

Green Shoots International School Spring 2 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: Vegetarian 'Irish Stew' with Bread GS: with rice	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: Lentil Loaf, 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> + homemade sauce	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, boiled eggs and salad	Whole-wheat crackers and tomato or peanut butter
Friday	Pancake with jam GS: GF Pancakes	INTERNATIONAL: Pizza (ham, cheese, pineapple) with Side Salad V: Veg Pizza GS: GF Veg Pizza	Fresh fruit platter
Monday	<i>Xoi</i> (Sticky rice)	MEAT FREE MONDAY: Pumpkin Soup (served with bread) GS: served with <i>banh trang</i>	Organic free-range boiled eggs & fresh juice
Tuesday	Homemade savoury muffins GS: GF muffin	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: Lentil Loaf wrap. GS: Lentil Loaf with GF Wrap	Fresh cooked popcorn
Thursday	Homemade banana cake GS: GF Banana muffin	RICE ROLLS: Hoi An Steamed Rice Rolls (rice rolls, mushroom, carrot, grilled pork, mint, papaya) V: Tofu Steamed Rice Rolls with veggie sauce	Pancake with jam
Friday	Bruschetta (tomato salsa) GS: <i>banh trang</i> & tomato	INTERNATIONAL: Bolognese with minced pork and tomato sauce V: Cauliflower Bolognese. GS: Veggie Rice-Noodle.	Raw vegetable sticks
Monday	Banana crepe GS: GF Banana Crepe	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 (veg patty) GS: Veg Patty with Veggie Stir-fried with rice-noodle	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, bean sprout and peanut sauce) V/GS: Tofu and mushroom Pad Thai with peanut sauce.	Fresh fruit smoothie

MONTH	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Feb	13	14	15	16	17	20	21	22	23	24
Feb/Mar	27	28	1	2	3	6	7	8	9	10
Mar	13	14	15	16	17	20	21	22	23	24
Mar/Apr	27	28	29	30	31	3	4	5		

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.