

Aden *for schools*

December MENU for



**BRITISH
INTERNATIONAL SCHOOL
HANOI**

A NORD ANGLIA EDUCATION SCHOOL



**From December 2nd
To December 6th**





**BRITISH
INTERNATIONAL SCHOOL
HANOI**
A NORD ANGLIA EDUCATION SCHOOL

MORNING SNACK

		MORNING SNACK (Y2-Y6)		MORNING SNACK (SECONDARY STUDENTS)	
Monday	02-Dec-24	Ham & Egg Sandwich	Watermelon juice	Hawaiian pizza	Korean Egg kimbap
Tuesday	03-Dec-24	Corn Flake	Fresh milk	Egg & cheese baguette	Smoked Salmon & Avocado Sushi Rolls
Wednesday	04-Dec-24	Minced Pork with Sticky Rice		English muffin with bacon, egg and cheddar	Beef Bulgogi Kimbap
Thursday	05-Dec-24	Diced fruits	Less sugar yogurt	English muffin with avocado & smoked salmon	Vegetarian Sushi Rolls
Friday	06-Dec-24	Banana muffin	Pineapple juice	Popcorn chicken	Tonkatsu (Pork) Kimbap



REST'OI LUNCH

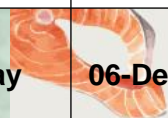
(Y2-Y6; Y7-Y13 & Adult)



BRITISH
INTERNATIONAL SCHOOL
HANOI

A NORD ANGLIA EDUCATION SCHOOL

		THE GARDEN	Breads corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert	Infused
Monday	02-Dec-24	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	Malabar spinach & loofah soup	Sauteed cabbage	Breaded fish	Stewed quail egg with coconut juice	Steamed rice	Dragon fruit	Orange, mint & lemongrass
Tuesday	03-Dec-24			Pork rib noodle soup					Honey melon	Lime juice
Wednesday	04-Dec-24			Mustard soup	Boiled chayote & carrot	Braised beef with ginger & lemongrass	Simmered tofu in tomato sauce	Steamed rice	Yogurt	Apple, pineapple & carrot
Thursday	05-Dec-24			Phở gà					Watermelon	Orange, cucumber and mint
Friday	06-Dec-24			Beansprout soup	Sauteed leaf mustard & mushroom	Sichuan tofu	Rolled egg	Turmeric rice	Rolled cake	Passion fruit juice





BIBIM'BITES LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch	Dessert	Infused
Monday	02-Dec-24	미역국	Seaweed soup	비빔밥	Vegetable Bibimbap	감자조림	Soy Sauce Braised Potatoes	Steamed rice	Dragon fruit	Orange, mint & lemongrass
Tuesday	03-Dec-24	어묵국	Fishcake soup	소불고기	Beef Bulgogi	오이생채	Spicy cucumber salad	Steamed rice	Honey melon	Lime juice
Wednesday	04-Dec-24	콩나물국	Bean sprout soup	계란말이	Rolled Omlette	쫄면	Mixed noodle, vegetables & spicy sauce		Yogurt	Apple, pineapple & carrot
Thursday	05-Dec-24	감자탕	Pork soup	호박채전	Pan-fried Tofu & Battered zucchini	시금치나물	Seasoned spinach	Steamed rice	Watermelon	Orange, cucumber and mint
Friday	06-Dec-24	된장찌개	Soybean paste soup	닭갈비	Spicy stir-fried chicken	무나물	Stir-fried Radish	Steamed rice	Rolled cake	Passion fruit juice





Marco polo LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert	Infused
	Monday 02-Dec-24	Pumpkin soup	Cucumber & tomato salad	Grilled pork tenderloin & gravy sauce	Sauteed vegetables	Butte coated steamed potato	Dragon fruit	Orange, mint & lemongrass
	Tuesday 03-Dec-24	Corn soup	Chef garden salad with egg	Roasted vegetable cheese sandwich	Grilled tomato with herbs	Baked thyme potatoes	Honey melon	Lime juice
	Wednesday 04-Dec-24	Asparagus soup	Russian salad	Sauteed chicken in creamy sauce	Garlic string bean	Macaroni	Yogurt	Apple, pineapple & carrot
	Thursday 05-Dec-24	Mushroom soup	Betroot salad	Meatless Cheeseburger	Vegetarian Ratatouille	French fries	Watermelon	Orange, cucumber and mint
	Friday 06-Dec-24	Carrot soup	Coleslaw salad	Fried fish with tartare sauce	Boiled vegetables	Potato chips	Rolled cake	Passion fruit juice



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EYFS +Y1

		Morning Snack		Soup	Main dish	Side dish	Starch	DESSERT	Afternoon Snack
Monday	02-Dec-24	Mini ham sandwich	Watermelon juice	Malabar spinach & loofah soup	Breaded fish with fried egg	Sauteed cabbage	Steamed rice	Dragon fruit	Dragon fruit and orange juice
Tuesday	03-Dec-24	Cornflake	Fresh milk	Carrot soup	BBQ pork	Peas & corn gratin	Baked thyme potatoes	Honey melon	Homemade waffle & lime juice
Wednesday	04-Dec-24	Banana & no sugar yogurt		Mustard soup	Braised beef with ginger & lemongrass	Boiled chayote & carrot	Steamed rice	Banana	Dried fruit and pineapple juice
Thursday	05-Dec-24	Vanilla muffin	Fresh milk	Mushroom soup	Chicken Burger	Fruits salad	French fries	Watermelon	Mango smoothie & cookie
Friday	06-Dec-24	Mixed fruits	no sugar yogurt	Beansprout soup	Steamed fish in soy sauce	Boiled vegetables, rolled egg	Steamed rice	Banana	Rollled cake with passion fruit juice



**From December 9th
To December 13th**





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MORNING SNACK

		MORNING SNACK (Y2-Y6)		MORNING SNACK (SECONDARY STUDENTS)	
Monday	09-Dec-24	Tuna Mayo sandwich	Watermelon	English muffin with egg and cheddar	Korean Egg Kimbap
Tuesday	10-Dec-24	Corn flake	Fresh milk	Grilled chicken sandwich	Beef Bulgogi Kimbap
Wednesday	11-Dec-24	Stewed minced pork with sticky rice		Tuna & egg sandwich	Beef Bulgogi Kimbap
Thursday	12-Dec-24	Carrot cake	Fresh milk	English muffin with bacon egg and cheddar	Vegetarian Sushi Rolls
Friday	13-Dec-24	Homemade waffle	Pineapple juice	Chicken Burger	Tonkatsu (Pork) Kimbap



REST'OI LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		THE GARDEN	Breads corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert	Infused
Monday	09-Dec-24	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	Sauteed bokchoy & mushroom	Sauteed shrimp with sweet & sour sauce	Hanoi spring roll	Steamed rice	Honey melon	Apple and celery
Tuesday	10-Dec-24			Phở Bò					Watermelon	Lemon, cucumber & mint
Wednesday	11-Dec-24			Clam soup	Sauteed string bean & garlic	Fried chicken drumstick	Sauteed fish cake with dill	Steamed rice	Less sugar yogurt	Pineapple & ginger
Thursday	12-Dec-24			Bún Chả, Nem rán					Banana	Peach tea, orange & lemongrass
Friday	13-Dec-24			Mustard & ginger soup	Braised eggplant	Simmered tofu with tomato sauce	Stir fried noodle with vegetables		Madeleine cake	Reduced sugar lime juice





BIBIM'BITES LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch	Dessert	Infused
Monday	09-Dec-24	감자양파국	Potato soup	치즈떡볶이	Cheese Tteokbokki	계란찜	Steamed eggs	Steamed rice	Honey melon	Apple and celery
Tuesday	10-Dec-24	닭곰탕	Korean shred chicken soup	녹두전	Mung bean pancake	베이컨감자채볶음	Bacon and potato stir-fry	Steamed rice	Watermelon	Lemon, cucumber & mint
Wednesday	11-Dec-24	계란야채국	Egg vegetable soup	짜장밥	Vegetarian Jajang	만두탕수	Sweet and sour Vegetable Mandu	Steamed rice	Less sugar yogurt	Pineapple & ginger
Thursday	12-Dec-24	순두부찌개	Soft tofu soup	사태찜	Beef brisket stew	호박볶음	Stir fried zucchini	Steamed rice	Banana	Peach tea, orange & lemongrass
Friday	13-Dec-24	복엇국	Dried pollack soup	제육볶음	Stir-fried pork	연근조림	Braised lotus root	Steamed rice	Madeline cake	Reduced sugar lime juice





Marco polo LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert	Infused
 Monday	09-Dec-24	Zucchini soup	Traditional Greek salad	Beef ragu	Baked cauliflower	Steamed potato with herbs	Honey melon	Apple and celery
Tuesday	10-Dec-24	Carrot soup	Roasted corn	Margherita pizza	Sauteed broccoli	French fries	Watermelon	Lemon, cucumber & mint
Wednesday	11-Dec-24	Minestrone soup	Vegetables bruschetta	Grilled pork ribs with BBQ sauce	Stewed eggplant	Steamed potato with herbs	Less sugar yogurt	Pineapple & ginger
 Thursday	12-Dec-24	Broccoli soup	Spinach	Stewed chickpeas coconut curry	Vegetables ratatouille	Steamed rice	Banana	Peach tea, orange & lemongrass
Friday	13-Dec-24	Mushroom soup	Orange, radish and rocket salad	Roasted chicken with herbs in honey sauce	Sauteed bean & carrot	Roasted potato with thyme	Log cake	Reduced sugar lime juice





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EYFS +Y1

		Morning Snack		Soup	Main dish	Side dish	Starch	DESSERT	Afternoon Snack
Monday	09-Dec-24	Diced mango no sugar yogurt		Potato & carrot soup	Sauteed shrimp with sweet & sour sauce	Sauteed bokchoy & mushroom - Hanoi spring roll	Steamed rice	Honey melon	Banana cake & passion fruit juice
Tuesday	10-Dec-24	Cornflake	Fresh milk	Carrot soup	Bolognaise pizza	Sauteed broccoli	French fries	Watermelon	Mango smoothie & crepe
Wednesday	11-Dec-24	Diced watermelon, no sugar yogurt		Clam soup	Fried chicken drumstick	Sauteed string bean & garlic simmered quail egg with soysauc	Steamed rice	Pineapple	Pancake & lime juice
Thursday	12-Dec-24	Oatmeal congee & dry fruit		Broccoli soup	Baked fish with lemon cream sauce	Vegetables ratatouille	Steamed rice	Banana	Avocado smoothie & sweet potato
Friday	13-Dec-24	Homemade waffle	no sugar yogurt	Mustard & ginger soup	Roasted chicken with herbs in honey sauce	Sauteed bean & carrot	Roasted potato with thyme	Christmas Log	Tuna sandwich & watermelon juice



**From December 16th
To December 18th**





**BRITISH
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MORNING SNACK

		MORNING SNACK (Y2-Y6)		MORNING SNACK (SECONDARY STUDENTS)	
Monday	16-Dec-24	Egg sandwich	Pineapple juice	Hawaian pizza	Korean Egg Kimbab
Tuesday	17-Dec-24	Corn flake	Fresh milk	Egg & cheese baguette	Smoked Salmon & Avocado Sushi Rolls
Wednesday	18-Dec-24	Chicken congee		English muffin with bacon, egg and cheddar	Beef Bulgogi Kimbap



REST'OI LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		THE GARDEN	Breads corner	Soup	Vegetables	Main dish	Side dish	Starch	Dessert	Infused
Monday	16-Dec-24	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	Bean sprout soup	Sauteed Chayote	Fried chicken with grated coconut	Simmered eggplant & minced pork	Steamed rice	Watermelon	Strawberry, passion and mint
Tuesday	17-Dec-24			Bún riêu cua bò đậu					Dragon fruits	Orange and ginger
Wednesday	18-Dec-24			Pumpkin soup	Boiled green bean & carrot	Pork in sweet and sour sauce	Braised tofu with spring onion sauce	Steamed rice	Yogurt	Melon & mint





BIBIM'BITES LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup		Main dish		Side dish		Starch	Dessert	Infused
Monday	16-Dec-24	버섯매운탕	Spicy mushroom stew	잡채	Vegetable Japchae	스크램블에그	Scrambled eggs	Steamed rice	Watermelon	Strawberry, passion and mint
Tuesday	17-Dec-24	참치김치찌개	Tuna Kimchi soup	탕수육	Sweet and sour pork	어묵볶음	Stir-fried fish cake	Steamed rice	Papaya	Orange and ginger
Wednesday	18-Dec-24			볶음우동	Stir-fried Vegetable Udon Mì Udon xào	두부조림	Tekbokki with fishcake & cheese	Steamed rice	Yogurt	Melon & mint



Marco polo LUNCH

(Y2-Y6; Y7-Y13 & Adult)



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		Soup	Starter	Main dish	Side dish	Starch	Dessert	Infused
Monday	16-Dec-24	Mushroom soup	Egg & tomato salad	Ovened fish fillet in lemon sauce	Zucchini gratin	Baked potato	Watermelon	Strawberry, passion and mint
Tuesday	17-Dec-24	Creamy broccoli soup	Marinated tofu salad	Lentil Shepard's Pie	Vichy - style carrot		Papaya	Orange and ginger
Wednesday	18-Dec-24	Pumpkin soup	Steamed vegetables	Chicken Sandwich & Ham and cheese croissant Creamy smoked salmon bagel	Grilled tomato	Potato wedge	Yogurt	Melon & mint





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EYFS +Y1

		Morning Snack		Soup	Main dish	Side dish	Starch	DESSERT	Afternoon Snack
Monday	16-Dec-24	Banana & no sugar yogurt		Bean sprout soup	Fried chicken with grated coconut	Sauteed Chayote	Steamed rice	Watermelon	Dragon fruit and orange juice
Tuesday	17-Dec-24	Corn flake	Fresh milk	Creamy broccoli soup	Sauteed shrimp with garlic & butter	Vichy - style carrot	Steamed rice	Dragon fruits	Homemade waffle & lime juice
Wednesday	18-Dec-24			Pumpkin soup	Pork in sweet and sour sauce	Braised tofu with spring onion sauce-Steamed vegetables	Steamed rice	Apple	



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