



Set lunch Menu - January 2021

HS price per meal: 73,000VND
Grade 6-8 price per meal:
73.000VND

	MONDAY 4-Jan	TUESDAY 5-Jan	WEDNESDAY 6-Jan	THURSDAY 7-Jan	FRIDAY 8-Jan
Salad			Watercress and egg salad E	Papaya Salad	Mixed salad
Soup			Pumpkin soup G	Egg drop soup G, E	Seaweed and Tofu Soup G
Asian		NO SCHOOL STUDENTS	Fish luc lak G,F (no bone)	Sweet and sour pork G (no bone)	Chicken Tobokki G (no bone)
Western			Spaghetti bolognese with beef and pork G	Grilled Chicken G (bone)	Fried fish with tartar sauce G,E,F,D (no bone)
Vegetarian			Spinach and mushroom fritatta E,D	Korean glass noodle stri fry G	Vegetarian chilli
Vegetables			Roasted Beetroot and Carrot	Sauteed Bean Spouts, Chives, and Zucchini	Fried Potatoes

* Steamed rice served daily

* Seasonal fresh fruit served daily

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
Salad	Cumcuber salad	Mixed salad	Tomato and egg salad E	Coleslaw E	Greek salad
Soup	Carrot and potato soup G	Tomato soup G	Mushroom soup G	Vegetable & tofu soup G	Seaweed and Tofu Soup G
Asian	Fried Chicken G (bone)	Pork w/Five Spice G (no bone)	Stir fry lo mein with beef G,E	Braised Pork w/egg G,F,E (no bone)	Japanese fried fish G,E,F,D (no bone)
Western	Ham and cheese frittata E,D	Chicken wings with BBQ sauce G (bone)	Grilled fish with mango salsa (no bone)	Korean grilled chicken G (bone)	Teriyaki pork meatballs G,E (no bone)
Vegetarian	Vietnamese curry G, D	Sweet and sour tofu G	Vegetarian Pad Thai G, E	Vegetarian lasagne G,D	Fajita style tofu and beans
Vegetables	Spinach and tomatoes	Eggplant and Carrot	Corn on the cob	Bok choy and onion	Green Bean and Tomato

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	MONDAY 18-Jan	TUESDAY 19-Jan	WEDNESDAY 20-Jan	THURSDAY 21-Jan	FRIDAY 22-Jan
Salad	Mixed salad	Tomato and corn salad	Papaya salad	Mimosa salad E	Cucumber salad
Soup	Egg drop soup E, G	Sweet and sour soup G	Cabbage soup G	Pumpkin soup G	Seaweed and Tofu Soup G
Asian	Sweet and Sour Chicken G (no bone)	Vietnamese beef stew G (no bone)	Grilled Fish w/lemongrass G,F (no bone)	Grilled pork cutlets G,F (bone)	Braised Chicken w/ginger G (bone)
Western	Tuna pasta bake G, E, D, F (no bone)	Grilled pork with herbs G (no bone)	Fried chicken nuggets G, D, E (no bone)	Fajita style chicken (no bone)	Fried fish with tartar sauce G,E,D, F (no bone)
Vegetarian	Vegetarian Thai green curry D	Mashed potatoes with broccoli and cheese D	Vegetable couscous G	Vegetarian stir fry lo mein G,E	Baked vegetables with beans and cheese G,D
Vegetables	Green Bean and Tomato	Stir Fry Morning Glory	Roasted potatoes and carrots	Corn on the cob	Sauteed Bean Spouts, Chives, and Zucchini

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	MONDAY 25-Jan	TUESDAY 26-Jan	WEDNESDAY 27-Jan	THURSDAY 28-Jan	FRIDAY 29-Jan
Salad	Greek salad	Tomato salad	Coleslaw	Tomato,egg salad E	Mixed salad
Soup	Tomato soup G	Carrot and potato soup G	Mushroom soup G	Sweet and sour soup G	Seaweed and tofu soup G
Asian	Fried Chicken w/fish sauce G,F (bone)	Beef Luc Lak G (no bone)	Pork Rib w/honey sauce G (bone)	Sweet and sour pork G (no bone)	Japanese fried fish G,E,F,D (no bone)
Western	Grilled fish with herb butter F,D (no bone)	Pulled pork with BBQ sauce G (no bone)	Creamy basil chicken pasta G,D (no bone)	Grilled chicken G (bone)	Mac & cheese with ham G,D
Vegetarian	Spinach and mushroom pasta G,D	Singapore noodles , G	Topokki w/Vegetables & Tofu G	Baked cauliflower G	Vegetarian chilli
Vegetables	Bok Choy and Onion	Cabbage and carrots	Broccoli and cauliflower	Green and Purple Cabbage	Roasted Pumpkin and onion

* Steamed rice served daily * Seasonal fresh fruit served daily
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