



## Set lunch Menu - February 2021

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

	MONDAY 1-Feb	TUESDAY 2-Feb	WEDNESDAY 3-Feb	THURSDAY 4-Feb	FRIDAY 5-Feb
<b>Salad</b>	Watercress and egg salad <b>E</b>	Papaya salad <b>G</b>	Cabbage Salad <b>E</b>	Mixed salad	Tomato and corn salad <b>G</b>
<b>Soup</b>	Cabbage Soup <b>G</b>	Wintermelon Soup <b>G</b>	Egg Drop Soup <b>G,E</b>	Pumpkin Soup <b>G</b>	Seaweed and Tofu Soup <b>G</b>
<b>Asian</b>	Braised Chicken w/ginger <b>G,F</b>	Fried Pork w/lemongrass <b>G,F</b>	Grilled Chicken w/five spice <b>G</b>	Teriyaki Pork Meatballs <b>G,E</b>	Beef Lo Mein <b>G,E</b>
<b>Western</b>	Pork Rib w/BBQ Sauce <b>G</b>	Grilled Fish w/lemon herb butter	Spaghetti Bolognese w/beef and pork <b>G</b>	Sweet & Sour Chicken <b>G</b>	Fried Fish w/tartar sauce <b>G,E,F,D</b>
<b>Vegetarian</b>	Mashed Potatoes w/broccoli & cheese <b>D</b>	Vietnam Curry <b>D,G</b>	Vegetable Frittata <b>E,D</b>	Vietnamese Vegetable Stew <b>G</b>	Baked Vegetable w/cheese <b>G,D</b>
<b>Vegetables</b>	Spinach & Tomatoes	Corn on the Cob	Green & Purple Cabbage	Green Beans & Tomatoes	Roasted Pumpkin

\* Steamed rice served daily

\* Seasonal fresh fruit served daily

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



## Set lunch Menu - February 2021

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73,000VND

	MONDAY 15-Feb	TUESDAY 16-Feb	WEDNESDAY 17-Feb	THURSDAY 18-Feb	FRIDAY 19-Feb
Salad	<b>NO SCHOOL</b>		Greek Salad	Coleslaw <b>E</b>	Mixed Salad
Soup			Potato & Carrot Soup <b>G</b>	Mixed Vegetable Soup <b>G</b>	Seaweed and Tofu Soup <b>G</b>
Asian			Fried Chicken w/fish sauce <b>G,F</b>	Grilled Teriyaki Chicken <b>G</b>	Japanese fried fish <b>G,E,F,D</b>
Western			Pulled Pork w/BBQ Sauce <b>G</b>	Beef & Pork Lasagna <b>G,D</b>	Basil Chicken Pasta <b>G,D</b>
Vegetarian			Thai Green Curry <b>D</b>	Singapore Noodles <b>G</b>	Vegetarian Chili
Vegetables			Morning Glory	Carrots & Potatoes	Bean Spouts, Chives, and Zucchini

\* Steamed rice served daily

\* Seasonal fresh fruit served daily

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## Set lunch Menu - February 2021

HS price per meal: 73,000VND  
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	MONDAY 22-Feb	TUESDAY 23-Feb	WEDNESDAY 24-Feb	THURSDAY 25-Feb	FRIDAY 26-Feb
<b>Salad</b>	Papaya salad <b>G</b>	Tomato Salad <b>G</b>	Watercress and egg salad <b>E</b>	Mixed Salad	Cabbage Salad <b>G,E</b>
<b>Soup</b>	Mushroom Soup <b>G</b>	Egg Drop Soup <b>G,E</b>	Tomato Soup <b>G</b>	Wintermelon Soup <b>G</b>	Seaweed and Tofu Soup <b>G</b>
<b>Asian</b>	Fish Luc Lak <b>G,F</b>	Pork Rib w/honey sauce <b>G,F</b>	Beef Stew <b>G</b>	Pork Topokki <b>G</b>	Sweet & Sour Chicken <b>G</b>
<b>Western</b>	Ham & Cheese Frittata <b>E,D</b>	Grilled Chicken <b>G</b>	Fried Chicken Nuggets <b>G, D, E</b>	Grilled Fish w/mango salsa	Fried Fish w/tartar sauce <b>G,E,F,D</b>
<b>Vegetarian</b>	Vegetable couscous <b>G</b>	Braised Tofu & Mushrooms <b>G</b>	Vegetarian Lasagna <b>G,D</b>	Stir-Fry Lo Mein <b>G,E</b>	Vegetarian Pad Thai <b>G</b>
<b>Vegetables</b>	Bok Choy & Onion	Beetroot & Carrot	Spinach & Mushrooms	Corn on the Cob	Chayote & Carrot

\* Steamed rice served daily

\* Seasonal fresh fruit served daily

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

