



EARLY YEARS CENTRE MENU FROM 07/01/2019 TO 30/01/2019

DATE	MONDAY 07/01/2019	TUESDAY 08/01/2019	WEDNESDAY 09/01/2019	THURSDAY 10/01/2019	FRIDAY 11/01/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Pork Meatball, Sweet & Sour Sauce Steamed Rice Broccoli	Roast Beef Mashed Potato Green Beans	Spaghetti, Sausage & Tomato Sauce Mixed Green Vegetables Pumpkin Soup	Thai Fried Pork Steamed Rice Cabbage with Tomato	Crispy Crumbed Fish Hand Cut Chips Grilled Corn
AFTERNOON SNACK (F1 & F2 ONLY)	Sweet Potato Croquette & Juice	Pineapple Pancake & Fruit Juice	Yoghurt & Fruit Juice	Banana Crepe & Fruit Juice	Egg Sushi & Juice
DATE	MONDAY 14/01/2019	TUESDAY 15/01/2019	WEDNESDAY 16/01/2019	THURSDAY 17/01/2019	FRIDAY 18/01/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Chicken Parmesan Potato Gratin Mixed Vegetables	Pork & Potato Stew Peas & Carrots Broccoli	Mini Sausages with BBQ Sauce Potato Wedges Grilled Corn	Caramelised Pork with Daikon Steamed Rice Sautéed Vegetables	Fried Fish Steamed Rice Stir Fried Vegetables
AFTERNOON SNACK (F1 & F2 ONLY)	Pineapple Crepe & Fruit Juice	Cheese Potato Croquette & Juice	Tuna Sandwich & Fruit Juice	Caramel Flan & Fruit Juice	Yoghurt & Fruit Juice



**BRITISH INTERNATIONAL SCHOOL
HANOI**
A NORD ANGLIA EDUCATION SCHOOL



EARLY YEARS CENTRE MENU FROM 07/01/2019 TO 30/01/2019

DATE	MONDAY 21/01/2019	TUESDAY 22/01/2019	WEDNESDAY 23/01/2019	THURSDAY 24/01/2019	FRIDAY 25/01/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Roast Pork with Gravy Baby Roast Potatoes Mixed Vegetables	Shepherd's Pie (Beef) Braised Cabbage Vegetable Soup	Pork Meatball in Tomato Sauce Steamed Rice Mixed Green Vegetables	Noodles with Chicken & Vegetables Bok Choy with Oyster Sauce Soup	Fried Fish with Tamarind Sauce Steamed Rice Broccoli
AFTERNOON SNACK (F1 & F2 ONLY)	Sweet Potato Croquette & Juice	Ham Sandwich & Fruit Juice	Mozzarella Sticks & Fruit Juice	Banana Crepe & Fruit Juice	Tuna Sushi & Juice
DATE	MONDAY 28/01/2019	TUESDAY 29/01/2019	WEDNESDAY 30/01/2019		
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk		
LUNCH	Beef & Potato Stew Mixed Green Vegetables Glazed Carrots	Chicken Teriyaki Steamed Rice Mixed Vegetables	Fish Fingers Hand Cut Chips Corn, Peas & Carrots		
AFTERNOON SNACK (F1 & F2 ONLY)	Egg Sandwich & Fruit Juice	Sausage Roll & Fruit Juice	Banana Pancake & Fruit Juice		