

## 1718 Green Shoots International School Autumn Menu

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	Banana Crepe	Seasonal Vegetarian Vietnamese Buffet	Whole-Wheat Cracker or Rice Cracker & Peanut Butter
Tuesday	<i>Xôi</i> (Sticky Rice)	Grilled Chicken, Avocado Salad, Boiled Potatoes & Japanese Tamarind Sauce <b>V:</b> Fried Tofu	Organic Free-Range Boiled Eggs & Fresh Coconut Juice
Wednesday	Rice Cracker & Tomatoes	<i>Phở</i> (Beef) <b>V:</b> Vegan <i>Phở</i>	Fresh Fruit
Thursday	Fresh Fruit Salad & Homemade Yogurt	Sandwiches (Ham & Cheese, Eggs & Lettuce, Tomatoes, Brown Rye Bread) <b>GS:</b> Brown Rice	Homemade Popcorn
Friday	Organic Free-Range Boiled Eggs & Fresh Coconut Juice	Stewed Pork & Veggie (Carrots, Potatoes, Onions, etc), Brown Rice <b>V:</b> Stewed Veggie (Lentils, Chickpeas, Red Beans, & White Beans)	Mango Smoothie (Sugar-Free)
Monday	Pancake & Jam	Sushi (White Rice, Eggs, Green Beans, Carrots, Cucumbers, Seaweed) & Yellow Mustard Sauce and Soya Sauce	Fresh Fruit
Tuesday	Bruschetta (Tomato Salsa) & Bread/Rice Cracker	<i>Cao Lầu</i> (Noodles, Pork, Salad, Crackers) <b>V:</b> <i>Cao Lầu</i> & Tofu	Vegetable Sticks & Dip
Wednesday	Muesli (with Coconut Oil) & Homemade Yogurt	Korean Noodle Salad (Cellophane Noodle, Beef, Carrots, Onions, Mushrooms, Greens) <b>V:</b> Tofu	Organic Free-Range Boiled Eggs & Fresh Coconut Juice
Thursday	Fresh Fruit	Thai Curry Chicken & Brown Rice <b>V:</b> Curry Veggie & Tofu	Rice Cracker & Tomato
Friday	Rice Cracker & Tomatoes	Chicken Wrap (Crumbed Chicken Breast, Salad, Homemade Wrap) & Sauce <b>V:</b> Crumbled Tofu, or Grilled Eggplants and Salad Wrap. <b>GS:</b> Grilled Chicken Breast and Salad.	Coconut Juice
Monday	Banana Cake (Rice Flour)	Vegetarian Pad Thai (Noodle, Eggs, Tofu, Mushrooms, Carrots, Onions) & Salad	Fresh Fruit
Tuesday	Boiled Veggie & Dip (& Rice Cracker)	<i>Bún Thịt Nướng</i> (Grilled Pork Patties & Herbs, Rice Noodles). <b>V:</b> Tofu Spring Rolls	Pancake or Rice Cracker
Wednesday	Fruit Salad & Yogurt	Hamburger (Chicken Patties, Cheese, Tomatoes, Lettuce) <b>V:</b> Veggie Patties (Egg-Free, Gluten-Free, Dairy-Free) <b>GS:</b> Noodle & Grilled Chicken with Soya Sauce	Organic Free-Range Boiled Eggs & Passion Fruit Juice
Thursday	Pancake & Jam	Fried Mackerel Patties & Brown Rice, Balsamic Salad <b>V:</b> Bean Patties	Rice Cracker & Tomato
Friday	Organic Free-Range Boiled Eggs & Fresh Coconut Juice	Spaghetti & Pork Bolognese Sauce <b>V:</b> Spaghetti & Veggie Sauce (Tofu)	Homemade Popcorn

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.**