

LUNCH BOX Menu - February 2021

Grade 1 -5: price per meal: 62.500VND

	MONDAY 1-Feb	TUESDAY 2-Feb	WEDNESDAY 3-Feb	THURSDAY 4-Feb	FRIDAY 5-Feb
OPTION A ASIAN	Chicken - ginger sauce G,F (bone)	Pork - fried w/lemongrass G,F no bone	Chicken - grilled w/5 spice G (bone)	Pork - meatball w/teriyaki sauce G,E (no bone)	Beef - lo mein noodles G,E (no bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit
OPTION B WESTERN	Pork- rib w/bbq sauce G (bone)	Fish - grilled w/lemon herb butter sauce (no bone)	Beef & Pork - spaghetti bolognese G (no bone)	Chicken - sweet & sour sauce G (no bone)	Fish - fried G,E,D,F (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 V (VEGETARIAN)	Potatoes - mashed w/broccoli & cheese G,D	Vegetables - vietnamese curry G,D	Egg - baked w/vegetables E,D	Vegetables - stew G	Vegetables - baked w/cheese D
	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

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



LUNCH BOX Menu - February 2021

Grade 1 -5: price per meal: 62.500VND

	MONDAY 15-Feb	TUESDAY 16-Feb	WEDNESDAY 17-Feb	THURSDAY 18-Feb	FRIDAY 19-Feb
OPTION A ASIAN	NO SCHOOL		Chicken - fried w/fish sauce G,F (bone)	Chicken - grilled w/teriyaki sauce G (bone)	Fish - fried japanese style G,F,E,D (no bone)
			Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B WESTERN			Pork - grilled w/bbq sauce G (no bone)	Beef & Pork - lasagna G,D (no bone)	Chicken - pasta w/creamy basil sauce G,D (no bone)
			Steamed rice, vegetables and fruit	Vegetables and fruit	Vegetables and fruit
OPTION V (VEGETARIAN)			Vegetable - Thai green curry G,D	Noodle - Singapore style G	Vegetables - chili w/beans
			Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit

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





LUNCH BOX Menu - February 2021

Grade 1 -5: price per meal: 62.500VND

	MONDAY 22-Feb	TUESDAY 23-Feb	WEDNESDAY 24-Feb	THURSDAY 25-Feb	FRIDAY 26-Feb
OPTION A ASIAN	Fish - vietnamese luc lak style G,F (no bone)	Pork - rib w/honey sauce G,F (bone)	Beef - vietnamese beef stew G,F (no bone)	Pork - topokki w/vegetables G (no bone)	Chicken - sweet and sour sauce G (no bone)
	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Steamed rice, vegetables and fruit
OPTION B WESTERN	Pork - eggs baked w/ham & cheese (no bone)	Chicken - grilled G (bone)	Chicken - fried nuggets G,E,D (no bone)	Fish - grilled w/mango salsa (no bone)	Fish - fried 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 V (VEGETARIAN)	Pasta - couscous w/vegetables G	Tofu - braised w/vegetable G	Pasta - vegetarian lasagna G,D	Noodles - vegetable lo mein G,E	Noodle - vegetarian pad thai G
	Vegetables and fruit	Steamed rice, vegetables and fruit	Vegetables and fruit	Vegetables and fruit	Vegetables and fruit

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

