





MENU 1

MENU FOR EARLY YEARS AND PRIMARY

Week: 13/11- 17/11, 11/12 – 15/12

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Homemade Caterers chocolate chip cookie Fruit Juice	Stuffed Tofu w pork** Grilled Chicken w Mushroom Sauce Macaroni and Cheese 	Steamed Rice** Roasted Potatoes Mixed Vegetable**	 Yu Choy **	Fresh Fruit
TUESDAY	Tuna and Egg SW Fruit Juice	Pansear pork Fish Provencale** Stir fried Ear Mushroom w Bell Peper 	Steamed rice Korean Noodle Stir Fried Morning Glory	 Amaranth **	Fresh Fruit
WEDNESDAY	Beignet Fruit Juice	Fried Crispy Shrimp , Squid , Anchovy cake Grilled Pork w BBQ Sauce Tofu W Hoisin Sauce 	Steamed Rice Steamed Corn Stir Fried Mixed Vegetable	 Seaweed Tofu ** Beef “ Phở ” **	Fresh Fruit
THURSDAY	Cheese SW Fruit Juice	Sweet and Sour Chicken ** Italian Meatballs Stir Fried Egg Noodles w Vegetable and Tofu 	Steamed Rice Pasta w Butter and Garlic Steamed Bok Choy w Oyster Sauce	 Tomato & Egg**	Fresh Fruit
FRIDAY	Yoghurt & Cheese Cake Fruit Juice	Stir Fried Beef w Green Beans and Carrots Fish Finger w Tartar Sauce** Vegetable Quiche 	Steamed Rice Hand Cut Chip Stir Fried Choy Sum w Carrot	 Green Mustard Leaf	Fresh Fruit





MENU 2

MENU FOR EARLY YEARS AND PRIMARY

Week: 23/10-27/10, 20/11 -24/11

**	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Eggs sandwich Fruit Juice	Grilled Chicken w Five Spice** Pork Stew w Carrot and Bean Braised Chickpeas Beans and Spinach	Steamed Rice** Potato Wedges Corn, Peas & Carrots**	 Cabbage**	Fresh Fruit
TUESDAY	Pork Congee Fruit Juice	Grilled “ Lã Vọng “ Fish Cakes Spagetti Bolognaise** Pan Fried Cabbage , Carrot and Eggs	Steamed Rice Garlic Bread** Stir Fried Bok Choy **	 Pumkin**	Fresh Fruit
WEDNESDAY	Brownie Fruit Juice	Braised Pork w Eggs** Breaded Seafood w Cocktail sauce Tofu w Breadcrumbs	Steamed Rice** Stir Fried Cabbage** Mixed Vegetables	 Gourd** Bún Bò Nam Bộ (Southern Style Beef Noodle)	Fresh Fruit
THURSDAY	Kimbap Fruit Juice	Korean Chicken Hoisin Sauce** Meatloaf w BBQ Sauce Korean Noodle	Steamed Rice** Sweet Potato Shake w Cheese Powder Stir Fried Choysum**	 Yu Choy soup**	Fresh Fruit
FRIDAY	Custard Cake Fruit Juice	Stir Fried Beef w Mushroom and Green bean Mediterranean Grilled Fish** Tofu w Tomato Sauce	Steamed Rice** Steamed Corn Chayote & Carrots**	 Mixed Vegetable**	Fresh Fruit









MENU 3

MENU FOR EARLY YEARS AND PRIMARY

Week: 30/10 - 3/11, 27/11- 1/12

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Vanilla and Raisin cake Fruit Juice	Korean Pork Stew** Roast Chicken w thyme Vegetable Tempura 	Steamed Rice** Roasted Pumpkin Mixed Vegetable**	 Cabbage **	Fresh Fruit
TUESDAY	Ham SW Fruit Juice	Fried Crispy Shrimp , Squid , Anchovy cake** Roast Beef w Peper Tofu and Vegetable Curry 	Steamed Rice** Mash Potato Stir Fried Bok Choy w Garlic **	 Green Mustard Leaf**	Fresh Fruit
WEDNESDAY	Vegetable tempura Fruit Juice	Grilled Pork w Lemongrass** Fish and Chip Crispy Tofu w Green Onion 	Steamed Rice** Stir Fried Morning Glory** Mixed Vegetables	 Gourd ** Bún Trộn Gà Xé (Mixed Chicken and Vegetable Noodle)	Fresh Fruit
THURSDAY	Sticky Rice w Pork Fruit Juice	Grilled Minecd Chicken w Cheese** Italian Pork Stew Fusilly w Tomato sauce and Parmesan 	Steamed Rice** Fusilly Stir Fried Yu Choy , Carrot w Mushroom **	 Malabar spinach**	Fresh Fruit
FRIDAY	Apple Cake Fruit Juice	Braised Fish** Shaking Beef Sichuan Tofu 	Steamed Rice** Steamed Corn** Hand Cut Chip	 Yu Choy**	Fresh Fruit





MENU 4

MENU FOR EARLY YEARS AND PRIMARY

Week: 6/11-10/11, 4/12-8/12

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Croque Monsieur Fruit Juice	Glass Sesame Chicken Beef Steak Sweet and Sour Tofu 	Steamed Rice Fench Fried Mixed Vegetable	 Cabbage	Fresh Fruit
TUESDAY	Beef and Pumpkin Congee Fruit Juice	Caramel Pork , Shrimp w Pine apple Grilled Fish w Seasoning Butter Vegetable Stew 	Steamed rice Noodle / Bread Roast Mixed Vegetable	 Amaranth	Fresh Fruit
WEDNESDAY	Egg Sushi w Sesame Fruit Juice	Stir Fried Seafood w Broccoli Pork Stew Kung Pao Tofu (No Nut) 	Steamed Rice Pasta w Garlic ,Parsley Stir Fried Choy Sum	 Seaweed Tofu Beef “ Phở ”	Fresh Fruit
THURSDAY	Carrot cake Fruit Juice	Grilled Chicken w Lemongrass Beef Stroganoff Vegetable Pasta Bake 	Steamed Rice Sauteed Potato w Herb Spinach	 Katuk	Fresh Fruit
FRIDAY	Sticky Rice w Roast Chicken Fruit Juice	Sweet and Sour Fish Roast Pork / Peper Cream Sauce Stir Fried Noodle w Tofu and Vegetable 	Steamed Rice Mash Garlic Spinach Potato Stir Fried Cabbage w	 Tomato and Egg	Fresh Fruit

