















Secondary School Lunch Menu: W1 May 2021

V = VEGETARIAN
















	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
TUESDAY 4 May 21	  	Shrimp w cream of mushroom Chicken wing braised w tamarind sauce Stir fried veggies w glass noodle Korean style V	Dinner roll V Steamed rice V Green papaya salad V Sauteed bok choy w garlic V Malabar spinach broth V	Pho ga (chicken noodle)	Seasonal fruit & juice
WEDNESDAY 5 May 21	  	Grilled pork w black pepper sauce Stir fried beef w mix veggie Tofu w salted egg V	Garlic bread V Steamed rice V Russian salad V Sauteed baby pumpkin w garlic V Green melon w ginger broth V	Banh da cua Hai Phong (crab noodle)	Seasonal fruit & juice
THURSDAY 6 May 21	  	Beef lagu Braised chicken w ginger Vegetable Pad Thai w tofu V	Baked sweet potato V Steamed rice V Steamed mix veggie V Korean spinach salad V Egg and tomato broth V	Pho bo (beef noodle)	Seasonal fruit & juice
FRIDAY 7 May 21	  	BUN BO HUE Minced pork w green bean (for those who not eat bun) Veggie spring roll	Steamed rice (for those who not eat noodle) V Bun Dau (Tofu noodle) V Sauteed chayote w garlic V Banana flower salad V Seaweed & tofu broth V		Seasonal fruit & juice



Secondary School Lunch Menu: W2 May 2021

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	LUNCH				
	Main Dishes			Side Dishes	Fresh Fruits
MONDAY 10 May 21	  	Sweet and sour pork Korean style Stir fried squid w colorful veggies in black pepper sauce Baked veggie pasta V		Dinner roll V Steamed rice V Sauteed pumpkin w garlic V Cucumber salad V Amaltha broth V	Bun ca (fish noodle) Seasonal fruit & juice
TUESDAY 11 May 21	  	Beef satay Stir fried chicken w lemon grass Stir fried mushroom & tofu V		Cob or the Corn V Steamed rice V Garden salad V Steamed green bean V Bean sprout sour broth V	Pho bo Seasonal fruit & juice
WEDNESDAY 12 May 21	  	Shepherd pie (ground beef + pork & mashed potato) Braised egg + pork Veggie spring roll V		Steamed rice V Papaya salad V Stir fried mix veggie V Mix veggie broth V	Banh da ca Seasonal fruit & juice
THURSDAY 13 May 21	  	Fish finger Chicken wing braised in fish sauce Braised tofu + egg in caramel sauce V		Dinner roll V Steamed rice V Kimchi V Wok fried green bean w garlic V Pumpkin broth V	Pho ga (chicken pho) Seasonal fruit & juice
FRIDAY 14 May 21	 	COM SUON DAY FRIED EGG + BABY RICE (Chả trứng) V		Steamed rice V Pickle salad V Steamed mix veggie Green cabbage pickle soup w tomato V	Bun moc (meatball noodle) Seasonal fruit & juice



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	LUNCH						
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 17 May 21				Squid tempura Fried egg w minced pork Stir fried mushroom w lemongrass (Nấm xào xả ớt) ✓	Garlic bread ✓ Steamed rice ✓ Wok fried bean sprout w green onion ✓ Green mango salad ✓ Bean sprout sour broth ✓	Bun ca (fish noodle)	Seasonal fruit & juice
TUESDAY 18 May 21				Grilled chicken w demi sauce Grilled pork w curry leave Tofu w salted egg ✓	Baked sweet Corn ✓ Steamed rice ✓ Greek salad ✓ Steamed green bean ✓ Egg& tomato broth ✓	Pho bo	Seasonal fruit & juice
WEDNESDAY 19 May 21				Baked pasta w bacon Braised beef w soybean sauce Braised egg in caramel sauce ✓	Steamed rice ✓ Fruit salad ✓ Stir fried Chinese cabbage w mushroom ✓ Mix veggie broth ✓	Bun rieu đậu	Seasonal fruit & juice
THURSDAY 20 May 21				Deep fried pork tenderloin Fried fish w colorful veggie (cá sốt ngũ liểu) Stir fried tofu w mushroom & onion ✓	Dinner roll ✓ Steamed rice ✓ Kimchi ✓ Wok fried green bean w garlic ✓ Pumpkin broth ✓	Pho bo (beef pho)	Seasonal fruit & juice
FRIDAY 21 May 21				BIBIMBAP DAY FRIED EGG ✓	Steamed rice ✓ Kimchi ✓ Steamed mix veggie Seaweed soup ✓	Bun moc (meatball noodle)	Seasonal fruit & juice



Secondary School Lunch Menu: W4 May 2021



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	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 24 May 21	  	Stewed beef w demi sauce Sweet & sour fish Korean style Stir fried mushroom & bamboo shoot V	Garlic bread V Steamed rice V Potato & ham salad V Steamed green bean V Malabar spinach broth V	Pho bo (beef pho)	Seasonal fruit & juice
TUESDAY 25 May 21	  	Pork bulgogi Stir fried squid w celery in black pepper sauce Tofu in tomato sauce V	Grilled sweet potato V Steamed rice V Russian salad V Wok fried morning glory w garlic V Sour broth w tamarin V	Bun ca (fish noodle)	Seasonal fruit & juice
WEDNESDAY 26 May 21	  	Pad Thai w chicken Stewed pork w caramel sauce Braised egg in caramel sauce V	Steamed rice V Papaya salad V Mix steamed veggie V Veggie tom yam soup V	Mien ngan (glass noodle w duck)	Seasonal fruit & juice
THURSDAY 27 May 21	  	Deep fried shrimp Chicken teriyaki Braised tofu w mushroom V	Baguette V Steam rice V Wok fried cabbage w carrot V Japje V Seaweed broth w tofu V	Pho ga (chicken noodle)	Seasonal fruit & juice
FRIDAY 28 May 21	  	PASTA DAY Pork tenderloin stir fried w fish sauce (thịt lợn rang cháy cạnh) Pasta in pesto sauce V	Baguette V Steam rice V Steam chayote V Garden salad V Cream of pumpkin sauce V	Bun moc (meat ball w noodle)	Seasonal fruit & juice



Secondary School Lunch Menu: W5 May 2021



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	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 31 May 21	  	Fish in tatar sauce Five spice grill pork Fried egg V	Garlic bread V Steamed rice V Cucumber salad V Sauteed pumpkin w garlic V Mix veggie broth V	Pho bo (beef pho)	Seasonal fruit & juice