











Secondary School Lunch Menu: W1 JUNE 2022



V = VEGETARIAN




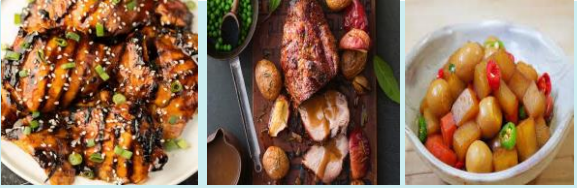

LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
WEDNESDAY 1 June 22	  	Chicken curry Sautéed beef w onion and celery Tofu in tomato sauce V	Grilled Taro V Steamed rice V Salad bar/Fruit salad V Sautéed morning glory w garlic V Mix vegetable soup V	Glass rice noodle with duck	Seasonal fruit & juice	
THURSDAY 2 June 22	  	Grilled beef w green pepper sauce Stew pork w quail egg Stew vegetable w mushroom V	Baked sweet potato V Steamed rice V Salad bar/Kimchi salad V Boiled mix vegetable V Vegetable soup V	Hải Phòng crab noodle w grilled fish	Seasonal fruit & juice	
FRIDAY 3 June 22	 	CHICKEN KFC DAY Roasted vegetables V	French fries V Mix fried rice V Salad Bar/Potato ham salad V Pickled vegetables V Seaweed soup w tofu V	Beef noodle	Seasonal fruit & juice	



Secondary School Lunch Menu: W2 JUNE 2022



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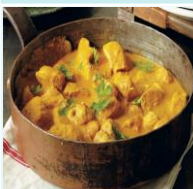



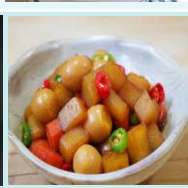



LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 6 June 22 	Tempura squid Chinese style stew pork Fried egg w vegetable V			Dinner roll V Salad bar/ Egg salad V Steamed rice V Sauteed bok choy w garlic V Bottle gourd soup w shrimp	Beef noodle	Seasonal fruit & juice
TUESDAY 7 June 22 	Grilled pork w pepper sauce Salted fried chicken Korean style mix glass noodle black soy sauce w tofu V			Garlic bread w butter V Steamed rice V Salad Bar/ Cabbage salad V Sauteed cabbage w garlic V Pumpkin soup V	Hai Phong rice noodle w fried fish	Seasonal fruit & juice
WEDNESDAY 8 June 22 	Beef lagu Braised fish w galangal Salted egg w tofu V			Grilled sweet corn V Steamed rice V Salad bar/Russian salad V Boiled green beans V Mustard green w mince pork	Chicken noodle	Seasonal fruit & juice
THURSDAY 9 June 22 	Teriyaki grilled chicken Roasted pork w pepper Braised quail eggs w radish V			Korean style mix glass rice noodle V Steamed rice V Salad Bar/Ham potato salad V Sauteed mix vegetable w garlic V Vegetable soup w tofu and mushroom V	Meatball noodle	Seasonal fruit & juice
FRIDAY 10 June 22 	BÚN CHẢ DAY Grilled pork Veggie fried spring roll V			Fried spring roll V Fresh noodle / rice V Salad bar/ Papaya salad V Sauteed pumpkin w garlic V Sour pork soup V	Glass rice noodle w duck	Seasonal fruit & juice



Secondary School Lunch Menu: W3 JUNE 2022



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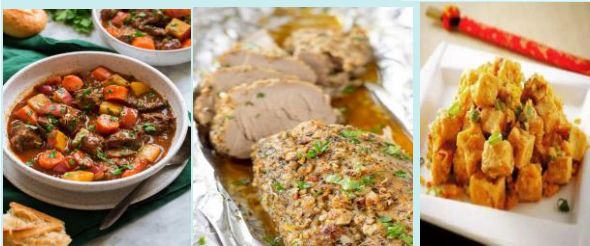


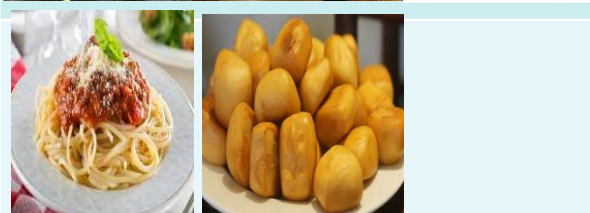
LUNCH							
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 13 June 22				Chicken nugget Sautéed shrimp and pork Vegetable omelette V	Grilled sweet potato V Steamed rice V Salad bar/Potato salad V Sautéed green bean V Tomato and egg soup V	Beef noodles	Seasonal fruit & juice
TUESDAY 14 June 22				Grilled beef Sautéed squid w dill Braised tofu + egg in caramel sauce V	Mashed potatoes V Steamed rice V Spinach salad Korean style V Boiled cabbage V Wintermelon broth V	Meatball noodles	Seasonal fruit & juice
WEDNESDAY 15 June 22				Chicken curry Deep fried fish tempura Braised tofu w mushroom V	Baked sweet corn V Steamed rice V Salad bar/ Kim chi salad V Sautéed chayote with garlic V Corn and mushroom soup V	Glass rice noodle w duck	Seasonal fruit & juice
THURSDAY 16 June 22				Korean style sautéed vermicelli w shrimp Thai style pork Quail egg braised v radish in caramel sauce V	Fried veggie dumpling V Steamed rice V Salad bar/lotus pork ear salad V Sautéed sweet cabbage with garlic v Vegetable soup V	Beef noodle	Seasonal fruit & juice
FRIDAY 17 June 22				HUẾ FOOD DAY Lụi spring rolls, Huế style beef noodle Huế style grilled pork Vegetable spring roll V	Bake potato V Salad bar/ papaya salad V Pickled papaya and carrot V Egg and tomato soup V	Seafood Hai Phong rice noodles	Seasonal fruit & juice



Secondary School Lunch Menu: W4 JUNE 2022



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LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 20 June 22 	Grilled chicken w gavy sauce Fried fish w dill Vegetable Omellete V			Grilled sweet potato V Steamed rice V Salad bar, Potato salad Greek style V Sauteed green bean V Malabar spinach soup V	Beef noodle	Seasonal fruit & juice
TUESDAY 21 June 22 	Stewed beef Russia style roasted pork Tofu with salted egg V			Dinner roll V Steamed rice v Salad bar/ Mango and shrimp salad Thai stype V Sauteed napa cabbage w mushroom sauce V Napa cabbage with ginger soup V	Wonton noodles with shrimp and meat	Seasonal fruit & juice
WEDNESDAY 22 June 22 	Grilled pork rib in BBQ sauce Fried chicken with lemongrass and chili Vegetable tempura V			Mashed potato V Steamed rice V Salad bar/ Mix vegetable salad V Sauteed chayote with garlic V Egg with mushroom soup V	Chicken noodle	Seasonal fruit & juice
THURSDAY 23 June 22 	Stewed beef w black pepper Crispy pork Tenderloin Fried Tofu w spring onion V			Baked sweet corn V Steamed rice V Salad bar/Moning glory salad V Sauteed cabbage with garlic V Cabbage and tomato soup V	Beef noodle	Seasonal fruit & juice
FRIDAY 24 June 22 	SPAGHETI DAY Pasta in mushroom cream Fried vegetable dumpling V			Salad bar/ Mix picker salad V Sauteed bokchoy with garlic V Sour mussel soup V	Nam Vang noodle	Seasonal fruit & juice