



PRIMARY SCHOOL LUNCH MENU: *W1 May 2024*












V = VEGETARIAN

	MORNING SNACK	LUNCH				
		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY						
TUESDAY						
WEDNESDAY 01 May 2024						
THURSDAY 02 May 2024	Sandwiches with eggs cheese Fresh milk	  	Spaghetti bolognese Pork stir-fried with korean black bean Stewed vegetable w coconut v	Steamed sweet corn v Steamed rice v Boiled broccoli & cauliflower v Mix salad v Passion dressing sauce & thousand island sauce v Kimchi and seaweed broth v	Beef noodles	Season fruits
FRIDAY 03 May 2024	Cheese sticks	  	INDIAN FOOD DAY Chicken curry, Vegetable Pakora, Samosa meat, steamed rice	Sauteed mix vegetable v Mango salad v Sesame + italian dressing v Mix vegetables soup v	Noodle soup w grilled fish	Season fruits



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		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits		
MONDAY 06 May 2024	Carrot muffin Fresh milk				Grilled beef with pineapple leaves and apple sauce Curry chicken Bried tofu w spring onion v	Dinner rolls v Steamed rice v Sauteed sweet mustard leaves v Red bean salad v Passion dressing & taco dressing sauce v Mix vegetables broth v	Duck & bamboo shoot noodles	Season fruits
TUESDAY 07 May 2024	Seaweed rice rolls				Spaghetti Carbonara Shrimp balls with tamarind sauce Sauteed mix mushroom with vegetable v	Baked corn v Steamed rice v Baked vegetables with herbs v Apple salad v Taco dressing & hummus dressing v Malabar spinach both v	Wonton noodles w shrimp and pork	Season fruits
WEDNESDAY 08 May 2024	Banana Fresh milk				Baked fish w dill cream sauce Stir-fried beef celery Stewed red beans and vegetables v	Singapore fried noodles v Steamed rice v Fried kohlrabi v Cucumber and carrot pickled v Balsamic vinaigrette & ceasar dressing v Kim chi and seaweed both v	Beef noodles	Season fruits
THURSDAY 09 May 2024	Cheese pork burger Fresh milk				Pasta with pesto sauce and ham Korean spicy cheese chicken Eggs with tomatoes v	Dinner rolls v Steamed rice v Boiled mix vegetable v Baked vegetable salad v Passion & taco dressing sauces v Sour bean broth v	Noodle soup w grilled fish	Season fruits
FRIDAY 10 May 2024	Chicken pizza Fresh milk				MEXICAN FOOD DAY: Burrito, vegetable tortilla stack, Pork stew with white beans, steamed rice	Sauteed cabbage v Synthetic salad v Caesar & thousand island dressing sauces v Cabbage broth v	Rice noodles	Season fruits



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		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 13 May 2024	Ham cheese sandwich Fresh milk	  	Oven-roasted pork with honey grape sauce Korean spicy stir-fried squid Braised tofu and mushroom V	Bread pillow V Steamed rice V Boiled bottle gourd and carrot V Baked vegetable salad V Passion & taco dressing sauces V Kimchi and seaweed broth V	Southern beef noodle soup	Season fruits
TUESDAY 14 May 2024	Oatmeal cookie Fresh milk	  	Spaghetti w minced beef Fried chicken with Korean spicy sauce Vegetable with green bean curry V	Steamed corn V Steamed rice V Sauteed bok choy V Chickpea salad V Caesar & thousand island dressing sauces V Malabar spinach broth V	Chicken vermicelli	Season fruits
WEDNESDAY 15 May 2024	Pork sticky rice Fresh milk	  	Beef stew with demi sauce Salt roasted fish Baby corn stir-fried with mixed mushrooms V	Stir-fried rice noodles w green vegetables V Steamed rice V Sauteed bean sprouts w green onion V Thai cucumber salad V Balsamic & taco dressing sauces V Sour vegetable broth V	Beef noodles	Season fruits
THURSDAY 16 May 2024	Chicken pizza Fresh milk	  	Pasta w ham cream sauce Grilled chicken with mushroom sauce Braised egg in spring onion V	Baked potatoes with herbs V Steamed rice V Kohlrabi & carrot sauteed w garlic V Greek potato salad V Greek & honey dressing sauces V Mustard green broth V	Wonton noodles w shrimp and pork	Season fruits
FRIDAY 17 May 2024	Cheese pork burger Fresh milk		HUÉ FOOD DAY (Nui rolls, fresh rice noodles, beef balls, Pork leg vegetables, rice)	Steamed rice V Sauteed cabbage V Coleslaw V Sesame & passion dressing sauces V Japanese tofu seaweed soup V	Noodle soup w grilled fish	Season fruits



PRIMARY SCHOOL LUNCH MENU: W4 May 2024
















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		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 20 May 2024	Sandwiches with eggs cheese Fresh milk		Baked pork with cream sauce Korean stir-fried shrimp Eggs with tamarind sauce V	Dinner rolls V Steamed rice V Sauteed bok choy V Green vegetable salad w italian vinegar dressing V Thousand island sauce & balsamic dressing sauce V Bottle gourd soup V	Noodle soup w minced pork	Season fruits
TUESDAY 21 May 2024	Chicken sticky rice Fresh milk		Pasta with pesto sauce and ham Korean bulgogi stir-fried beef Mixed spicy stir-fried tofu V	Korea's mixed noodle V Steamed rice V Sauteed bean sprouts w green onion V Mango salad V Honey & sesame dressing sauces V Sour soup V	Beef noodles	Season fruits
WEDNESDAY 22 May 2024	Mixed pizza Fresh milk		Oven-roasted chicken with aromatic leaves and demi cream sauce Curry pork stew Stewed white beans and vegetables V	Hasselback potatoes V Steamed rice V Boil chayoted and carrot V Garden salad in passion fruit sauce V Southwest & taco dressing sauces V Malabar spinach broth V	Wonton noodles w shrimp and pork	Season fruits
THURSDAY 23 May 2024	Apple muffins Fresh milk		French style stewed beef Crispy stir-fried fish with chinese tamarind sauce Stir-fried asparagus with mixed mushrooms V	Steamed corn V Steamed rice V Stir-fried cabbage V Apple salad V Thousand island + balsamic dressing V Broccoli soup V	Goose Vermicelli	Season fruits
FRIDAY 24 May 2024	Cheese pork burger Watermelon juice		ITALIAN FOOD DAY Spaghetti bolognese, ham pizza, sausage, vegetables pizza.	Sauteed mix vegetable V Baked vegetable salad V Sesame + italian dressing V Mix vegetables soup V	Rice noodle w meat ball	Season fruits



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MONDAY 27 May 2024	Cereals Fresh milk				Spaghetti carbonara Brazilian stir-fried beef Lotus root stewed with fruits and vegetables v	Dinner rolls v Steamed rice v Boiled mix vegetable v Egg salad v Sesame + Italian dressing v Bottle gourd soup v	Noodle soup w minced pork	Season fruits
TUESDAY 28 May 2024	Seaweed rice rolls				Baked chicken thighs w creamy mushroom sauce Stir-fried fish with korean spicy sauce Szechuan tofu v	Hasselback potatoes v Steamed rice v Sauteed sweet mustard leaves v Mango salad v Thosand island + balsamic dressing v Sour soup v	Beef noodles	Season fruits
WEDNESDAY 29 May 2024	Carrot muffin Fresh milk				Pasta with pesto sauce and ham Braised shrimp w pork Sauted mushroom w vegetable v	Pad thai v Steamed rice v Boil chayote and carrot v Red bean salad v Sesame + Italian dressing v Malabar spinach broth v	Wonton noodles w shrimp and pork	Season fruits
THURSDAY 30 May 2024	Cheese beef burger Fresh milk				Oven-roasted pork with green pepper sauce Stir-fried chicken with lemongrass and chili Vegetable with green bean curry v	Steamed corn v Steamed rice v Cabbage sauteed w garlic v Apple salad v Thousand island + balsamic dressing v Broccoli soup v	Rice noodle w meat ball	Season fruits
FRIDAY 31 May 2024	Mixed pizza Fresh milk				BIBIMBAP DAY Stir-fried beef / bò xào (Kim chi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts)	Fried egg v Steamed rice v Sauteed mix vegetable v Mango salad v Sesame + italian dressing v Mix vegetables soup v	chicken vermicelli	Season fruits