










**MENU 1**

# MENU FOR EARLY YEARS AND PRIMARY

**Week: 10/1- 12/1/2024,  
20/2 -23/2/2024, 18/3-22/3/2024,  
15/4 – 17/4/2024**

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Carrot cake Fruit Juice	Grilled Beef w Lo Lot** Chicken Stew w Mushroom and Olives Vegetable Fried Rice 	Steamed Rice** Roasted Potatoes Mixed Vegetable**	 Katuk**	Fresh Fruit
TUESDAY	Tuna and Egg SW Fruit Juice	Braised Fish** Roast Pork w Apple Sauce Stir Fried Mushroom w Bell Peppers 	Steamed rice** Roasted Pumpkin Stir Fried Morning Glory **	 Amaranth **	Fresh Fruit
WEDNESDAY	Beignet Fruit Juice	Caramelised Pork w Quail Eggs** Fish and Chips Tofu W Hoisin Sauce 	Steamed Rice** Steamed Corn Stir Fried Mixed Vegetable**	 Seaweed Tofu ** Beef “ Phở ” **	Fresh Fruit
THURSDAY	Cheese SW Fruit Juice	Honey Glazed Chicken Italian Meatballs** Spaghetti w Mushroom Cream Sauce 	Steamed Rice Pasta w Butter and Garlic** Steamed Bok Choy w Oyster Sauce**	 Tomato & Egg**	Fresh Fruit
FRIDAY	Caramel Flan Fruit Juice	Stir Fried Seafood w Broccoli and Carrots Roast Chicken w Pepper Sauce** Vegetable Tempura 	Steamed Rice Mash Potato** Stir Fried Choy Sum w Carrot**	 Green Mustard Leaf**	Fresh Fruit















**Week: 15/1-19/1/2024,  
26/2- 1/3/2024, 25/3-29/3**

**MENU 2**

# MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Eggs sandwich Fruit Juice	Hoisin Chicken** Spaghetti Bolognese Braised Vegetable and Tofu 	Steamed Rice** Garlic Bread Stir Fried Bok Choy w Garlic and Mushroom**	 Cabbage**	Fresh Fruit
TUESDAY	Pork Congee Fruit Juice	Caramelized Pork Breaded Fish** Vegetarian Pad Thai 	Steamed Rice** Corn, Peas, Carrot** Stir Fried Morning Glory **	 Pumkin**	Fresh Fruit
WEDNESDAY	Brownie Fruit Juice	" Lã Vọng " Fish Cake Pan Seared Beef w Butter and Garlic** Rice Noodle w Vegetable and Tofu 	Steamed Rice French Fries** Mixed Vegetables**	Gourd**  Bún Thịt Nướng Chả Giò (Grilled Pork And Spring Rolls Noodle)	Fresh Fruit
THURSDAY	Kimbap Fruit Juice	Charsiu Pork Moroccan Chicken** Tabouleh 	Steamed Rice** Sweet Potato w Honey Stir Fried Yu Choy w Garlic**	 Chinese Cabbage soup**	Fresh Fruit
FRIDAY	Raisin Custard Cake Fruit Juice	Thai Seafood Curry Beef Burger** Vegetable Tofu Curry 	Steamed Rice** Potato Wedges Broccoli and Carrot**	 Mixed Vegetable**	Fresh Fruit





**Week: 22/1 - 26/1/2024,**

**4/3 -8/3/2024, 1/4 – 5/4/2024**

**MENU 3**

# MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Vanilla and Raisin Cake Fruit Juice	Korean Beef Stew** Pan Fried Fish w Garlic Butter Vegetable Tempura 	Steamed Rice** Roasted Pumpkin Mixed Vegetable**	 Cabbage **	Fresh Fruit
TUESDAY	Sticky Rice w Pork Fruit Juice	Grilled Pork w Lemongrass** Rosemary Chicken Casserole Braised Tofu w Vegetables 	Steamed Rice** Mash Potato Stir Fried Bok Choy w Garlic **	 Green Mustard Leaf**	Fresh Fruit
WEDNESDAY	Croissant Fruit Juice	Fried Chicken w Fish Sauce** Shaking Beef Vegetable Fried Rice 	Steamed Rice** Stir Fried Morning Glory** Hand Cut Chip	 Gourd ** Bún Cá (Fish Noodle)	Fresh Fruit
THURSDAY	Vegetable Tempura Fruit Juice	Braised Fish ** Italian Pork Stew Fried "Phở" Noodle w Vegetable 	Steamed Rice** Fusilli Stir Fried Yu Choy, Carrot w Mushroom **	 Malabar spinach**	Fresh Fruit
FRIDAY	Donut Fruit Juice	Stir Fried Seafood w Broccoli** Chili Con Carne Hoisin Tofu 	Steamed Rice** Mash Potato Mixed Vegetable**	 Yu Choy**	Fresh Fruit












**MENU 4**

# MENU FOR EARLY YEARS AND PRIMARY

**Week: 29/1 – 2/2/2024,  
11/3- 15/3/2024, 8/4 – 12/4/2024**

	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** French Fried Mixed Vegetable**	 Cabbage**	Fresh Fruit
TUESDAY	Beef and Pumpkin Congee Fruit Juice	Caramelised Pork, Shrimp w Pineapple Fish Nugget w Tartan Sauce** Vegetable Stew 	Steamed Rice** Stir Fried Yu Choy w Oyster Sauce Roast Mixed Vegetable**	 Amaranth**	Fresh Fruit
WEDNESDAY	Steamed Pork Bun Fruit Juice	Stir Fried Seafood w Broccoli Roast Pork w Gravy** Kung Pao Tofu ( No Nuts ) 	Steamed Rice** Mash Potato Mixed Vegetable**	 Seaweed Tofu** “ Chả “ Noodle	Fresh Fruit
THURSDAY	Carrot cake Fruit Juice	“ Hôi An” Chicken & Rice Beef Stroganoff** Tofu w Fish Sauce And Onion 	Steamed Rice** Pasta / Garlic Bread Stir Fried Morning Glory**	 Katuk**	Fresh Fruit
FRIDAY	Sticky Rice w Roast Chicken Fruit Juice	Grilled Pork Cutlet w Honey** Assorted Pizza Stir Fried Noodle w Tofu and Vegetable 	Steamed Rice** Potato Wedges Stir Fried Chayote w Carrot**	 Tomato and Egg **	Fresh Fruit

