

EC/Kinder Menu - May 2023

Total meals for the month :
EC/Kinder price per meal: 51.000VND

	MONDAY 1-May	TUESDAY 2-May	WEDNESDAY 3-May	THURSDAY 4-May	FRIDAY 5-May
Soup				Soup kem Bí đỏ Creamy Pumpkin Soup D	Canh rong biển & Đậu hũ Seaweed Soup & Tofu
Main food	HOLIDAY			Dim Sum	Cá viên chiên kiểu Nhật Japanese Fried Fish G,E,F,D (no bone)
Gluten		HOLIDAY		Xôi Sticky Rice G	Cơm trắng Steamed Rice G
Vegetables			HOLIDAY	Măng tây Asparagus	Khoai tây chiên Fried Potato
Fruit				Xoài Mango	Dưa lê Honeydew melon

* Steamed rice served daily * Seasonal fresh fruit served daily
G: Gluten E: Egg D: Dairy F: Fish C: Crustacean



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	MONDAY 8-May	TUESDAY 9-May	WEDNESDAY 10-May	THURSDAY 11-May	FRIDAY 12-May
Soup	Soup kem khoai tây Creamy Potato soup D	Soup kem Bông cải Creamy Broccoli Soup D	Nước soup Phở Pho Soup	Soup kem Bắp Creamy Corn Soup D	Canh rong biển & Đậu hũ Seaweed Soup & Tofu
Main food	Gà nướng sốt Teriyaki Grilled Chicken Teriyaki Sauce (no bone)	Grilled Cheese G,D	Mì ý sốt Bologese Spaghetti Bologese Beef/Pork G	Lasagna thịt bò và heo Lasagna w/Beef & Pork G,D	Gà viên chiên Chicken Nuggets G,E,D (no bone)
Gluten	Cơm trắng Steamed Rice G	Trứng luộc Boiled egg E	Bánh mì tròn Bread G	Bánh gạo nướng Bake rice cake G	Cơm trắng Steamed Rice G
Vegetables	Su Su & Cà rốt Chayote & Carrot	Cà rốt nướng Mật ong Honey Carrot	Bí đỏ nướng Roasted Pumpkin	Đậu Cô ve & Cà chua Pea & Tomato	Củ dền & Cà rốt Beefroot & Carrot
Fruit	Dưa hấu Watermelon	Chuối Banana	Đậu nành Nhật Edemame	Bưởi Pomelo	Sữa chua Yogurt

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	MONDAY 15-May	TUESDAY 16-May	WEDNESDAY 17-May	THURSDAY 18-May	FRIDAY 19-May
Soup	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	Nước Phở Gà Chicken Soup	Soup kem khoai lang Creamy Sweet potato soup D	Soup kem Bông cải Creamy Broccoli Soup D	Canh rong biển & Đậu hũ Seaweed Soup & Tofu
Main food	Cá Hồi Nướng Grilled Salmon Fish F (no bone)	Nui dứt lò Bò & Heo Mac & Cheese Beef & Pork G,D	Thịt heo viên sốt Teriyaki Pork Meatballs Teriyaki Sauce G,D,E (no bone)	Thịt thăn heo nướng Grilled Pork Tenderloin (no bone)	Gà viên chiên Chicken Nuggets G,E,D (no bone)
Gluten	Cơm trắng Steamed Rice G	Xôi Sticky Rice G	Bánh mì bơ tỏi Garlic Bread G,D	Cơm trắng Steamed Rice G	Cơm trắng Steamed Rice G
Vegetables	Cải bó xôi & cà chua Spinach & Tomatoes	Bông cải xanh Broccoli	Khoai tây & Cà rốt Potato & Carrot	Cà rốt cắt thanh Carrot Sticks	Bí ngò xanh, Bắp, Onion Green Zucchini, Onion, Corn
Fruit	Dưa hấu Watermelon	Cam Orange	Thanh long Dragon fruit	Táo Apple	Thơm Pineapple



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	MONDAY 22-May	TUESDAY 23-May	WEDNESDAY 24-May	THURSDAY 25-May	FRIDAY 26-May
Soup	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	Nước soup Phở Pho Soup	Soup kem Bí đỏ Creamy Pumpkin Soup D	Soup kem Cà rốt Creamy Carrot Soup D	Canh rong biển & Đậu hũ Seaweed Soup & Tofu
Main food	Dim Sum	Cá Nướng Grilled Fish F (no bone)	Bò hầm kiểu Việt Nam Vietnamese Beef Stew (no bone)	Thịt Heo kho Braised Pork (no bone)	Cá chiên Fish Nuggets G,F,E,D (no bone)
Gluten	Xôi Sticky Rice G	Cơm trắng Steamed Rice G	Cơm trắng Steamed Rice G	Cơm trắng Steamed Rice G	Cơm trắng Steamed Rice G
Vegetables	Dưa leo cắt thanh Cucumber Sticks	Bắp cắt khúc Corn on the cob	Cà chua bi nướng Roasted Cherry tomato	Cải bó xôi & cà chua Spinach & Tomatoes	Khoai tây & Cà rốt Potato & Carrot
Fruit	Dưa hấu Watermelon	Bưởi Pomelo	Thanh long Dragon fruit	Dưa lê Honeydew melon	Sữa chua Yogurt

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	MONDAY 29-May	TUESDAY 30-May	WEDNESDAY 31-May	THURSDAY 1-Jun	FRIDAY 2-Jun
Soup	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	Soup kem khoai tây Creamy Potato soup D	Nước soup Phở Pho Soup	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	
Main food	Grilled Cheese G,D	Nui đút lò Bò & Heo Bake Beef & Pork G,D	Thịt heo viên sốt Teriyaki Pork Meatballs Teriyaki Sauce G, D, E	Cá viên chiên kiểu Nhật Japanese Fried Fish G,E,F,D (no bone)	AS PD Day - No School Students
Gluten	Trứng luộc Boiled egg E	Bánh mì bơ tỏi Garlic Bread G,D	Cơm trắng Steamed Rice G	Bánh mì tròn Bread G	
Vegetables	Cà rốt nướng Mật ong Honey Carrot	Bắp cắt khúc Corn on the cob	Bông cải xanh Broccoli	Măng tây Asparagus	
Fruit	Bưởi Pomelo	Ới Guava	Dưa hấu Watermelon	Nho Grape	

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EC/Kinder Menu - June 2023

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	MONDAY 5-Jun	TUESDAY 6-Jun	WEDNESDAY 7-Jun	THURSDAY 8-Jun	FRIDAY 9-Jun
Soup	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	Nước soup Phở Pho Soup	Soup kem Bắp Creamy Corn Soup D	Canh rong biển & Đậu hũ Seaweed Soup & Tofu	Soup kem Bí đỏ Creamy Pumpkin Soup D
Main food	Mì ý Gà sốt kem Creamy Basil Chicken Pasta G,D (no bone)	Thịt heo kho Trứng Braised Pork with Egg E (no bone)	Cá chiên Fish Nuggets G,F,E,D (no bone)	Thịt heo viên sốt Teriyaki Pork Meatballs Teriyaki Sauce E (no bone)	Cánh Gà chiên nước mắm Fried Chicken wing w/fish sauce (no bone)
Gluten	Bánh mì bơ tỏi Garlic Bread G,D	Cơm trắng Steamed Rice G	Cơm chiên Cà rốt, Bắp Fried rice, Carrot, Corn G,E	Xôi Sticky Rice G	Cơm trắng Steamed Rice G
Vegetables	Đậu Cô ve & Cà chua Pea & Tomato	Dưa leo cắt thanh Cucumber Stiks	Bắp cắt khúc Corn on the cob	Đậu nành Nhật Edemame	Bông cải xanh Broccoli
Fruit	Dưa hấu Watermelon	Chuối Banana	Cam Orange	Bưởi Pomelo	Sữa chua Yogurt

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