



Secondary School Lunch Menu: *W1 SEP 2022*

V = VEGETARIAN



	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 5 Sep 22	  	Braised pork with mushroom cream Stewed beef with onion Tofu stuffed with eggplant V	Baked corn with butter V Steamed rice V Sauteed green bean with garlic V Tomato & cucumber salad V Vinegar oil & Caesar dressing sauce V Sour meat broth	Red crab noodle with fish	Seasonal fruit & juice
TUESDAY 6 Sep 22	  	Thai style stir-fried chicken Thăng Long grilled fish Fried egg with tamarind sauce V	Baked sweet potato V Steamed rice V Baked vegetables with herbs sauce V Thai cucumber salad V Thousand Island & Sesame dressing sauces V Pumpkin and minced pork soup	Hanoi Thang noodles	Seasonal fruit & juice
WEDNESDAY 7 Sep 22	  	Bibimbap day (Beef, fried egg, kimchi, zucchini, mushroom, onion, spinach, bean sprouts)	Sauteed bok choy with mushroom V Steamed rice V Caesar Salad V Hummus & Parsley dressing sauce V Seaweed with tofu soup V	Chicken noodles	Seasonal fruit & juice
THURSDAY 8 Sep 22	  	Grilled chicken thighs with orange sauce Roasted pork with galangal Stewed tofu with mushroom sauce V	Baked bread with garlic V Steamed rice V Sauteed cabbage with garlic V Russian salad V Passion dressing & Hummus dressing sauce V French onion soup V	Glass rice noodles with duck	Seasonal fruit & juice
FRIDAY 9 Sep 22	  	Fried fish with galangal Stewed beef w red bean Vegetable spring rolls V	Mashed potato V Steamed rice V Sauteed radish with onion and mushroom V Mix vegetable salad V Balsamic & taco dressing sauce V Pumpkin cream soup	Rice noodles with meatballs	Seasonal fruit & juice



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	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 12 Sep 22	  	Korean style stewed pork Stir-fried squid with leek Fried egg in tomato sauce V	Dinner rolls V Steamed rice V Steamed choy sum with ginger V Green vegetable salad V Thousand Island sauce V Pumpkin cream soup V	Noodles soup with minced pork	Seasonal fruit & juice
TUESDAY 13 Sep 22	  	Grilled chicken with Demi sauces Sweet and sour fish balls Szechuan tofu V	Hasselback potatoes V Steamed rice V Sauteed Chinese cabbage V Mango salad with chicken breast V Honey & Sesame dressing sauces V Sour pork soup	Beef noodles	Seasonal fruit & juice
WEDNESDAY 14 Sep 22	  	French style stewed beef Braised shrimp with pork Fried egg with green onion V	Pad Thai V Steamed rice V Sauteed bean sprouts with green onion V Garden salad in Passion fruit sauce V Southwest & Taco dressing sauces V French onion soup V	Glass rice noodles with chicken	Seasonal fruit & juice
THURSDAY 15 Sep 22	  	Baked chicken thighs with mushroom cream sauce Pork meatballs in tomato sauce Stewed tofu with mushroom V	Baked corn with butter V Steamed rice V Cabbage sauteed with garlic V Apple salad V Greek & Balsamic dressing sauces V Broccoli soup V	Beef noodles	Seasonal fruit & juice
FRIDAY 16 Sep 22	 	NAM BỘ - SOUTHERN BEEF NOODLES DAY (Nui rolls, fresh rice noodle, sauteed beef, vegetable, rice)	Sauteed choy sum with garlic V Baked potato salad V Salsa & Hummus dressing sauces V Kimchi soup V	Fish noodles	Seasonal fruit & juice



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	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 19 Sep 22	  	Pork Goulash Sauteed shrimp with vegetable Braised tofu and mushroom V	Garlic bread V Steamed rice V Boiled bottle gourd and carrot V Baked vegetable salad V Passion & Taco dressing sauces V Katuk broth with minced pork	Noodles soup with grilled fish	Seasonal fruit & juice
TUESDAY 20 Sep 22	  	Teriyaki chicken Grilled fish with tomato sauce Five spices braised egg & radish V	Potato chips V Steamed rice V Sauteed bok choy V Dried beef papaya salad V Caesar & Thousand island V Spinach broth with slam	Duck & bamboo shoot noodles	Seasonal fruit & juice
WEDNESDAY 21 Sep 22	  	Stir fried beef w black pepper sauce Sauteed squid with onion & mushroom Tofu in tomato sauce V	Stir-fried rice noodles w vegetables V Boiled choy sum with ginger V Thai cucumber salad V Balsamic & Taco dressing sauces V Sour pork broth	Chicken noodles	Seasonal fruit & juice
THURSDAY 22 Sep 22	 	Pizza day (Ham cheese, sausage, vegetable, margarita) Spaghetti Bolognese V	Steamed rice V Sauteed Chinese cabbage with garlic V Coleslaw V Sesame & passion dressing sauces V Japanese tofu soup V	Glass rice noodles with duck	Seasonal fruit & juice
FRIDAY 23 Sep 22	  	Baked fish w dill cream sauce Pork meatball with tofu in tomato sauce Baked potatoes with herbs V	Steamed rice V Kohlrabi & carrot sauteed with garlic V Greek potato salad V Greek & honey dressing sauces V Mustard green broth with minced pork	Rice noodles with minced pork	Seasonal fruit & juice



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	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 26 Sep 22		Pork meatloaf Fried shrimp tempura Baked egg & mushroom V	Garlic bread V Steamed rice V Sauteed spinach with garlic V Garden salad V Italian & Passion dressing sauces V Creamy mushroom soup V	Rice noodles with pork meatball	Seasonal fruit & juice
TUESDAY 27 Sep 22		Chicken Pesto roll Braised Basa fish with tamarind Garlic Tofu V	Baked sweet potato V Steamed rice V Sauteed Chinese cabbage with garlic V Thai beef salad V Caesar & Hummus dressing sauces V Cabbage and minced pork soup	Noodles soup with grilled fish	Seasonal fruit & juice
WEDNESDAY 28 Sep 22		Hue food day (Beef, rice noodles, BBQ and spring roll, nui rolls)	Sauteed sweet mustard leaves with mushroom V Russian salad V Greek & Taco dressing sauces V Wintermelon soup V	Beef noodles	Seasonal fruit & juice
THURSDAY 29 Sep 22		Japanese deep fried pork tenderloin Stewed chicken with ginger Stewed tofu with quail eggs V	Steamed corn V Steamed rice V Boiled bok choy V Mango salad V Passion & Thousand dressing sauces V Malabar spinach and dried shrimp soup	Wonton noodles	Seasonal fruit & juice
FRIDAY 30 Sep 22		Stir-fried fish with salt pepper Stewed beef with carrot and potato Braised mushroom with vegetables V	French fries with cheese V Steamed rice V Sauteed morning glory with garlic V Tomato and Cucumber Salad V Parsley & Balsamic dressing sauce V Potato and chicken soup	Fresh rice noodles with pork meatball	Seasonal fruit & juice