

## Green Shoots International School Summer Menu 2016-2017

Day	Morning tea <i>(All Key Stages)</i>	Lunch <i>(All Key Stages, with additional fresh fruit for dessert for Primary &amp; Secondary)</i>	Afternoon snack <i>(Kindergarten only)</i>
Monday	Garlic Butter Toast <b>GS:</b> Fresh Fruit	<b>MEAT FREE MONDAY:</b> Fried Rice with egg	Fresh fruit platter
Tuesday	Pancake With Jam <b>GS GF</b> Pancake	<b>BREAD:</b> Sandwiches with ham and cheese, or egg and salad <b>V:</b> Egg and salad <b>GS:</b> Lentil loaf, Egg, Salad & Rice.	Rice cracker ( <i>banh trang</i> ) with tomato
Wednesday	Organic free-range boiled eggs & fresh coconut juice	<b>NOODLES:</b> Cao Lau (local noodles with pork, fresh herbs, and croutons). <b>V:</b> Tofu Cao Lau. <b>GS:</b> Egg Cao Lau + homemade sauce	Raw vegetable sticks
Thursday	Fresh Fruit Salad & Homemade Yoghurt	<b>RICE BUFFET:</b> Vietnamese Buffet with brown rice	Whole-wheat crackers and tomato or peanut butter
Friday	Raw Vegetable Sticks With Homemade Dip	<b>BREAD:</b> Chicken Wrap with salad, tomato, cucumber ,beetroot ( chili and mayonnaise sauce ) <b>V:</b> Crumbed Tofu <b>GS :</b> Rice wrap with eggplant and salad	Fresh fruit platter
Monday	Fresh Cut Fruit Platter	<b>MEAT FREE MONDAY:</b> Veggie Buffet with brown rice	Organic free-range boiled eggs & fresh juice
Tuesday	Homemade Muesli Slice & Yoghurt <b>GS:</b> Fresh fruit	<b>NOODLES:</b> My Quang <b>V:</b> Veggie My Quang	Fresh fruit platter
Wednesday	Bruschetta (tomato salsa) <b>GS:</b> Banh Trang & Tomato	<b>INTERNATIONAL:</b> Grilled Chicken with potato salad, steamed carrot sticks and green beans <b>V:</b> Lentil loaf, salad and veg <b>GS :</b> Egg, salad and veg	Pancake With Jam
Thursday	Homemade Banana Cake <b>GS:</b> GF Banana muffin	<b>RICE ROLLS:</b> Hoi An Steamed Rice Rolls / Rice wraps (rice rolls, mushroom, carrot, grilled pork, mint, papaya) <b>V:</b> Tofu Steamed Rice Rolls/Wraps with veggie sauce	Fresh cooked popcorn
Friday	Xoi ( Sticky Rice)	<b>INTERNATIONAL:</b> Bolognese with minced pork and tomato sauce <b>V:</b> Cauliflower Bolognese. <b>GS:</b> Veggie Rice-Noodle with salad and boiled eggs	Raw vegetable sticks
Monday	Banana Crepe <b>GS:</b> GF Banana Crepe	<b>MEAT FREE MONDAY:</b> Vegetarian sushi or rice and vegetable bowl.	Fresh Fruit Platter
Tuesday	Rice Cracker (banh trang) With Tomato	<b>NOODLES:</b> Bun Thit Nuong (grilled pork, cucumber, green papaya salad) <b>V/GS:</b> Veggie Bun Thit Nuong	Organic free-range boiled eggs & fresh juice
Wednesday	Fresh Fruit Salad & Homemade Yoghurt	<b>BREAD:</b> Chicken Burger (lecture, tomato, cucumber and chicken and burger.) <b>V:</b> Veggie Burger (veg patty) <b>GS:</b> Veg Patty with salad and baked potato	Cracker With Peanut Butter
Thursday	Garlic Butter Toast <b>GS:</b> Fresh fruit	<b>RICE BUFFET:</b> Vietnamese Buffet with brown rice	Raw vegetable sticks
Friday	Carrot Muffin	<b>INTERNATIONAL:</b> Carbonara Pasta (penne, zucchini, ham, mushroom, cream sauce) <b>V :</b> Veggie Carbonara Pasta <b>GS:</b> Noodle Carbonara	Fresh fruit Platter

MONTH	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Apr	17	18	19	20	21	24	25	26	27	28
May	Public Hol	Pupil Free	3	4	5	8	9	10	11	12
May	15	16	17	18	19	22	23	24	25	26
May/Jun	29	30	31	1	2	5	6	7	8	9
	12	13	14	15	16	19	20	21	22	Summer Hol

**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.