



MENU 1

MENU FOR SECONDARY

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

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



Vegetarian dishes

*All Vegetarian Main Dishes contain Protein
(eg Cheese, Eggs, Tofu, Beans...)



** Secondary menu



MENU 2

MENU FOR SECONDARY

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

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Hoisin Chicken Spaghetti Bolognese Braised Vegetable and Tofu 	Steamed Rice Garlic Bread Stir Fried Bok Choy w Garlic and Mushroom	Pork Noodle Cabbage 	Assorted Salad Fresh Fruit
TUESDAY	Caramelized Pork Breaded Fish Vegetarian Pad Thai 	Steamed Rice Corn, Peas, Carrot Stir Fried Morning Glory	Bún Bò (Hue Beef Noodle) Pumkin 	Assorted Salad Fresh Fruit
WEDNESDAY	" Lã Vọng " Fish Cake Pan Sear Beef w Butter and Garlic Rice Noodle w Vegetable and Tofu 	Steamed Rice French Fries Mixed Vegetables	Bún Thịt Nướng Chả Giò (Grilled Pork And Spring Roll Noodle) Gourd 	Assorted Salad Fresh Fruit
THURSDAY	Beef Stew w Five Spice Moroccan Chicken Tabouleh 	Steamed Rice Sweet Potato w Honey Roasted Vegetable	Thai Seafood Noodle Yu Choy soup 	Assorted Salad Fresh Fruit
FRIDAY	Thai Seafood Curry Beef Burger Vegetable Tofu Curry 	Steamed Rice Potato Wedges Broccoli and Carrot	Chicken " Phở " Mixed Vegetable 	Assorted Salad Fresh Fruit



Vegetarian dishes

*All Vegetarian Main Dishes contain Protein
(eg Cheese, Eggs, Tofu, Beans....)



** Secondary menu













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

4/3 - 8/3/2024, 1/4 - 5/4/2024

MENU 3

MENU FOR SECONDARY

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Korean Beef Stew Pan Fried Fish w Butter Garlic Vegetable Tempura 	Steamed Rice Roasted Pumpkin Mixed Vegetable	Chicken " Phở "  Cabbage	Assorted Salad Fresh Fruit
TUESDAY	Grilled Pork w Lemongrass Rosemary Chicken Casserole Braise Tofu w Vegetable 	Steamed Rice** Mash Potato Stir Fried Bok Choy w Garlic	Crab , Beef Noodle (Bún Riêu Cua Bò)  Green Mustard Leaf	Assorted Salad Fresh Fruit
WEDNESDAY	Fried Chicken w Fish Sauce Shaking Beef Vegetable Fried Rice 	Steamed Rice Stir Fried Morning Glory Hand Cut Chips	Bún Cá (Fish Noodle)  Gourd	Assorted Salad Fresh Fruit
THURSDAY	Braised Fish Italian Pork Stew Fried "Phở" Noodle w Vegetable 	Steamed Rice Fusilli Stir Fried Yu Choy, Carrot w Mushroom	Thai Seafood Noodle  Malabar Spinach	Assorted Salad Fresh Fruit
FRIDAY	Stir Fried Seafood w Broccoli Chili Con Carne Hoisin Tofu 	Steamed Rice Mash Potato Mixed Vegetable	" Mọc " Noodle  Yu Choy soup	Assorted Salad Fresh Fruit



Vegetarian dishes

*All Vegetarian Main Dishes contain Protein
(eg Cheese, Eggs, Tofu, Beans....)













** Secondary menu



MENU 4

MENU FOR SECONDARY

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

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Sesame Chicken with Glass Noodles Beef Steak Sweet and Sour Tofu 	Steamed Rice French Fried Mixed Vegetable	Wontom Noodle Cabbage 	Assorted Salad Fresh Fruit
TUESDAY	Caramelised Pork, Shrimp w Pineapple Fish Nugget w Tarta Sauce Vegetable Stew 	Steamed rice Stir Fried Yu Choy w Oyster Sauce Roast Mixed Vegetable	Seafood Noodle Amaranth 	Assorted Salad Fresh Fruit
WEDNESDAY	Stir Fried Seafood w Broccoli Roast Pork w Gravy Kung Pao Tofu (No Nuts) 	Steamed Rice Mash Potato Mixed Vegetable	" Chả " Noodle Seaweed Tofu 	Assorted Salad Fresh Fruit
THURSDAY	" Hội An " Chicken & Rice Beef Stroganoff Vegetable Pasta Bake 	Steamed Rice Pasta / Garlic Bread Stir Fried Morning Glory	Fish Noodle Katuk 	Assorted Salad Fresh Fruit
FRIDAY	Grilled Pork Cutlet w Honey Assorted Pizza Stir Fried Noodle w Tofu and Vegetable 	Steamed Rice Wedge Potato Stir Fried Chayote w Carrot	Beef " Phở " Noodle Tomato and Egg 	Assorted Salad Fresh Fruit

