



**BRITISH INTERNATIONAL SCHOOL
HANOI**

A NORD ANGLIA EDUCATION SCHOOL



EARLY YEARS CENTRE MENU FROM 06/01/2020 TO 21/01/2020

DATE	MONDAY 06/01/2020	TUESDAY 07/01/2020	WEDNESDAY 08/01/2020	THURSDAY 09/01/2020	FRIDAY 10/01/2020
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Shepherd's Pie (Beef) Steamed Rice Corn, Peas & Carrots	Baked Fish with Mushroom Sauce Steamed Rice Mixed Vegetables	Breaded Shrimp Hand Cut Chips Grilled Corn	Italian Meatballs (Beef) Steamed Rice Steamed Vegetables	Spaghetti Chicken Sauce Garlic Bread Steamed Broccoli
AFTERNOON SNACK (F1 & F2 ONLY)	Tuna Sandwich & Fruit Juice	Potato Croquettes & Fruit Juice	Vanilla Cup Cake & Fruit Juice	Egg Sushi & Fruit Juice	Chocolate Brownie & Fruit Juice
DATE	MONDAY 13/01/2020	TUESDAY 14/01/2020	WEDNESDAY 15/01/2020	THURSDAY 16/01/2020	FRIDAY 17/01/2020
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
LUNCH	Seafood Tempura Steamed Rice Braised Cabbage with Tomatoes	Vietnamese Beef Stew Steamed Rice Broccoli & Carrots	Chinese Sesame Honey Chicken Steamed Rice Bok Choy	Fish Nuggets Potato Wedges Steamed Vegetables	Breaded Chicken Hand Cut Chips Sweetcorn
AFTERNOON SNACK (F1 & F2 ONLY)	Cucumber Sushi & Fruit Juice	Cheesy Potato Cake & Fruit Juice	Banana Cake & Fruit Juice	Mozzarella Balls & Fruit Juice	Rice Pudding & Fruit Juice



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



EARLY YEARS CENTRE MENU FROM 06/01/2020 TO 21/01/2020

DATE	MONDAY 20/01/2020	TUESDAY 21/01/2020	WEDNESDAY 22/01/2020	THURSDAY 23/01/2020	FRIDAY 24/01/2020
MORNING SNACK	Fresh Fruit & Milk	Fresh Fruit & Milk			
LUNCH	Seafood Paella Roasted Pumpkin Glazed Carrots	Roast Beef with Mushroom Sauce Mashed Potato Mixed Vegetables			
AFTERNOON SNACK (F1 & F2 ONLY)	Cheese Sandwich & Fruit Juice	Yoghurt & Fruit Juice			