



Junior Campus Lunch Menu | Y3 - Y6



MENU 1

MONDAY

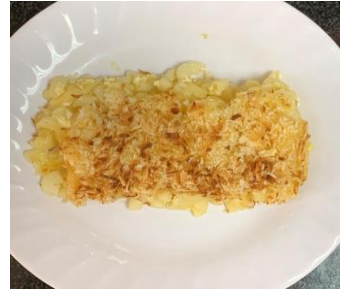
Macaroni
& Cheese



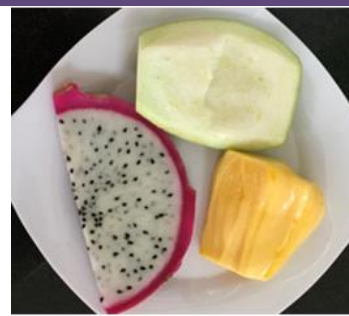
Sautéed Tomatoes and
Eggs with Rice



Macaroni
& Cheese



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 1

TUESDAY

Beef Casserole - Potato, Pumpkins, carrot, rice



Ipoh Chicken Noodle



Ipoh Vegetarian Noodle



Soup / Veggie / Fruits of the Day



Salad Bar





BRITISH INTERNATIONAL SCHOOL
HO CHI MINH CITY
A NORD ANGLIA EDUCATION SCHOOL

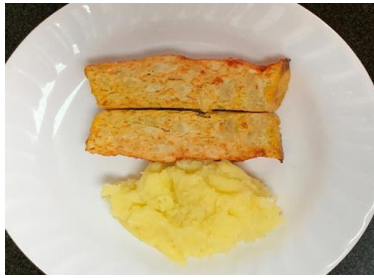
Junior Campus Lunch Menu | Y3 - Y6



MENU 1

WEDNESDAY

Chicken Meatloaf with
Mashed Potato



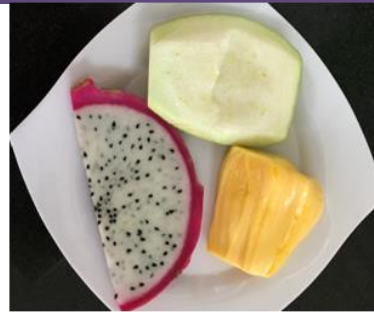
Seafood
Fried Rice



Pumpkin & Pineapple
Fried Rice



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 1

THURSDAY

Pasta with
Pork Balls



Chicken & Veggie Curry
With Rice



Tofu & Vegetable Curry
With Rice



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3-Y6



MENU 1

FRIDAY

Roast Chicken
With Potato



Pork in Dark Soya Sauce
With Rice



Lentil
Shepherd Pie



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 1 - WEEK COMMENCING 06/04, 04/05, 01/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Macaroni & Cheese	Beef Casserole with Potato, Pumpkin & Carrots with Rice	Chicken Meat Loaf with mashed potato	Pasta with Pork Balls	Roast Chicken with Boiled Potato
RED OPTION	Omelet, Braised Tofu and Vegetable with Rice	Sautéed Rice Noodle with Pork	Seafood Fried Rice	Chicken & Vegetable Curry with Rice	Pork in Dark Soya Sauce with Rice
YELLOW OPTION (VEGETARIAN ONLY)	Macaroni Cheese	Pumpkin & Pineapple Fried Rice	Sautéed Vegetarian Rice Noodle	Tofu & Vegetable Curry with Rice	Lentil Shepherd Pie
GREEN OPTION	Wrap – Sweet Potato Chickpeas and Salad	Baguette or Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Egg	Sandwich OR Whole Wheat Bun filled with Egg Mayo & Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & tomato
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



Junior Campus Lunch Menu | Y3 - Y6

MENU 2

MONDAY



Beef
Lasagne



Chicken
Rice



Roasted Veggie
Lasagne



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 2

TUESDAY



Ham & Cheese
Baguette Pizza



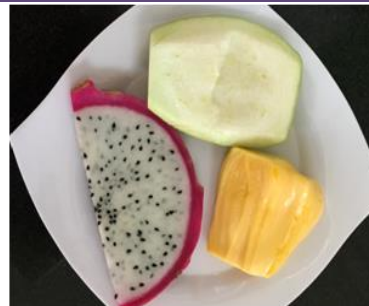
Fish Curry
with rice



Margherita
Baguette Pizza



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3-Y6

MENU 2

WEDNESDAY



Battered Fish
with potato



Yangchow (pork)
Fried Rice



Oriental
Fried Rice



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 2

THURSDAY



Chicken & Vegetables
Stew with rice



Sauteed
Pork Noodle



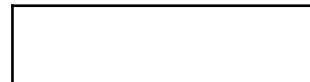
Sauteed Vegetarian
Noodle



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 2

FRIDAY



Chicken Carbonara



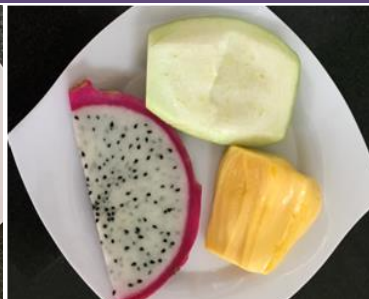
Beef Rendang with rice



Creamy Pasta with Vegetable



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 2 - WEEK COMMENCING
16/03, 13/04, 11/05, 08/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Lasagne	Ham & Cheese Baguette Pizza	Battered Fish with Baked Potato	Chicken & Vegetables Stew with Rice	Chicken Carbonara
RED OPTION	Pork Bulgogi with Rice	Fish Curry with rice	Yangchow (pork) Fried Rice	Sautéed Pork Noodle	Beef Rendang with Rice
YELLOW OPTION VEGETARIAN ONLY)	Roasted Veggie Lasagne	Margherita Baguette Pizza	Sautéed Vegetarian Noodle	Oriental Fried Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Egg Mayo & Salad	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese	Sandwich OR Whole Wheat Bun filled with Bacon, Omelet & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



Junior Campus Lunch Menu | Y3 - Y6

MENU 3

MONDAY



Pork Ragu
with rice



Sweet Sour Fish
with rice



Sweet & Sour Tofu
with rice



Soup / Veggies / Fresh Fruits of the day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 3

TUESDAY



**Vegetables & Minced
Beef Stew with rice**



**Sautéed Rice Vermicelli
with Pork & Vegetables**



**Sautéed Vegetarian
Rice Vermicelli**



Soup/Veggie/Fresh Fruits of the day



Salad Bar





Junior Campus Lunch Menu | Y3-Y6

MENU 3

WEDNESDAY



Ham & Cheese
Croque Monsieur



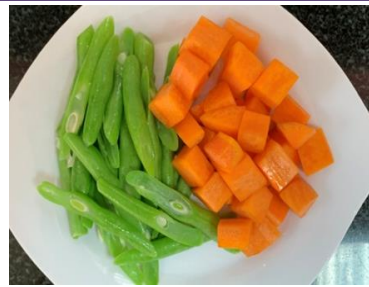
Chicken & Pineapple
Fried Rice



Cheese
Croque Monsieur



Mixed Fruits



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 3

THURSDAY



Pasta
Bolognese



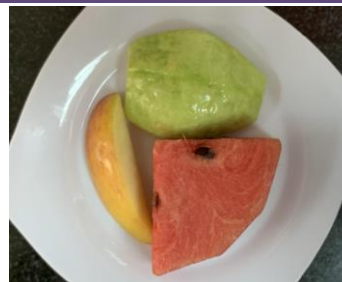
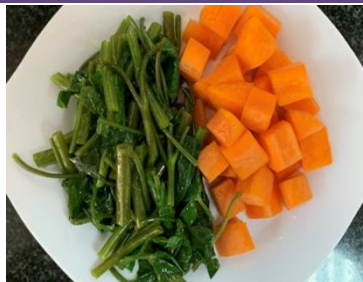
Roast Pork
with rice



Pasta
Napolitana



Soup/ Veggies / Fresh Fruit of the day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 3

FRIDAY



Grilled Chicken
BBQ Sauce with potato



Braised Pork & Tofu in
Spicy Sauce with rice



Braised Tofu & Eggplant
in Bean Sauce with rice



Soup / Veggies / Fresh Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 3 - WEEK COMMENCING
23/03, 20/04, 18/05, 15/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Pork Ragu with Rice	Beef & Vegetables Stew with Rice	Ham & Cheese Croque Monsieur with Potato Wedges	Pasta Bolognese (Beef)	Grilled Chicken BBQ Sauce with Boiled Potato
RED OPTION	Sweet & Sour Fish with Rice	Sautéed Vermicelli with Pork & Vegetables	Chicken & Pineapple Fried Rice	Roast Pork with Rice	Braised Pork & Tofu in Spicy Sauce with Rice
YELLOW OPTION VEGETARIAN ONLY)	Sweet & Sour Tofu with Rice	Sautéed Vegetarian Rice Vermicelli (e)	Cheese Croque Monsieur with Potato Wedges	Pasta Napolitana	Braised Tofu & Eggplant in Bean Sauce with Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Wrap OR Whole Wheat Bun filled with Veggie Omelet & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Omelet	Sandwich OR Whole Wheat Bun filled with Ham & Mixed Salad	Baguette OR Whole Wheat Bun filled with Chicken & Salad
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



Junior Campus Lunch Menu | Y3 - Y6



MENU 4

MONDAY

Garlic Pasta with
Roast Chicken



Braised Pork & Egg
with rice



Braised Tofu & Egg
with rice



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 4

TUESDAY

Fish Goujons
with potato



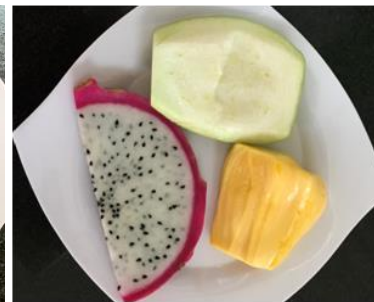
Sautéed Glass
Noodle with Chicken



Sautéed Vegetarian
Glass Noodle



Soup / Veggie / Fruits of the Day



Salad Bar





MENU 4

WEDNESDAY

Beef Burger
with potato



Fish Teriyaki
with rice



Chickpeas &
Vegetable Curry



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6

MENU 4

THURSDAY



Pizza
Margherita



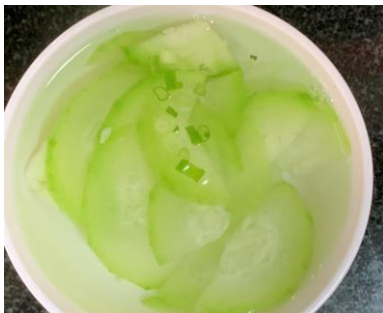
Pork Bulgogi
With Rice



Pizza
Margherita



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 4

FRIDAY

Roast Pork
With Mashed Potato



Sautéed Chicken &
Vegetables Macaroni



Vegetable Dhal
with rice



Soup / Veggie / Fruits of the Day



Salad Bar





Junior Campus Lunch Menu | Y3 - Y6



MENU 4 - WEEK COMMENCING
30/03, 27/04, 25/05, 22/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Garlic pasta with Roast Chicken	Fish Goujons with Baked Potato	Beef Burger with Potato Wedges	Pizza Margherita	Roast Pork with Mashed Potato
RED OPTION	Braised Pork & Egg with Rice	Sautéed Glass Noodle with Chicken, Vegetable and Egg	Fish Teriyaki with Rice	Chicken Rice	Sautéed Chicken & Vegetable Macaroni
YELLOW OPTION (VEGETARIAN ONLY)	Braised Tofu & Egg with Rice	Sautéed Vegetarian Glass Noodle	Chickpeas & Vegetable Curry with Rice	Pizza Margherita	Vegetable Dhal With Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Ham & Cheese & Mixed Salad	Wrap OR Whole Wheat Bun filled with Egg Mayo & Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese & Mixed Salad	Sandwich OR Whole Wheat Bun filled with Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & Mixed Salad
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	FRESH FRUIT OF THE DAY				