

Green Shoots International School Autumn Menu AY2016-2017

Day	Morning tea <i>(All Key Stages)</i>	Lunch <i>(All Key Stages, with additional fresh fruit for dessert for Primary & Secondary)</i>	Afternoon snack <i>(Kindergarten only)</i>
Monday	Fresh fruit platter	MEAT FREE MONDAY: Vegetarian fried rice with egg or tofu and green papaya salad.	Rice cracker (<i>banh trang</i>) with tomato
Tuesday	Homemade savoury muffins GS : Fresh fruit	NOODLES: <i>Cao Lau</i> (local noodles with pork, fresh herbs, and croutons). V : Tofu <i>Cao Lau</i> .	Raw vegetable sticks
Wednesday	Organic free-range boiled eggs & fresh coconut juice	Bread: Chicken souvlaki wrap with salad and <i>tzatziki</i> sauce. V : Grilled eggplant souvlaki wrap. GS :Marinated grilled chicken breast and salad.	Fresh fruit smoothie
Thursday	Fresh fruit salad & homemade yoghurt	RICE BUFFET: Vietnamese meat and vegetable buffet served with brown rice.	Whole-wheat crackers with tomato or peanut butter
Friday	Raisin cake (sugar free) GS : Fresh fruit	INTERNATIONAL: Grilled chicken Caesar salad, served with fresh baguette V : Boiled Egg Caesar salad.	Fresh fruit platter
Monday	<i>Xoi</i> (Sticky rice)	MEAT FREE MONDAY: Homemade Vegetable Quiche and fresh garden salad. GS : Vegetable omelet.	Organic free-range boiled eggs & fresh juice
Tuesday	Raw vegetable sticks with homemade dip	NOODLES: <i>Bun Thit Nuong</i> (grilled pork patties & herbs over rice noodles). V : Tofu or vegetarian spring rolls .	Fresh fruit platter
Wednesday	Fresh cut fruit platter	SANDWICHES: Egg, lettuce and tomato OR ham, lettuce and tomato served on brown rye bread. GS : Ham, egg, salad & rice.	Fresh cooked popcorn
Thursday	Homemade sugar-free banana cake GS : Fresh fruit	RICE BUFFET: <i>Com Ga</i> (Chicken with red/brown rice, ' <i>rau muong</i> ' and steamed carrots). V : Fried eggs with red rice, green vegetable ' <i>rau muong</i> ' and steamed carrots.	Fresh fruit smoothie
Friday	Bruschetta (tomato salsa)	International: Crumbed chicken breast and salad wraps V : Crumbed tofu and salad wrap. GS : Grilled chicken breast and salad.	Raw vegetable sticks
Monday	Fresh fruit salad & homemade yoghurt	MEAT FREE MONDAY: Vegetarian sushi or rice and vegetable bowl.	Fresh fruit platter
Tuesday	Homemade muesli slice & yoghurt	NOODLES: <i>My Quang</i> (Vietnamese noodles with pork, egg and fresh herbs). V : Veg <i>My Quang</i> .	Raw vegetable sticks
Wednesday	Banana crepe	BREAD: <i>Banh mi</i> grilled pork and salad baguette V : egg and salad GS : Grilled pork, salad & rice.	Organic free-range boiled eggs & fresh juice
Thursday	Rice cracker (<i>banh trang</i>) with tomato	RICE BUFFET: Vietnamese vegetarian buffet served with brown rice.	Fresh fruit smoothie
Friday	Fresh Vege. Spring Rolls	INTERNATIONAL: Pasta with garlic cream sauce with ham and mushrooms, V : garlic cream sauce with mushroom and zucchini. GS : Fresh rice noodles.	Fresh fruit platter

MONTH	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug/Sep	22	23	24	25	26	29	30	31	1	2
September	5	6	7	8	9	12	13	14	15	16
September	19	20	21	22	23	26	27	28	29	30
October	3	4	5	6	7	17	18	19	20	21
Oct/Nov	24	25	26	27	28	31	1	2	3	4
November	7	8	9	10	11	14	15	16	17	18
Nov/Dec	21	22	23	24	25	28	29	30	1	2
December	5	6	7	8	9					

NOTE: All of our food is free of MSG, we use very little sugar, and avoid artificial colours and flavours as much as possible.

V=vegetarian option.

GS=Gluten Sensitive** for medical conditions only. May contain traces of wheat/gluten/nuts.