

PRIMARY MENU FROM 1/6 TO 23/6/2017



DATE	Monday	Tuesday	Wednesday	Thursday 1-6	Friday 2-6
Morning Snack				Mango Milk	Dragon fruit Milk
Lunch				Grilled chicken with orange sauce "Thang" noodle	Japanese pork stew with mushroom Fried fish cakes with dill
DATE	Monday 5-6	Tuesday 6-6	Wednesday 7-6	Thursday 8-6	Friday 9-6
Morning Snack	Banana Milk	Mango Milk	Dragon fruit Milk	Watermelon Milk	Mango Milk
Lunch	Grilled chicken with 5 spices Creamy mushroom and bacon pasta	Chicken rice noodle with bamboo Sautéed beef with broccoli	Colorado pork Sautéed calamari with green beans	Braised fish Stuff tofu with pork in tomato sauce	lemon grass tofu pumpkin curry
DATE	Monday 12-6	Tuesday 13-6	Wednesday 14-6	Thursday 15-6	Friday 16-6
Morning Snack	Watermelon Milk	Dragon fruit Milk	Banana Milk	Mango Milk	Watermelon Milk
Lunch	Sautéed pork with coconut Fried calamari with black sesame	Beef "pho" Quail egg stuffed pork in tomato sauce	Fried fish cakes with dill Fried egg with pork and mushroom	Vietnamese chicken sandwich Sautéed pork with galangal	Korean pork stew with quail eggs and daikon "Hue" beef rice noodle
DATE	Monday 19-6	Tuesday 20-6	Wednesday 21-6	Thursday 22-6	Friday 23-6
Morning Snack	Banana Milk	Watermelon Milk	Dragon fruit Milk	Mango Milk	Watermelon Milk
Lunch	Spaghetti with meat sauce Caramel pork with daikon	Kung Pao chicken Grilled fish with galangal	Vietnamese rice noodles with grilled pork Grilled chicken with lemon leaves	Shepherd pie Fried seafood with bread crumb	BBQ chicken burgers Char siu pork

Y3-Y6 : Students are offered a salad bar and Western soup as well as 2 choices of vegetables, rice and Vietnamese soup