tuna pasta bake G,E, F	Vietnamese beef stew G	Fried chicken E, G D	Grilled pork cutlets G,F	Fried Fish G,F,D,E
		Bread G	Couscous G	Steamed rice	Sticky rice
	Green beans	Morning glory	Roast potato and carrot	Cucumber and tomatoes	Broccoli & snow peas
	Watermelon	Banana	Guava	Honeydew melon	Watermelon

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	MONDAY 25-Jan	TUESDAY 26-Jan	WEDNESDAY 27-Jan	THURSDAY 28-Jan	FRIDAY 29-Jan
SET LUNCH	Creamy Tomato Soup G,D	Carrot and Potato Soup G	Blended Mushroom Soup G	Pho broth soup G	Seaweed & Tofu Soup G
	Grilled cheese sandwich G,D	BBQ pork G	Creamy chicken pasta G,D	Sweet and sour pork G	Mac & cheese with ham G,D
	Boiled egg	Stemed rice		Steamed rice	
	Bok choy	Cabbage and carrots	Broccoli & cauliflower	Edamame	Green bean
	Grapes	Pineapple	Pomelo	Jackfruit	Watermelon

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