

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	Garlic butter toast GS: Fresh fruit	MEAT FREE MONDAY: <i>Banh canh chay-Veggie Thick Noodle (rice noodle, veggie and tofu)</i>	Fresh fruit platter							
Tuesday	Raw vegetable sticks with homemade dip	BREAD: <i>Banh mi</i> grilled pork and salad baguette V: egg and salad GS: Egg, salad & rice.	Rice cracker (<i>banh trang</i>) with tomato							
Wednesday	Organic free-range boiled eggs & fresh coconut juice	NOODLES: <i>Cao Lau</i> (local noodles with pork, fresh herbs, and croutons). V: Tofu <i>Cao Lau</i> . GS: Egg <i>Cao Lau</i> + <i>homemade sauce</i>	Raw vegetable sticks							
Thursday	Fresh fruit salad & homemade yoghurt	RICE BUFFET: <i>Com ga roti</i> (brown rice with roasted chicken and salad) V/GS: Brown rice with tofu, fried egg and salad	Whole-wheat crackers with tomato or peanut butter							
Friday	Pancake with jam GS: Fresh fruit	INTERNATIONAL: Pizza (ham, cheese, olive, pineapple and zucchini) V: Veggie Pizza GS: Veg Pizza made on <i>Banh Trang</i>	Fresh fruit platter							
Monday	<i>Xoi</i> (Sticky rice)	MEAT FREE MONDAY: Veggie Soup (veggies with tofu and mushrooms; served with bread) GS: served with rice.	Organic free-range boiled eggs & fresh juice							
Tuesday	Homemade savoury muffins GS: Fresh fruit	NOODLES: Pho (rice-noodle with beef). V: Veggie Pho	Fresh fruit platter							
Wednesday	Fresh cut fruit platter	BREAD: Chicken souvlaki wrap with salad and <i>tzatziki</i> sauce. V: Grilled eggplant souvlaki wrap. GS: Marinated grilled chicken breast and salad with fresh-rice rolls	Fresh cooked popcorn							
Thursday	Homemade sugar-free banana cake GS: Fresh fruit	RICE ROLLS: Hoi An Steamed Rice Rolls (rice rolls, mushroom, carrot, grilled pork, mint, papaya, fish sauce) V: Tofu Steamed Rice Rolls with veggie sauce	Pancake with jam							
Friday	Bruschetta (tomato salsa) GS: <i>banh trang nuong</i> (tomato)	INTERNATIONAL: Bolognese with minced pork and tomato sauce V: Veggie Bolognese. GS: Veggie Rice-Noodle.	Raw vegetable sticks							
Monday	Banana crepe GS: Fresh banana	MEAT FREE MONDAY: Vegetarian sushi or rice and vegetable bowl.	Pancake with jam							
Tuesday	Rice cracker (<i>banh trang</i>) with tomato	NOODLES: Bun Bo Hue (Flank Beef, Beef sausage, meat balls with rice-noodle) V/GS: Veggie Bun.	Cracker with peanut butter							
Wednesday	Fresh fruit salad & homemade yoghurt	BREAD: Chicken Burger (lecture, tomato, cucumber and chicken and burger.) V: Veggie Burger (egg burger) GS: Veggie Stir-fried with rice-noodle (vegetables and beans)	Organic free-range boiled eggs & fresh juice							
Thursday	Garlic butter toast GS: Fresh fruit	RICE BUFFET: <i>Com Tam</i> (Broken rice with grilled pork, egg and salad) V/GS: Broken rice with, stir-fried mushrooms; eggs and salad.	Raw vegetable sticks							
Friday	Homemade muesli slice & yoghurt GS: Fresh fruit	INTERNATIONAL: Pad Thai (fried noodle-my quang with shrimp, pork, tofu and bean sprout) V/GS: Tofu and mushroom Pad Thai.	Fresh fruit smoothie							
MONTH	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Jan	\	3	4	5	6	9	10	11	12	13
Jan	16	17	18	19	20	23	24	25	\	\

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.**