

Vientiane International School: DRAGON CAFÉ LUNCH SCHEDULE, 2016 – 2017 School Year

Main Course: Choose a Western, Asian or Vegetarian option. Served with FRESH seasonal Fruits and Vegetable EVERYDAY.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Snacks/Soup 10:00am each day
WEEK 1	WESTERN	<ul style="list-style-type: none"> • Beef Lasagna • Green Salad • Garlic Bread • Fruit 	<ul style="list-style-type: none"> • BBQ Chicken • Mashed Potatoes w/ mushroom sauce • Veggies & Dip • Fruit 	<ul style="list-style-type: none"> • Sloppy Joes • Fresh Veggies and Dip • Taro Chips • Fruit 	<ul style="list-style-type: none"> • Spaghetti and Meatballs • Fresh Veggies and Dip • Corn on the Cob • Fruit 	<ul style="list-style-type: none"> • Fish & Chips • Veggies and Dip • Fruit 	<p>Everyday:</p> <ul style="list-style-type: none"> - Smoothies - Fruit Cup - Yoghurt - Salad in a box - Spring Rolls - Pizza - Sandwiches - Quiche - Baked Goods <p>After school Every day</p> <ul style="list-style-type: none"> - Hot Dogs - Pizza <p>Available on a rotational basis:</p>
	ASIAN	<ul style="list-style-type: none"> • Honey Pork • Stir Fried Bean Sprouts in Sesame Oil • Steamed Rice • Soup • Fruit 	<ul style="list-style-type: none"> • Deep Fried Fish w/ Garlic • Stir-fried green beans/mushroom • Tomato Dip • Sticky Rice • Fruit 	<ul style="list-style-type: none"> • Hainan Chicken w/ rice • Fresh Veggies w/ ginger sauce • Soup • Fruit 	<ul style="list-style-type: none"> • Stir Fried Basil Pork w/ Fried Egg • Steamed Rice • Soup • Fruit 	<ul style="list-style-type: none"> • Grilled Pork Satay • Spicy Cucumber and Carrot Salad • Sticky Rice • Fruit 	
	VEGETARIAN	<ul style="list-style-type: none"> • Vegetarian Lasagna • Green Salad • Garlic Bread • Fruit 	<ul style="list-style-type: none"> • Veggie Mushroom Stir Fry w/ tofu • Mashed Potatoes • Steamed Rice • Soup • Fruit 	<ul style="list-style-type: none"> • Veggie Sloppy Joes • Fresh Veggies and Dip • Taro Chips • Fruit 	<ul style="list-style-type: none"> • Stir Fried Basil Veggies w/ Fried Egg • Steamed Rice • Soup • Fruit 	<ul style="list-style-type: none"> • Grilled Veggie Satay • Spicy Cucumber and Carrot Salad • Sticky Rice • Fruit 	
WEEK 2	WESTERN	<ul style="list-style-type: none"> • Spaghetti Bolognese • Veggies & dip • Garlic Bread • Fruit 	<ul style="list-style-type: none"> • Grilled BBQ Pork • Mashed Potatoes w/ pepper sauce • Green Salad • Fruit 	<ul style="list-style-type: none"> • Mac & Cheese w/ ham and broccoli • Veggies & dip • Taro Chips • Fruit 	<ul style="list-style-type: none"> • Chicken Pasta Salad • Green Salad • Corn on the Cob • Fruit 	<ul style="list-style-type: none"> • Beef Burger • French Fries • Veggies & Dip • Fruit 	<p>Snacks:</p> <ul style="list-style-type: none"> • Steamed Dumpling • Fried Dumpling • Gyoza • Calzone • Pig in a Blanket • Bacon Twist • Spring Roll • And more! <p>Soup:</p> <ul style="list-style-type: none"> • Pho • Mee Leuang • Glass Noodle • Khao Piak • Khao Soi
	ASIAN	<ul style="list-style-type: none"> • Tonkatsu • Cabbage & Carrot Salad • Miso Soup • Steamed Rice • Fruit 	<ul style="list-style-type: none"> • Fish Cakes • Green Beans w/ dipping sauce • Sticky Rice • Fruit 	<ul style="list-style-type: none"> • Sesame Chicken • Stir-fried veggies • Steamed Rice • Fruit 	<ul style="list-style-type: none"> • Teriyaki Pork • Stir Fried Bean Sprouts & Carrots • Miso Soup • Steamed Rice • Fruit 	<ul style="list-style-type: none"> • Grilled Chicken • Papaya Salad • Sticky Rice • Fruit 	
	VEGETARIAN	<ul style="list-style-type: none"> • Veggie Spaghetti Bolognese • Veggies & dip • Garlic Bread • Fruit 	<ul style="list-style-type: none"> • Tofu Cakes • Green Beans w/ dipping sauce • Sticky Rice • Fruit 	<ul style="list-style-type: none"> • Mac & Cheese w/ broccoli • Veggies & dip • Taro Chips • Fruit 	<ul style="list-style-type: none"> • Veggie Pasta Salad • Green Salad • Corn on the Cob • Fruit 	<ul style="list-style-type: none"> • Veggie Burger • French Fries • Veggies & Dip • Fruit 	