



**BRITISH INTERNATIONAL SCHOOL
HANOI**

A NORD ANGLIA EDUCATION SCHOOL



EARLY YEARS CENTRE MENU FROM 03/06/2019 TO 28/06/2019

DATE	MONDAY 03/06/2019	TUESDAY 04/06/2019	WEDNESDAY 05/06/2019	THURSDAY 06/06/2019	FRIDAY 07/06/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Fish Tempura Steamed Rice Roast Japanese Sweet Potato	Beef Casserole Mashed Potatoes Broccoli & Carrots	Korean Sesame Honey Chicken Steamed Rice Green Beans	Fish Nuggets Steamed Rice Grilled Corn	Stir Fried Seafood Steamed Rice Stir Fried Vegetables
AFTERNOON SNACK (F1 & F2 ONLY)	Ham Sandwich & Fruit Juice	Banana Crepe & Fruit Juice	Egg Sushi & Fruit Juice	Caramel Flan & Fruit Juice	Yoghurt & Fruit Juice
DATE	MONDAY 10/06/2019	TUESDAY 11/06/2019	WEDNESDAY 12/06/2019	THURSDAY 13/06/2019	FRIDAY 14/06/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Grilled Chicken Macaroni Cheese Mixed Vegetables	Meatloaf with BBQ Sauce (Beef) Potato Gratin Mixed Green Vegetables	Chicken Schnitzel with Gravy Creamy Pumpkin Mash Broccoli & Carrots	Mongolian Beef Steamed Rice Sautéed Vegetables in Oyster Sauce	Fried Fish Potato Wedges Baked Beans
AFTERNOON SNACK (F1 & F2 ONLY)	Sausage Roll & Fruit Juice	Mozzarella Sticks & Fruit Juice	Apple Cake & Fruit Juice	Yoghurt & Fruit Juice	Chicken Sandwich & Fruit Juice



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DATE	MONDAY 17/06/2019	TUESDAY 18/06/2019	WEDNESDAY 19/06/2019	THURSDAY 20/06/2019	FRIDAY 21/06/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Chicken Goulash Steamed Rice Stir Fried Vegetables	Fish Fingers Steamed Rice Cauliflower Cheese	BBQ Chicken Hand Cut Chips Corn, Peas & Carrots	Chicken Parmesan Steamed Rice Green Beans	Stir Fried Beef with Vegetables Steamed Rice Chinese Corn Soup
AFTERNOON SNACK (F1 & F2 ONLY)	Egg Sandwich & Fruit Juice	Fruit Pancake & Fruit Juice	Yoghurt & Fruit Juice	Chocolate Cake & Fruit Juice	Tuna Sushi & Fruit Juice
DATE	MONDAY 24/06/2019	TUESDAY 25/06/2019	WEDNESDAY 26/06/2019	THURSDAY 27/06/2019	FRIDAY 28/06/2019
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Shepherd's Pie (Beef) Corn, Peas & Carrots Pumpkin Soup	Baked Fish with Mushroom Cream Sauce / Steamed Rice Mixed Vegetables	Fish Fingers Hand Cut Chips Grilled Corn	Chicken Stroganoff Steamed Rice Steamed Vegetables	Meatballs in Tomato Sauce (Chicken) Spaghetti Broccoli
AFTERNOON SNACK (F1 & F2 ONLY)	Banana Muffin & Fruit Juice	Pineapple Pancake & Fruit Juice	Yoghurt & Fruit Juice	Tuna Sandwich & Fruit Juice	Cheesy Potato Croquette & Juice



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