



## BVIS HN TERM 1/2017: Y7 - Y13 LUNCH MENU 1

	<b>ASIAN</b> Served with Steamed Rice	<b>WESTERN</b>	<b>SIDE DISHES</b>	<b>NOODLE SOUP</b>	<b>SALADS and FRESH FRUITS</b> Changes Daily
<b>MONDAY</b>	Steamed Fish with Soy Sauce Tofu Sweet & Sour <b>V</b>	Roast Pork with Gravy Pasta with Tomato & Basil <b>V</b>	Rosemary Roast Potatoes Glazed Carrots	Chicken & Vegetable	Assorted Salads & Fresh Fruits
<b>TUESDAY</b>	Grilled Chicken Teriyaki Stir Fried Vegetables & Tofu <b>V</b>	Baked Fish with Mustard Greens Mushroom Stroganoff <b>V</b>	Lyonnaise Potatoes Green Beans	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits
<b>WEDNESDAY</b>	Stir Fried Pork & Vegetables Fried Noodles with Tofu & Vegetables <b>V</b>	Pasta Bolognaise (Chicken) Eggplant Parmigiana <b>V</b>	Roasted Vegetables	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
<b>THURSDAY</b>	Fish Sweet & Sour Tofu Kung Pao (no nuts) <b>V</b>	Pork Paprika Vegetable Cottage Pie <b>V</b>	Sautéed Potatoes Broccoli	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
<b>FRIDAY</b>	Stir Fried Chicken with Lemongrass Tofu & Vegetable Red Curry <b>V</b>	Breaded Fish Pasta with Pesto <b>V</b>	Hand Cut Chips Corn	Beef & Vegetable	Assorted Salads & Fresh Fruits

**V= VEGETARIAN**



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<b>MONDAY</b>	Stir Fried Beef & Broccoli Braised Tofu & Mushrooms <b>V</b>	Fish Mornay Ratatouille <b>V</b>	Baby Roasted Potatoes Mixed Vegetables	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
<b>TUESDAY</b>	Honey Glazed Chicken Korean Tofu & Vegetable Stew <b>V</b>	Pork Schnitzel & Gravy Tomato & Zucchini Pasta Bake <b>V</b>	Mashed Potato Glazed Carrots	Beef & Vegetable	Assorted Salads & Fresh Fruits
<b>WEDNESDAY</b>	Fish with Sweet Chilli Sauce Stir Fried Tofu & Vegetables <b>V</b>	Chicken Provencal Mixed Vegetable Gratin <b>V</b>	Sautéed Potatoes Green Beans	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
<b>THURSDAY</b>	Chicken with 5 Spices Stir Fried Noodles with Tofu <b>V</b>	Shepherd's Pie (Beef) Creamy Vegetable Pasta Bake <b>V</b>	Broccoli	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
<b>FRIDAY</b>	Steamed Fish with Lime Sauce Braised Vegetable Stew <b>V</b>	Grilled Chicken BBQ Sauce Vegetable Chilli <b>V</b>	Potato Wedges Sweet Corn	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits

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<b>MONDAY</b>	Pork Sweet & Sour Stir Fried Tofu & Vegetables <b>V</b>	Chicken Casserole Pasta with Mushroom Sauce <b>V</b>	Mashed Potatoes Sautéed Vegetables	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
<b>TUESDAY</b>	Stir Fried Chicken with Hoisin Braised Tofu & Broccoli <b>V</b>	Pan Fried Fish with Butter Sauce Cheesy Vegetable Bake <b>V</b>	Lyonnais Potatoes Green Beans	Pork Meatballs & Vegetable	Assorted Salads & Fresh Fruits
<b>WEDNESDAY</b>	Braised Fish Stir Fried Tofu with Basil <b>V</b>	Sausage & Tomato Pasta Bake Eggplant Parmigiana <b>V</b>	Sautéed Potatoes Broccoli	Grilled Chicken & Vegetable	Assorted Salads & Fresh Fruits
<b>THURSDAY</b>	Char Siu Pork Tofu Kung Pao (no nuts) <b>V</b>	Chicken Colorado Vegetable Goulash <b>V</b>	Potato Wedges Sweet Corn	Beef & Vegetable	Assorted Salads & Fresh Fruits
<b>FRIDAY</b>	Stir Fried Chicken & Vegetables Sweet & Sour Tofu <b>V</b>	Breaded Fish Pasta Alfredo <b>V</b>	Hand Cut Chips Mixed Vegetables	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits

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<b>MONDAY</b>	Grilled Fish, Hanoi Style Stir Fried Tofu & Vegetables <b>V</b>	Roast Chicken with Gravy Vegetable & Tomato Bake <b>V</b>	Baby Roasted Potatoes Glazed Carrots	Pork & Vegetable	Assorted Salads & Fresh Fruits
<b>TUESDAY</b>	Chicken Kung Pao (no nuts) Stir Fried Sesame Vegetables <b>V</b>	Cottage Pie (Pork) Pasta with Broccoli & Pesto <b>V</b>	Ratatouille	Beef & Vegetable	Assorted Salads & Fresh Fruits
<b>WEDNESDAY</b>	Stir Fried Pork & Vegetables Fried Noodles with Tofu & Vegetables <b>V</b>	Fish Provencal Vegetable Gratin <b>V</b>	Lyonnaise Potatoes Green Beans	Chicken & Vegetable	Assorted Salads & Fresh Fruits
<b>THURSDAY</b>	Korean Beef Stew Stir Fried Tofu Teriyaki <b>V</b>	Chicken Stroganoff Pasta with Creamy Tomato Sauce <b>V</b>	Mashed Potatoes Broccoli	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
<b>FRIDAY</b>	Fried Fish with Papaya Salad Tofu Green Curry <b>V</b>	Pork BBQ Sauce Vegetable Chilli <b>V</b>	Potato Wedges Sweet Corn	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits

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