




 BRITISH VIETNAMESE INTERNATIONAL SCHOOL <small>A HONGKONG EDUCATION SCHOOL</small>		PRIMARY SET LUNCH MENU February 2018		<i>Students can choose their main dish 'on the spot' at the counter</i>			
WEEK 1					THURSDAY 1st		FRIDAY 2nd
Salad					Mixed vegetables cups with dips <i>Ly rau củ trộn với các loại sốt</i>		ji cama salad with vietnamese sauce <i>Nộm củ đậu</i>
Soup					Potato soup with chicken <i>Canh khoai tây nấu thịt gà</i>		Sweet and sour fish soup <i>Canh cá nấu chua</i>
ASIAN					Braised pork with pineapple		Stuffed tofu with chicken in tomato sauce
					Steamed rice Thịt heo kho dưa Cơm trắng		Steamed rice Đậu phụ nhồi thịt gà với sốt cà chua Cơm trắng
WESTERN					Roasted chicken with thyme		Stir fried beef with zucchini
					Sauteed potato Gà quay với lá thyme Khoai tây xào		Penne Bò xào rau củ và bí ngọt Nui ý "Penne"
VEGETABLE					Mushroom, Broccoli Nấm, Bông cải xanh		Winter melon, Carrot Bí xanh
Fruit					Fruit salad Trái cây dầm		Seasonal fruit Trái cây theo mùa
Daily set lunch : Bread, Salad, Soup, Choice of Main Course, Fruit (the fruit can be changed depending on the delivery and quality)							
Chicken		Pork		Beef		Seafood	
						Others	

STUDENTS SELECT ON THE SPOT FROM THE COUNTER

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WEEK 2	MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th		
Salad	Vegetarian salad <i>Nộm chay</i>	Mixed vegetables cups with dips <i>Ly rau củ trộn với các loại sốt</i>	Mango salad <i>Nộm xoài</i>	Mixed vegetables cups with dips <i>Ly rau củ trộn với các loại sốt</i>	chicken cabbage salad <i>Nộm bắp cải với thịt gà</i>		
Soup	Seaweed and tofu soup <i>Canh rong biển, đậu hũ</i>	Vegetable soup <i>Súp rau</i>		Winter melon soup with prawns <i>Canh bí nấu tôm</i>	Gourd soup with meat <i>Canh bầu nấu thịt</i>		
ASIAN	Stir fried lean shouder with spring onion	Sauteed seafood & vegetable, oyster sauce	Beef noodles soup Phở bò	Deep fried tofu and pork with sweet & sour sauce	Spicy Korean chicken		
	Steamed rice Thịt nạc vai xào hành Cơm trắng	Steamed rice Hải sản xào rau củ, sốt dầu hào Cơm trắng		Steamed rice Đậu phụ chiên sốt chua ngọt cùng thịt heo Cơm trắng	Steamed rice Gà nướng sốt cay Hàn Quốc Cơm trắng		
WESTERN	Stewed beef with parika	Rolled egg with chicken		Roasted chicken with honey sauce	Grilled fish, lemon sauce		
	Fusilli Bò hầm parika Nui xoắn xào tỏi	Sauteed potato Trứng cuộn thịt gà Khoai tây xào		Macaroni Gà nướng mật ong Nui "macaroni"	Steamed potato Cá nướng sốt kem chanh Khoai tây hấp		
VEGETABLE	Choysum and mushroom <i>Cải ngọt</i>	Kolrabi <i>Su hào luộc</i>		Sauteed cabbage <i>Bắp cải xào</i>	Bok choy <i>Cải chíp xào tỏi</i>		
Fruit	Seasonal fruit Trái cây theo mùa	Yogurt <i>Sữa chua</i>	Seasonal fruit Trái cây theo mùa	Lemon cake <i>Bánh chanh</i>	Seasonal fruit Trái cây theo mùa		
Daily set lunch : Bread, Salad, Soup, Choice of Main Course, Fruit (* the fruit can be changed depending on the delivery and quality)							
Chicken		Pork		Beef		Seafood	
						Others	

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WEEK 4	MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th		

Salad	
Soup	
ASIAN	
WESTERN	
VEGETABLE	
Fruit	
Daily set lunch : Bread, Salad, Soup, Choice of Main Course, Fruit (* the fruit can be changed depending on the delivery and quality)	

STUDENTS SELECT ON THE SPOT FROM THE COUNTER

	Chicken	Pork	Beef	Seafood	Others
 BRITISH VIETNAMESE INTERNATIONAL SCHOOL A BRITISH EDUCATION SCHOOL PRIMARY SET LUNCH MENU February 2017 <i>Students can choose their main dish 'on the spot' at the counter</i>					
WEEK 4	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21th	THURSDAY 22th	FRIDAY 23th
Salad					
Soup					
ASIAN					
WESTERN					
VEGETABLE					
Fruit					
Daily set lunch : Bread, Salad, Soup, Choice of Main Course, Fruit (* the fruit can be changed depending on the delivery and quality)					

STUDENTS SELECT ON THE SPOT FROM THE COUNTER

	Chicken	Pork	Beef	Seafood	Others
 BRITISH VIETNAMESE INTERNATIONAL SCHOOL A BRITISH EDUCATION SCHOOL PRIMARY SET LUNCH MENU February 2017 <i>Students can choose their main dish 'on the spot' at the counter</i>					
WEEK 4	MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th		
Salad	Mexican salad Nộm rau Mexico	Mixed vegetables cups with dips Ly rau củ trộn với các loại sốt	Green papaya salad Nộm đu đủ		
Soup	Sour fish soup Canh cá nấu chua	Crab meat & sweet corn soup Súp bắp non thịt cua			
ASIAN	Stir fried beef with leek and vegetables	Stir fry pork with broccoli			
WESTERN	Steamed rice Bò xào cần tỏi Cơm trắng	Steamed rice Thịt heo xào hoa lơ xanh Cơm trắng			
	Braised chicken and mushroom	Fried fish with cocktail sauce			
VEGETABLE	Spaghetti Gà om nấm Mỳ ý	Sauteed potato Cá chiên sốt hồng Khoai tây xào			
Fruit	Cauliflower, carrot Bông cải trắng, cà rốt	white cabbage Bắp cải	Mixed fruits Salad trái cây		
Daily set lunch : Bread, Salad, Soup, Choice of Main Course, Fruit (* the fruit can be changed depending on the delivery and quality)					

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**BRITISH VIETNAMESE
INTERNATIONAL
SCHOOL**
F. 0939 1 2345
AN NINH ANGLIA EDUCATION SCHOOL

**PRE-SCHOOL SET LUNCH MENU
February 2018**

For safety reasons and ease meals, all foods will have a size suitable for each year group.

The recipes will also be adapted to the sensitive taste of your children.



WEEK 1				THURSDAY 1st	FRIDAY 2nd
STARTERS				Mixed vegetables cups with dips Ly rau củ trộn với các loại sốt	Jicama salad with vietnamese sauce Nộm củ đậu
SOUP				Potato soup with chicken Canh khoai tây nấu thịt gà	Sweet and sour fish soup Canh cá nấu chua
MAIN DISH				Braised pork with pineapple Steamed rice Thịt heo kho dứa Cơm trắng	Stuffed tofu with chicken in tomato sauce Steamed rice Đậu phụ nhồi thịt gà với sốt cà chua Cơm trắng
VEGETABLE				Mushroom, Broccoli Nấm, Bông cải xanh	Winter melon, Carrot Bí xanh
Fruit				Fruit salad	Mixed fruits

Daily set lunch : Bread, Soup, Choice of Main Course, Fruit (* The fruit can be changed depending on the delivery and quality)



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WEEK 2	MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
STARTERS	Vegetarian salad Nộm chay	Mixed vegetables cups with dips Ly rau củ trộn với các loại sốt	Mango salad Nộm xoài	Mixed vegetables cups with dips Ly rau củ trộn với các loại sốt	chicken cabbage salad Nộm bắp cải với thịt gà
SOUP	Seaweed and tofu soup Canh rong biển, đậu hũ	Vegetable soup Súp rau		Winter melon soup with prawns Canh bí nấu tôm	Gourd soup with meat Canh bầu nấu thịt
MAIN DISH	Stewed beef with parika Steamed rice Bò hầm parika Cơm trắng	Rolled egg with chicken Steamed rice Trứng cuộn thịt gà Cơm trắng	Beef noodles soup Phở bò	Deep fried tofu and pork with sweet & sour sauce Steamed rice Đậu phụ chiên sốt chua ngọt cùng thịt heo Cơm trắng	Spicy Korean chicken Steamed rice Gà nướng sốt cay Hàn Quốc Cơm trắng
VEGETABLE	Choysum and mushroom Cải ngọt	Kolrabi Su hào luộc		Morning glory Rau mồng	Sponge groud Mướp
Fruit	Mixed fruits	Yogurt	Mixed fruits	Fruit salad	Mixed fruits

**PRE-SCHOOL SET LUNCH MENU
February 2018**


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WEEK 3	MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
STARTERS					
SOUP					
MAIN DISH					
VEGETABLE					
Fruit					

Daily set lunch : Bread, Soup, Choice of Main Course, Fruit (* The fruit can be changed depending on the delivery and quality)

**PRE-SCHOOL SET LUNCH MENU
February 2018**

For safety reasons and ease meals, all foods will have a size suitable for each year group.
The recipes will also be adapted to the sensitive taste of your children.

WEEK 4	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21th	THURSDAY 22th	FRIDAY 23th
STARTERS					
SOUP					
MAIN DISH					

Daily set lunch : Bread, Soup, Choice of Main Course, Fruit (* The fruit can be changed depending on the delivery and quality)



PRE-SCHOOL SET LUNCH MENU
February 2018

For safety reasons and ease meals, all foods will have a size suitable for each year group.
The recipes will also be adapted to the sensitive taste of your children.



WEEK 2	MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th		
STARTERS	Mexican salad Nộm rau Mexico	Mixed vegetables cups with dips Ly rau củ trộn với các loại sốt	Green papaya salad Nộm đu đủ		
SOUP	Sour fish soup Canh cá nấu chua	Crab meat & sweet corn soup Súp bắp non thịt cua			
MAIN DISH	Braised chicken and mushroom Steamed rice Gà om nộm	Fried fish with cocktail sauce Steamed rice Cá chiên sốt hồng	Chicken noodles soup Phở gà		



W1				THURSDAY 1st	FRIDAY 2nd
SNACK AM				Chicken congee cháo thịt gà Juice Nước ép trái cây	Donut Bánh donut Milk sugarfree Sữa tươi không đường
W1				THURSDAY 1st	FRIDAY 2nd
SNACK PM				Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường
W2	MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
SNACK AM	Mini Sandwich ham Bánh mì nhỏ thịt nguội Milk sugarfree Sữa tươi không đường	Fish noodles soup Bún cá Juice Nước ép trái cây	Kimbab Cơm cuộn Hàn quốc Soya milk Sữa đậu nành	Chicken Katsu Gà rán Nhật bản Juice Nước ép trái cây	Orange cake Bánh cam Milk sugarfree Sữa tươi không đường
W2	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
SNACK PM	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường



W2	MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th		
SNACK AM	Pork congee Cháo thịt heo Milk sugarfree Sữa tươi không đường	Hanoi fried spring roll Nem chiên hà nội Juice Nước ép trái cây	Muesli Trái cây & ngũ cốc trộn sữa chua Soya milk Sữa đậu nành		
W2	MONDAY 27rd	TUESDAY 28th	WEDNESDAY	THURSDAY	FRIDAY
SNACK PM	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường	Mixed fruits Salad trái cây Milk sugarfree Sữa tươi không đường		