



# Secondary School Lunch Menu: W1 MAY 2022



V = VEGETARIAN

LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
<b>WEDNESDAY</b> 4 May 22	  	<b>Beef curry</b> <b>Vegetable omellete V</b> <b>Tofu in spring onion sauce V</b>	<b>Garlic bread V</b> <b>Steamed rice V</b> <b>Salad bar V</b> <b>Mango salad with dry beef</b> <b>Sauteed bok choy with garlic V</b> <b>Mix vegetable soup V</b>	<b>Glass noodle with duck</b>	<b>Seasonal fruit &amp; juice</b>	
<b>THURSDAY</b> 5 May 22	  	<b>Basil baked fish</b> <b>Teriyaki pork meatballs</b> <b>Tofu cake V</b>	<b>Matang V</b> <b>Steamed rice V</b> <b>Salad bar V</b> <b>Salad bar/Kimchi V</b> <b>Boiled mix vegetable V</b> <b>Cabbage broth V</b>	<b>Meatball noodles</b>	<b>Seasonal fruit &amp; juice</b>	
<b>FRIDAY</b> 6 May 22	  	<b>Pork rolls ham</b> <b>Shrimp cake</b> <b>Grilled vegetables V</b>	<b>Dinner rolls V</b> <b>Steamed rice V</b> <b>Salad bar V</b> <b>Salad Bar/Potato ham salad</b> <b>Pickles mix vegetable V</b> <b>Seaweed soup V</b>	<b>Hải Phòng crab noodle with grilled fish</b>	<b>Seasonal fruit &amp; juice</b>	



# Secondary School Lunch Menu: W2 MAY 2022



V = VEGETARIAN

LUNCH							
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 9 May 22				<b>Beef Ragout</b> <b>Braised chicken with mushroom in soy sauce</b> <b>Vegetable with yellow curry V</b>	<b>Garlic bread V</b> <b>Steamed rice V</b> <b>Salad bar V</b> <b>Mango salad with dry beef</b> <b>Sauteed green bean and bacon</b> <b>Katuk and minced pork soup</b>	<b>Fish noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>TUESDAY</b> 10 May 22				<b>Pork Goulash</b> <b>Sauteed squid with five color vegetables</b> <b>Vegetable Pad Thai with Tofu V</b>	<b>French fries V</b> <b>Steamed rice V</b> <b>Salad bar V</b> <b>Russian salad</b> <b>Butter stew vegetables V</b> <b>Pumpkin soup V</b>	<b>Beef noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>WEDNESDAY</b> 11 May 22				<b>Roasted chicken thighs with honey sauce</b> <b>Basil pork Thai style</b> <b>Braised mushroom with tofu V</b>	<b>Grilled sweet corn V</b> <b>Steamed rice V</b> <b>Salad bar</b> <b>Kimchi salad V</b> <b>Sauteed kohlrabi carrot with garlic V</b> <b>Sour clam soup</b>	<b>Meatball noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>THURSDAY</b> 12 May 22				<b>Basil baked fish</b> <b>Teriyaki pork meatballs</b> <b>Stir fry mixed vegetable with Sweet &amp; Sour sauce</b>	<b>Matang V</b> <b>Steamed rice V</b> <b>Salad Bar</b> <b>Egg salad V</b> <b>Sauteed sweet cabbage with garlic V</b> <b>Vegetable soup V</b>	<b>Chicken noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>FRIDAY</b> 13 May 22				<b>PASTA DAY</b> <b>Spaghetti Bolognese</b> <b>BBQ chicken wings</b> <b>Tofu with salted egg V</b>	<b>Coconut fried rice V</b> <b>Salad bar</b> <b>Papaya salad</b> <b>Baked vegetables with herbs sauce V</b> <b>Sour pork soup</b>	<b>Glass noodle with duck</b>	<b>Seasonal fruit &amp; juice</b>



# Secondary School Lunch Menu: W3 MAY 2022



V = VEGETARIAN

LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY</b> 16 May 22 	<b>Pork rolls ham</b> <b>Fish cake</b> <b>Baked veggie pasta V</b>			<b>Dinner rolls V</b> <b>Steamed rice V</b> <b>Salad bar</b> <b>Potato salad V</b> <b>Sauteed morning glory with garlic V</b> <b>Kimchi broth V</b>	<b>Beef noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>TUESDAY</b> 17 May 22 	<b>Chicken gravy sauce</b> <b>Sauteed squid with dill</b> <b>Braised tofu + egg in caramel sauce V</b>			<b>Mashed potatoes V</b> <b>Steamed rice V</b> <b>Spinach salad Korean style V</b> <b>Boiled cabbage V</b> <b>Winter melon broth V</b>	<b>Meatball noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>WEDNESDAY</b> 18 May 22 	<b>Stewed pork with red wine</b> <b>Fish with galangal</b> <b>Veggie spring roll V</b>			<b>Japchae</b> <b>Steamed rice V</b> <b>Salad bar</b> <b>Mix vegetable salad V</b> <b>Sauteed bean sprouts V</b> <b>Sweet and sour broth V</b>	<b>Chicken noodles</b>	<b>Seasonal fruit &amp; juice</b>
<b>THURSDAY</b> 19 May 22 	<b>Chicken drumstick</b> <b>Beef Wellington</b> <b>Sauteed tofu with vegetable V</b>			<b>Baked sweet potato V</b> <b>Steamed rice V</b> <b>Salad bar</b> <b>Chicken salad</b> <b>Sauteed cabbage with garlic V</b> <b>Mix vegetable soup V</b>	<b>Glass noodle with duck</b>	<b>Seasonal fruit &amp; juice</b>
<b>FRIDAY</b> 20 May 22 	<b>BIBIMBAP DAY</b> <b>Beef pickles fried rice</b> <b>Grilled vegetables V</b>			<b>Grilled sweet corn V</b> <b>Salad bar</b> <b>Fruit salad V</b> <b>Sauteed chayote with garlic V</b> <b>Katuk and minced pork soup</b>	<b>Fish noodle</b>	<b>Seasonal fruit &amp; juice</b>



# Secondary School Lunch Menu: W4 MAY 2022



V = VEGETARIAN



LUNCH							
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 23 May 22				Chicken nugget Sautéed shrimp and meat Stew vegetable, radish and mushroom V	Garlic bread V Steamed rice V Salad bar Potato salad V Bok choy in mushroom sauce V Malabar spinach soup V	Beef noodle	Seasonal fruit & juice
<b>TUESDAY</b> 24 May 22				Fried beef ball with tomato sauce Sautéed chicken with ginger Stewed tofu with radish V	Grilled sweet corn V Salad bar Mango shrimp salad Thai style Sautéed sweet cabbage with garlic V Mix vegetable soup V	Chicken fresh rice noodle	Seasonal fruit & juice
<b>WEDNESDAY</b> 25 May 22				Braised chicken with pepper sauce Fried salted fish Vegetable omelette V	Sautéed rice noodle with beef Steamed rice V Salad bar Kimchi salad V Sautéed ham green bean V Cabbage broth V	Meatball noodles	Seasonal fruit & juice
<b>THURSDAY</b> 26 May 22				Shrimp cake Pork tenderloin with Teriyaki sauce Stir-fried enokitake V	Matang V Steamed rice V Salad bar Egg salad V Sautéed chayote with garlic V Pumpkin soup V	Chicken noodles	Seasonal fruit & juice
<b>FRIDAY</b> 27 May 22				<b>HUE FOOD DAY</b> Fresh rice noodle Lui rolls (Nem lụi) Grill pork Hue Style Fried tofu with lemongrass V	Baked potato with thyme V Kimchi fried rice Salad bar Fruit salad V Sautéed bean sprouts V Kimchi broth V	Fish noodle	Seasonal fruit & juice



# Secondary School Lunch Menu: W5 MAY 2022



V = VEGETARIAN

LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
<p><b>MONDAY</b> 30 May 22</p> 	<p>Braised chicken thighs with pork Terrine Braised quail eggs with radish Vegetable curry V</p>			<p>Garlic bread V Steamed rice V Salad bar V Potato salad V Sautéed bok choy with garlic V Katuk and minced pork soup</p>	<p>Glass noodle with duck</p>	<p>Seasonal fruit &amp; juice</p>
<p><b>TUESDAY</b> 31 May 22</p> 	<p>Pork meatloaf Fried chicken wings in fish sauce Grilled vegetables V</p>			<p>French fries V Steamed rice V Salad bar Fruit salad V Baked vegetables with herbs sauce V Malabar spinach soup V</p>	<p>Beef noodle</p>	<p>Seasonal fruit &amp; juice</p>