



Week: 2/5- 3/5/2024,

27/5 -31/5/2024, 24/6-26/6/2024,

MENU 1

MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Orange Cake Fruit Juice	Stuffed Pork w Tofu** Roast Chicken w Peper Cream Sauce Steamed Brown Rice w Lotus Seed	Steamed Rice** Mash Potatoes w Onion Gravy Mixed Vegetable**	 Katuk**	Fresh Fruit
TUESDAY	Minced Pork Congee Fruit Juice	Stir Fried Beef w Broccoli** Provencal Fish Stir Fried Mushroom w Bell Peppers	Steamed rice** Roasted Vegetable Stir Fried Morning Glory **	 Amaranth **	Fresh Fruit
WEDNESDAY	Beignet Fruit Juice	Spicy Sweet and Sour Octopus Pork and Vegetable Omlette** Tofu W Hoisin Sauce	Steamed Rice** Roasted Baby Potatoes Stir Fried Mixed Vegetable**	 Seaweed Tofu ** Beef “ Phở “ **	Fresh Fruit
THURSDAY	Baked Chesy Baby Potatoes Fruit Juice	Fried Chicken w Hoisin Sauce** Italian Meatballs Spaghetti w Mushroom Cream Sauce	Steamed Rice** Pasta Steamed Bok Choy w Oyster Sauce**	 Tomato & Egg**	Fresh Fruit
FRIDAY	Homemade Caramel Flan Fruit Juice	Braised Fish Grilled Pork w BBQ Sauce** Vegetable Tempura	Steamed Rice Wedge Potatoes** Stir Fried Choy Sum w Carrot**	 Green Mustard Leaf**	Fresh Fruit

Vegetarian dishes

*** Every vegetarian main course dish contain protein (tofu , eggs , bean , cheese ...)



** Early Years and Y1 - Y2 menu



Week: 6/5-10/5/2024,
3/6- 7/6/2024

MENU 2

MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Eggs Sandwich Fruit Juice	Crispy Pork w Tamarind Sauce** Rosemary Chicken Casserole Braised Vegetable and Tofu	Steamed Rice** Pasta Stir Fried Bok Choy **	 Cabbage**	Fresh Fruit
TUESDAY	Banana Cake Fruit Juice	5 Spice Beef Stew Breaded Fish** Vegetarian Pad Thai	Steamed Rice** Steamed Sweet Corn Stir Fried Mix Vegetable**	 Pumkin**	Fresh Fruit
WEDNESDAY	Fried Spring Roll Fruit Juice	Seafood w Breadcrumbs Pork Stew w Potatoes and Carrot** Rice Noodle w Vegetable and Tofu	Steamed Rice** Garlic Bread Mixed Vegetables**	Gourd** Bún Bò Nam Bộ (Southern Beef Noodle)	Fresh Fruit
THURSDAY	Honey Pancake Fruit Juice	Fried Chicken w Garlic Fish Sauce** Luk Lak Beef Sweet and Sour Tofu	Steamed Rice** Sweet Potato w Honey Stir Fried Yu Choy w Garlic**	 Chinese Cabbage soup**	Fresh Fruit
FRIDAY	Sticky Rice w Steamed Chicken Fruit Juice	" Lã Vọng " Fish Cake BBQ Pulled Pork Burger** Vegetable Tofu Curry	Steamed Rice** Potato Wedges Broccoli and Carrot**	 Mixed Vegetable**	Fresh Fruit

Vegetarian dishes

*** Every vegetarian main course dish contain protein (tofu , eggs , bean , cheese ...)



** Early Years and Y1 - Y2 menu



Week: 13/5- 17/5/2024,
10/6 -14/6/2024

MENU 3

MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Boiled Eggs Fruit Juice	Spicy Chicken Balls Creamy Pork Paprika** Vegetable Tempura	Steamed Rice** Pasta Stir Fried Bok Choy w Garlic **	 Cabbage **	Fresh Fruit
TUESDAY	Raisin Cake Fruit Juice	Korean Beef Stew** Fish Finger Braised Tofu w Vegetables	Steamed Rice** Hand Cut Chip Mixed Vegetable **	 Green Mustard Leaf**	Fresh Fruit
WEDNESDAY	Cheese Sandwich Fruit Juice	Stuffed Quail eggs w Pork** Stirfried Seafood w Bell Peper Vegetable Fried Rice	Steamed Rice** Stir Fried Morning Glory ** Candied Sweet Potato	 Gourd ** Thang " Noodle"	Fresh Fruit
THURSDAY	Vegetable Tempura Fruit Juice	Sweet and Sour Chicken Spagetti Meat Sauce** Fried "Phở" Noodle w Vegetable	Steamed Rice** Garlic Bread Stir Fried Yu Choy**	 Malabar spinach**	Fresh Fruit
FRIDAY	Donut Fruit Juice	Braised Fish** Roast Pork w Green Peper Sauce Hoisin Tofu	Steamed Rice** Mash Potato Mixed Vegetable**	 Yu Choy**	Fresh Fruit

Vegetarian dishes

*** Every vegetarian main course dish contain protein (tofu , eggs , bean , cheese ...)



** Early Years and Y1 - Y2 menu



Week: 20/5– 24/5/2024,
17/6- 21/6/2024

MENU 4

MENU FOR EARLY YEARS AND PRIMARY

	Morning Snack	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Jam Sandwich Fruit Juice	Caramelised Pork, Shrimp w Pineapple ** Grilled Fish w Lemon Butter Sauce Stir Fried Noodle w Tofu and Vegetable	Steamed Rice** Roasted Baby Potatoes Mixed Vegetable**	 Cabbage**	Fresh Fruit
TUESDAY	Beef and Pumpkin Congee Fruit Juice	Grilled Chicken w 5 Spice** Beef and Bean Stew Vegetable Stew	Steamed Rice** Stir Fried Yu Choy w Oyster Sauce Roast Mixed Vegetable**	 Amaranth**	Fresh Fruit
WEDNESDAY	Steamed Pork Bun Fruit Juice	Charsiu Pork** Seafood Pesto Spagetti Kung Pao Tofu (No Nuts)	Steamed Rice** Garlic Bread Mixed Vegetable**	 Seaweed Tofu** “ Chả “ Noodle	Fresh Fruit
THURSDAY	Carrot cake Fruit Juice	Fried Fish w lemongrass** Irish Pork Stew Tofu w Fish Sauce And Onion	Steamed Rice** Steamed Sweet Corn Stir Fried Morning Glory**	 Katuk**	Fresh Fruit
FRIDAY	Brown Rice Balls w Nori Fruit Juice	Stir Fried Beef w Green Bean** Assorted Pizza Sweet and Sour Tofu	Steamed Rice** Potato Wedges Stir Fried Chayote w Carrot**	 Tomato and Egg **	Fresh Fruit

Vegetarian dishes

*** Every vegetarian main course dish contain protein (tofu , eggs , bean , cheese ...)



** Early Years and Y1 - Y2 menu