



**MENU 1**

# MENU FOR SECONDARY

**Week: Week: 2/5- 3/5/2024,  
27/5 -31/5/2024, 24/6-26/6/2024,**

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	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**	“ Fish “ Noodle Green mustrad	Assorted Salad Fresh Fruit
TUESDAY	Stir Fried Beef w Broccoli** Provencal Fish Stir Fried Mushroom w Bell Peppers	Steamed rice** Roasted Vegetable Stir Fried Morning Glory ** w Garlic	“ Mọc “ Noodle Amaranth	Assorted Salad Fresh Fruit
WEDNESDAY	Spicy Sweet and Sour Octopus Pork and Vegetable Omlette** Tofu W Hoisin Sauce	Steamed Rice** Roasted Baby Potatoes Stir Fried Mixed Vegetable**	Beef “ Phở “ Seaweed Tofu	Assorted Salad Fresh Fruit
THURSDAY	Fried Chicken w Hoisin Sauce** Italian Meatballs Spaghetti w Mushroom Cream Sauce	Steamed Rice** Pasta Steamed Bok Choy w Oyster Sauce**	Thai seafood Noodle Tomato & Egg	Assorted Salad Fresh Fruit
FRIDAY	Braised Fish Grilled Pork w BBQ Sauce** Vegetable Tempura	Steamed Rice Wedge Potatoes** Stir Fried Choy Sum w Carrot**	Chicken 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: 6/5-10/5/2024,  
3/6- 7/6/2024**

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Crispy Pork w Tamarind Sauce Rosemary Chicken Casserole Braised Vegetable and Tofu 	Steamed Rice Pasta Stir Fried Bok Choy	Bún Bò (Hue Beef Noodle) Cabbage 	Assorted Salad Fresh Fruit
TUESDAY	5 Spice Beef Stew Breaded Fish Vegetarian Pad Thai 	Steamed Rice Steamed Sweet Corn Stir Fried Mix Vegetable	Pork Noodle  Pumkin	Assorted Salad Fresh Fruit
WEDNESDAY	Seafood w Breadcrumb Pork Stew w Potatoes and Carrot Rice Noodle w Vegetable and Tofu 	Steamed Rice Garlic Bread Mixed Vegetables	Bún Bò Nam Bộ (Southern Beef Noodle)  Gourd	Assorted Salad Fresh Fruit
THURSDAY	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	Thai Seafood Noodle  Yu Choy soup	Assorted Salad Fresh Fruit
FRIDAY	" Lã Vọng " Fish Cake BBQ Pulled Pork Burger Vegetable Tofu Curry 	Steamed Rice Potato Wedges Broccoli and Carrot	Chicken " Phở "  Mixed Vegetable	Assorted Salad Fresh Fruit















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

**MENU 3**

## MENU FOR SECONDARY

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	Spicy Chicken Balls Creamy Pork Paprika** Vegetable Tempura 	Steamed Rice** Pasta Stir Fried Bok Choy w Garlic **	Crab , Beef Noodle ( Bún Riêu Cua Bò )  Cabbage	Assorted Salad Fresh Fruit
TUESDAY	Korean Beef Stew** Fish Finger Braised Tofu w Vegetables 	Steamed Rice** Hand Cut Chip Mixed Vegetable **	“ Mọc “ Noodle  Green Mustard Leaf	Assorted Salad Fresh Fruit
WEDNESDAY	Stuffed Quail eggs w Pork** Stirfried Seafood w Bell Peper Vegetable Fried Rice 	Steamed Rice** Stir Fried Morning Glory ** Candied Sweet Potato	Thang “ Noodle”  Gourd	Assorted Salad Fresh Fruit
THURSDAY	Sweet and Sour Chicken Spagetti Meat Sauce** Fried “Phở” Noodle w Vegetable 	Steamed Rice** Garlic Bread Stir Fried Yu Choy**	Thai Seafood Noodle  Malabar Spinach	Assorted Salad Fresh Fruit
FRIDAY	Braised Fish** Roast Pork w Green Peper Sauce Hoisin Tofu 	Steamed Rice** Mash Potato Mixed Vegetable**	Chicken Glass Noodle  Yu Choy soup	Assorted Salad Fresh Fruit














**MENU 4**

# MENU FOR SECONDARY

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

	Main Course	Side Dishes	Soup	Salad & Fresh Fruits
MONDAY	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**	Beef Stew Noodle ( Mì Bò kho )  Cabbage 	Assorted Salad Fresh Fruit
TUESDAY	Grilled Chicken w 5 Spice Beef and Bean Stew Vegetable Stew 	Steamed Rice Stir Fried Yu Choy w Oyster Sauce Roast Mixed Vegetable	Seafood Noodle  Amaranth 	Assorted Salad Fresh Fruit
WEDNESDAY	Charsiu Pork Seafood Pesto Spagetti Kung Pao Tofu ( No Nuts ) 	Steamed Rice Garlic Bread  Mixed Vegetable	“ Chả “ Noodle  Seaweed Tofu 	Assorted Salad Fresh Fruit
THURSDAY	Fried Fish w lemongrass Irish Pork Stew Tofu w Fish Sauce And Onion 	Steamed Rice Steamed Sweet Corn Stir Fried Morning Glory	Fish Noodle  Katuk 	Assorted Salad Fresh Fruit
FRIDAY	Stir Fried Beef w Green Bean Assorted Pizza Sweet and Sour Tofu 	Steamed Rice Potato Wedges Stir Fried Chayote w Carrot	Wontom Noodle  Tomato and Egg 	Assorted Salad Fresh Fruit

