

# Aden

*for schools*

MENU for



**BRITISH  
INTERNATIONAL SCHOOL  
HANOI**

A NORD ANGLIA EDUCATION SCHOOL



From May 5<sup>th</sup>

To May 9<sup>th</sup>





BRITISH  
INTERNATIONAL SCHOOL  
HANOI

A NORD ANGLIA EDUCATION SCHOOL

# MORNING SNACK

		MORNING SNACK (Y2-Y6)		Secondary students	
Monday	5-May	Ham and cheese sandwich	Watermelon juice	Ham and cheese, egg sandwich	Hawaiian Pizza & French-fries
Tuesday	6-May	Corn flakes	Fresh milk	Bacon, egg and cheddar baguette	Smoked salmon kimbap
Wednesday	7-May	Shrimp congee		Chicken Burger	Sausage Pizza & French-fries
Thursday	8-May	Oatmeal cookie	Fresh milk	Tuna & egg sandwich	Beef Bulgogi Kimba
Friday	9-May	Cheese croissant	Passion fruit juice	Grilled Chicken baguette	Cheese stick and French fries





# LUNCH

## (Y2-Y6; Y7-Y13 & Adult)

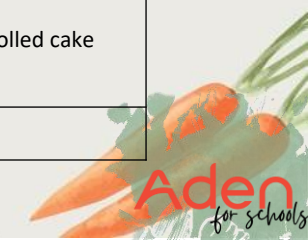
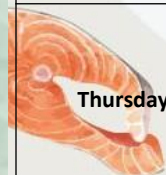


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		The garden	Bread Corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert
Monday	5-May	Green garden : lettuce, white cabbage, red cabbage, carrot, onion, tomato and cucumber, sweet potato, corn, KIMCHI The choice of sauce: Italian dressing, Thousand island, Balsamic	Baguette, brown bread, white toast, butter and fruit jam	Cabbage soup with minced pork	Sautéed morning glory with garlic	Fish fillet in garlic sauce	Simmered quail egg, oyster sauce	Steamed rice	Seasonal Fruit
Tuesday	6-May			Phở Gà & quẩy					Seasonal Fruit
Wednesday	7-May			Clam soup	Poached chayote & carrot	Sautéed diced beef	Simmered tofu with spring onion	Steamed rice	Seasonal Fruit
Thursday	8-May			Bún chân giò dọc mùng					Seasonal Fruit
Friday	9-May			Mushroom soup	Stir-fried Chinese cabbage	Chinese braised pork	Scrambled egg	Steamed rice	Rolled cake





# BIBIM'BITES LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch		Dessert	배추김치 / Kimchi
Monday	5-May	Beansprout soup	0	Spicy Chicken	매콤치킨	Steamed egg	계란찜	Steamed White Rice	쌀밥	Seasonal Fruit	
Tuesday	6-May	Egg soup	계란수프	Grilled pork	삼겹살구이	Stir fried mushroom with fishcake	버섯어묵볶음	Steamed White Rice	쌀밥	Seasonal Fruit	
Wednesday	7-May	Beef & radish soup	소고기뭇국	Garlic Gochujang Shrimp	마늘고추장새우	Grilled Tofu	두부구이	Steamed White Rice	쌀밥	Seasonal Fruit	
Thursday	8-May	Spicy fishcake soup	얼큰어묵국	Beef Bulgogi	소불고기	Stir-fried Radish	무나물	Steamed White Rice	쌀밥	Seasonal Fruit	
Friday	9-May	Soybean paste soup	된장국	Braised chicken	닭볶음탕	Fried dumpling	군만두	Steamed White Rice	쌀밥	Rollled cake	



Marco polo LUNCH  
(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert	Vegetarian option
Monday	5-May	Corn soup	tomato and cucumber salad	Roasted pork tenderloin in rosemary sauce	Steamed vegetables	Mash potato	Seasonal Fruit	Braised Tofu
Tuesday	6-May	Potato cream soup	Mixed green salad	Breaded fish, tartare sauce	Sautéed zucchini & onion	Garlic fried rice	Seasonal Fruit	Margherita pizza
Wednesday	7-May	Mixed bean soup	Coleslaw salad	Grilled chicken bread with Mushroom sauce	Sautéed green bean	Steamed potato with herbs	Seasonal Fruit	bread fruit spring roll
Thursday	8-May	Tomato soup	Chef's garden salad	Sautéed shrimp & butter, garlic	Steamed broccoli	Fusilli	Seasonal Fruit	Lotus root ragu
Friday	9-May	Asparagus soup	Broccoli and apple salad	Hawaiian pizza	Grilled tomato with herbs	French fries	Rolled cake	Cheese, egg burger



The Garden

# EYFS+Y1



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		Morning snack		Soup	Main dish	Side dish	Starch	Dessert	Afternoon Snack
Monday	5-May	Diced mango	no sugar yogurt	Cabbage soup with minced pork	Fish fillet in garlic sauce	Poached Chayote, Simmered tofu with tomato sauce	Steamed rice	Seasonal Fruit	Oatmeal cookie & Orange juice
Tuesday	6-May	Corn flakes	Fresh milk	Potato cream soup	Breaded fish, tartare sauce	Sautéed zucchini & onion	Garlic fried rice	Seasonal Fruit	Papaya smoothie& dumpling plan
Wednesday	7-May	Diced watermelon	no sugar yogurt	Clam soup	Sautéed diced beef	Fried egg in fish sauce	Steamed rice	Seasonal Fruit	Avocado smoothie & oatmeal cookie
Thursday	8-May	Carrot muffin	Orange juice	Tomato soup	Sautéed shrimp & butter, garlic	Steamed broccoli	Steamed rice	Seasonal Fruit	Honey waffle & pineapple juice
Friday	9-May	Mixed fruits	no sugar yogurt	Mushroom soup	Chinese braised pork	Scrambled egg	Steamed rice	Rolled cake	Mango smoothie & mini egg sandwich



**From May 12<sup>th</sup>**

**To May 16<sup>th</sup>**







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# MORNING SNACK

		MORNING SNACK (Y2-Y6)		Secondary students	
Monday	12-May	Grilled chicken sandwich	Watermelon	Grilled chicken cheddar sandwich	Korean Egg, Sausage Kimbap
Tuesday	13-May	Corn flakes	Fresh milk	Egg & cheese baguette	Bolognese pizza & French-fries
Wednesday	14-May	Sticky rice and stewed mince pork		Ham and cheese, egg sandwich	Salmon Sushi Rolls
Thursday	15-May	Banana bread	Fresh milk	Baguette with bacon egg and cheddar	Hot-spicy Chicken skewers
Friday	16-May	Chicken mushroom soup	Bread	Chicken Burger	Tonkatsu (Pork) Kimbap



# LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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		The garden	Bread Corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert
Monday	12-May	Green garden : lettuce, white cabbage, red cabbage, carrot, onion, tomato and cucumber, sweet potato, corn, KIMCHI The choice of sauce: Italian dressing, Thousand island, Balsamic	Baguette, brown bread, white toast, butter and fruit jam	Potato & carrot soup	Sautéed morning glory with garlic	Breaded fish with spicy sauce	Simmered quail egg, soya sauce	Lotus seed rice	Seasonal Fruit
Tuesday	13-May			Phở Bò & quẩy					Seasonal Fruit
Wednesday	14-May			Pumpkin & minced pork soup	Poached radish & carrot	Grilled chicken drumstick	Braised eggplant	Mixed rice noodle, vegetables	Yogurt
Thursday	15-May			Bún Chả					Seasonal Fruit
Friday	16-May			Broccoli & cauliflower soup	Healthy Chinese cabbage	Fish fillet in garlic sauce	Braised green banana & tofu	Steamed rice	Custard





# BIBIM'BITES LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch		Dessert	배추김치 / Kimchi
 Monday	12-May	Potato with Onion soup	감자양파국	Braised Pork with Soy Sauce	돼지갈비찜	Mung bean pancake	녹두전	Steamed White Rice	쌀밥	Seasonal Fruit	
 Tuesday	13-May	Chicken soup	닭곰탕	Spicy Chicken	매콤치킨	Braised tofu with minced pork	마파두부	Steamed White Rice	쌀밥	Seasonal Fruit	
Wednesday	14-May	Fried Tofu with soybean paste soup	유부장국	Soaked Pork Cutlet	적서먹는돈까스	Stir-fried Radish	무나물	Steamed White Rice	쌀밥	Yogurt	
 Thursday	15-May	Fishcake soup	어묵국	Beef brisket stew	소고기사태찜	Seasoned spinach	시금치나물	Steamed White Rice	쌀밥	Seasonal Fruit	
Friday	16-May	Seaweed soup	미역국	Pork bulgogi	돼지불고기	Steamed Tofu & Stir-fried Kimchi	온두부&볶은김치	Steamed White Rice	쌀밥	Custard	





marco polo **LUNCH**  
(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert	Vegetarian option
Monday	12-May	Zucchini soup	Andalusian Salad	Beef bourguignon	Sautéed pumpkin	Steamed potato with herbs	Seasonal Fruit	Stew Mushroom-Fried egg
Tuesday	13-May	Pumpkin soup	Russian Salad	Sausage pizza	Roasted corn	French fries	Seasonal Fruit	Mushroom& pineapple pizza
Wednesday	14-May	Broccoli soup	Melted cheese toast	Roasted chicken with herbs in honey sauce	Sautéed broccoli	Mash sweet potato	Yogurt	Fried Tofu with crumbs bread
Thursday	15-May	Clam chowder	Chef's garden salad	Shrimp sautéed in cream, garlic and Carrot	Zucchini Casserole	Garlic bread	Seasonal Fruit	Lentils stewed
Friday	16-May	Leek & potato soup	Green bean salad	Spaghetti bolognese	Poached mixed vegetables	0	Custard	Spaghetti mushroom tomato sauce



The Garden

# EYFS+Y1



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		Morning snack		Soup	Main dish	Side dish	Starch	Dessert	Afternoon Snack
<b>Monday</b>	<b>12-May</b>	Diced papaya	no sugar yogurt	Potato & carrot soup	Breaded fish with spicy sauce	Simmered quail egg, soya sauce	Lotus seed rice	Seasonal Fruit	Banana cake & passion fruit juice
<b>Tuesday</b>	<b>13-May</b>	Corn flakes	Fresh milk	Pumpkin soup	Sausage pizza	Sautéed Mixed vegetables	French fries	Seasonal Fruit	Mango smoothie & crepe
<b>Wednesday</b>	<b>14-May</b>	Diced Fruits	Watermelon infused water	Pumpkin & minced pork soup	Grilled chicken drumstick	Braised eggplant	Mixed rice noodle, vegetables	Yogurt	Pancake & banana smoothie
<b>Thursday</b>	<b>15-May</b>	Oatmeal congee	Passion fruit juice	Carrot soup	Shrimp sauteed in cream & garlic	Zucchini Casserole	Steamed white rice	Seasonal Fruit	Avocado & sweet potato smoothie
<b>Friday</b>	<b>16-May</b>	Chicken mushroom soup	Bread	Broccoli & cauliflower soup	Fish fillet in garlic sauce	Braised green banana & tofu	Steamed rice	Custard	Tuna sandwich & watermelon juice

**From May 19<sup>th</sup>**

**To May 23<sup>rd</sup>**







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# MORNING SNACK

		MORNING SNACK (Y2-Y6)		Secondary students	
Monday	19-May	Egg sandwich	Pineapple juice	Egg & cheese baguette	Cheese stick and french-fries
Tuesday	20-May	Corn flakes	Fresh milk	Tuna & egg sandwich	Beef Bulgogi Kimbap
Wednesday	21-May	Chicken congee		Ham and cheese, egg baguette	Chicken pizza & french-fries
Thursday	22-May	Carrot muffin	Fresh milk	Chicken Burger	Tonkatsu (Pork) Kimbap
Friday	23-May	Cheese baozi	Watermelon juice	Toasted sausage egg and cheddar	Tuna Kimbap



# LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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		The garden	Bread Corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert
Monday	19-May	<b>Green garden :</b> lettuce, white cabbage, red cabbage, carrot, onion, tomato and cucumber, sweet potato, corn, KIMCHI The choice of sauce: Italian dressing, Thousand island, Balsamic	Baguette, brown bread, white toast, butter and fruit jam	Mustard soup	Poached choy sum	Braised beef	Simmered tofu in spring onion sauce	Steamed rice	Seasonal Fruit
Tuesday	20-May			Bún Ngan					Seasonal Fruit
Wednesday	21-May			Green squash soup with shrimp	Sautéed cabbage	Pork ribs in sweet & sour sauce	Fried egg in fish sauce	Steamed rice	Yogurt
Thursday	22-May			Bún Cá					Seasonal Fruit
Friday	23-May			Mushroom soup	Stir-fried broccoli	Roasted chicken	Fish ball in sweet & sour sauce	Steamed rice	Banana cake



# BIBIM'BITES LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch		Dessert
Monday	19-May	Udon soup	우동국	Stir-Fried Kimchi with Pork	김치제육볶음	Egg dumpling	계란 만두	Steamed White Rice	쌀밥	Seasonal Fruit
Tuesday	20-May	Egg Jjamppong Soup	계란짬뽕국	Seafood Black Bean Sauce with Noodles	해물짜장면	Fried Tofu & Sweet Sour Sauce	두부탕수육	Steamed White Rice	쌀밥	Seasonal Fruit
Wednesday	21-May	Seaweed & tofu soup	두부미역국	Chicken Japchae with mushroom	치킨버섯잡채밥	Mushroom pancake	버섯전	Steamed White Rice	쌀밥	Yogurt
Thursday	22-May	Tuna Kimchi Soup	참치김치찌개	Braised Pork with Soy Sauce	돼지갈비찜	Stir-fried Sliced potato	감자채볶음	Steamed White Rice	쌀밥	Seasonal Fruit
Friday	23-May	Egg vegetable soup	계란야채국	Beef Bulgogi	소불고기	Fried Dumpling	군만두	Steamed White Rice	쌀밥	Banana cake

배추김치 / Kimchi





# Marco polo LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



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Vegetarian option

Grilled eggplant with  
balsamic, Fried egg

Grilled vegetables & egg,  
cheddar sandwich

Vegetables Lasagna

Mac & cheese

Cheese Toast, Fried egg



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			Soup	Starter	Main dish	Side dish	Starch	Dessert
Monday	19-May		Cauliflower cream soup	Apple salad	Grilled Fish Fillet with Teriyaki sauce	Steamed green bean & carrot	Steamed white rice	Seasonal Fruit
Tuesday	20-May		Mushroom soup	Mixed beans salad	Sautéed shrimp with garlic & butter	Vichy - style carrot	Herbs potato	Seasonal Fruit
Wednesday	21-May		Carrot soup	Tuna bruschetta	Beef Lasagna	Sautéed zucchini & onion	Potato wedge	Yogurt
Thursday	22-May		Gazpacho soup	Egg salad	Roasted chicken, mushroom sauce	Vegetables ratatouille	Butter bread	Seasonal Fruit
Friday	23-May		Seafood chowder	Fruits salad	Roasted pork & Rosemary	Stir fried string bean with garlic	Penne tomato sauce	Banana cake





The Garden

# EYFS+Y1



BRITISH  
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		Morning snack		Soup	Main dish	Side dish	Starch	Dessert	Afternoon Snack
Monday	19-May	Banana	no sugar yogurt	Mustard soup	Braised beef	Simmered tofu in spring onion sauce	Steamed rice	Seasonal Fruit	Carrot cake & banana smoothie
Tuesday	20-May	Corn flakes	Fresh milk	Mushroom soup	Sautéed shrimp with garlic & butter	Vichy - style carrot	Herbs potato	Yogurt	Avocado smoothie & crepe
Wednesday	21-May	Diced Dragon fruit	no sugar yogurt	Green squash soup with shrimp	Minced pork in sweet & sour sauce	Fried egg in fish sauce	Steamed rice	Seasonal Fruit	Homemade waffle & watermelon
Thursday	22-May	Carrot muffin	Fresh milk	Gazpacho soup	Fried fish	Vegetables ratatouille	Butter bread	Seasonal Fruit	Mango smoothie & mini egg sandwich
Friday	23-May	Mixed fruits	no sugar yogurt	Mushroom soup	Roasted chicken	Fish ball in sweet & sour sauce	Steamed rice	Banana cake	Oatmeal cookie & watermelon infused water

**From May 26<sup>th</sup>**

**To May 30<sup>th</sup>**







**BRITISH  
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# MORNING SNACK

		MORNING SNACK (Y2-Y6)		Secondary students	
Monday	26-May	Ham & cheese sandwich	Passion juice	Ham & cheese sandwich	Korean Sausage, Egg Kimbap
Tuesday	27-May	Corn flakes	Fresh milk	Egg & cheese baguette	Hawaiian Pizza & French-fries
Wednesday	28-May	Sticky rice and stewed mince pork		Tuna & egg sandwich	Beef Bulgogi Kimbap
Thursday	29-May	Oatmeal cookie	Fresh milk	Baguette with bacon egg and cheddar	Pizza bolognaise
Friday	30-May	Cheese Baozi	Lime juice	Chicken Burger	Tonkatsu (chicken) Kimbap



# LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



BRITISH  
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A NORD ANGLIA EDUCATION SCHOOL

		The garden	Bread Corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert
Monday	26-May	<p>Green garden : lettuce, white cabbage, red cabbage, carrot, onion, tomato and cucumber, sweet potato, corn, KIMCHI</p> <p>The choice of sauce: Italian dressing, Thousand island, Balsamic</p>	Baguette, brown bread, white toast, butter and fruit jam	Mixed Vegetables noodle soup	Sautéed pumpkin, garlic	Breaded Chicken	Simmered tofu & minced pork	Steamed rice	Seasonal Fruit
Tuesday	27-May			Phở Bò & quẩy					Seasonal Fruit
Wednesday	28-May			Cabbage & tomato soup	Poached chayote & carrot	Roasted pork	Simmered quail egg, soya sauce	Steamed rice	Yogurt
Thursday	29-May			Bún riêu cua bò đậu					Seasonal Fruit
Friday	30-May			Tofu & mushroom soup	Poached green bean & carrot	Fish fillet stew	Sautéed loofah & beansprout	Steamed rice	Choux a la crème



# BIBIM'BITES LUNCH

## (Y2-Y6; Y7-Y13 & Adult)



BRITISH  
INTERNATIONAL SCHOOL  
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A NORD ANGLIA EDUCATION SCHOOL

		Soup		Main dish		Side dish		Starch		Dessert
Monday	26-May	Chicken soup	닭곰탕	Grilled Tofu	두부부침	Seasoned Napa cabbage with Soybean Paste	배추된장무침	Steamed White Rice	쌀밥	Seasonal Fruit
Tuesday	27-May	Dried pollack soup	북엇국	Braised Pork with Soy Sauce	돼지갈비찜	Braised lotus root with Soy Sauce	연근조림	Steamed White Rice	쌀밥	Seasonal Fruit
Wednesday	28-May	Beef soup	갈비탕	Stir-fried Shrimp with Pepper paste	고추장새우볶음	Rolled egg	계란말이	Steamed White Rice	쌀밥	Yogurt
Thursday	29-May	Seafood soup	해물탕	Stir-Fried Kimchi with Pork	김치제육볶음	Steamed Tofu & Stir-fried Kimchi	온두부&볶은김치	Steamed White Rice	쌀밥	Seasonal Fruit
Friday	30-May	Pork Kimchi soup	돈육김치찌개	Stir-fried Chicken bibimbap	닭갈비 비빔밥	Seasoned spinach	시금치나물	Steamed White Rice	쌀밥	Choux a la crème

배추김치 / Kimchi





Marco polo LUNCH  
(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert
Monday	26-May	Minestrone soup	Green vegetable salad & mustard sauce	Braised duck fillet with orange	Grilled tomato	Garlic bread	Seasonal Fruit
Tuesday	27-May	Mixed bean soup	Beetroot, carrot and apple salad	Grilled pork pepper sauce	Sautéed baby corn & carrot	Garlic fried rice	Seasonal Fruit
Wednesday	28-May	Cauliflower soup	Nicoise salad	Simmered beef ball, tomato sauce	Sautéed broccoli	Spaghetti	Yogurt
Thursday	29-May	Mushroom soup	Grilled vegetable, asparagus and cheese salad	Chicken Stroganoff	Steamed zucchini	Steamed white rice	Seasonal Fruit
Friday	30-May	Onion soup	Russian salad	Sautéed shrimp with vegetables	Roasted corn	Potato gratin	Choux a la crème

Vegetarian option

Braised Tofu with Mushroom

Tortilla egg rolls

vegetables ratatouille

Chickpeas & potato coconut curry

Grilled vegetables



The Garden

# EYFS+Y1



BRITISH  
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		Morning snack		Soup	Main dish	Side dish	Starch	Dessert	Afternoon Snack
Monday	26-May	Diced avocado	no sugar yogurt	Mixed Vegetables noodle soup	Breaded Chicken	Simmered tofu & minced pork	Steamed rice	Seasonal Fruit	Apple muffin & watermelon juice
Tuesday	27-May	Corn flakes	Fresh milk	Mixed bean soup	Grilled pork pepper sauce	Sautéed baby corn & carrot	Garlic fried rice	Seasonal Fruit	Mango smoothie & plain dumpling
Wednesday	28-May	Watermelon	no sugar yogurt	Cabbage & tomato soup	Simmered beef ball, tomato sauce	Simmered quail egg, soya sauce	Steamed rice	Seasonal Fruit	Pancake & banana smoothie
Thursday	29-May	Scrambled egg on toast	Fresh fruit	Mushroom soup	Chicken Stroganoff	Steamed zucchini	Steamed white rice	Seasonal Fruit	Banana smoothie & crepe
Friday	30-May	Oatmeal cookie	no sugar yogurt	Tofu & mushroom soup	Fish fillet stew	Sautéed loofah & beansprout	Steamed rice	Choux a la crème	Egg & butter toast & watermelon juice



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