



BVIS HN TERM 3/2022 : EYFS (Y1 - Y2)** & Y3 - Y6 MENU 3

	MORNING SNACK	MAIN COURSE	SIDE DISHES	SOUP	SALADS and FRESH FRUITS Changes Daily
MONDAY	Chicken Steamed Rice Roll Cake & Fruit Juice**	Chinese Tso's Chicken** Pork Meat Balls with Tomato Sauce Mushroom Stroganoff V	Steamed Rice** Mixed Vegetables** Spaghetti	Morning Glory Soup** V	Assorted Salad Fresh Fruit**
TUESDAY	Tomato and Cheese Sandwich & Fruit Juice**	Stewed Beef with Tumeric Fried Fish Batter** Stir Fried Tofu with Bean Sprout V	Steamed Rice** Roasted Pumpkin Mixed Vegetables**	Tomato & Egg Soup** V	Assorted Salad Fresh Fruit**
WEDNESDAY	Carrot Cake & Fruit Juice**	Roasted Garlic Butter Chicken** Seafood Creamy Garlic Sauce Herbs Spaghetti V	Steamed Rice** Sautéed Vegetables** Steamed Corn	Amarath Soup** V	Assorted Salad Fresh Fruit**
THURSDAY	Kimbap & Fruit Juice**	Fish Sweet and Sour Sauce Roasted Pork with Balsamic** Sautéed Tofu V	Steamed Rice** Sautéed Potato Choysum**	Katuk Soup** V	Assorted Salad Fresh Fruit**
FRIDAY	Mayonaise Egg Sandwich & Fruit Juice**	Korean Beef - Fried Rice Korean Fried Chicken** Japchae Glass Noodles V	Steamed Rice** Korean Tempura Mixed Vegetables**	Malabar Spinach Soup** V	Assorted Salad Fresh Fruit**

V = VEGETARIAN



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	MORNING SNACK	MAIN COURSE	SIDE DISHES	SOUP	SALADS and FRESH FRUITS Changes Daily
MONDAY	Ham Sandwich & Fruit Juice**	Fried Chicken Galangel** Fish Baked in Cheese Sauce Tofu in Tomato Sauce V	Steamed Rice** Mixed Green Vegetables** Sauteed Potato and Herb	Chinese Cabbage Soup** V	Assorted Salad Fresh Fruit**
TUESDAY	Sushi Roll & Fruit Juice**	Pork Tonkatsu** Chicken Pesto Sauce Chinese Vegetable with Noodles V	Steamed Rice** Pumpkin & Corn Mixed Vegetables**	Gourd Soup** V	Assorted Salad Fresh Fruit **
WEDNESDAY	Gyuran Bbang & Fruit Juice**	Stir Fried Beef with Brocoli Omelette with Sausage** Sautéed Tofu and Vegetables V	Steamed Rice** Mushroom & Bean Bok Choy**	Morning Glory Soup** V	Assorted Salad Fresh Fruit **
THURSDAY	Egg Sandwich & Fruit Juice**	Sweet & Sour Pork Fried Fish with Herbs** Garlic Mushroom & Cauliflower V	Steamed Rice** Cabbage** Green Beans	Choy Sum Soup** V	Assorted Salad Fresh Fruit **
FRIDAY	Pumkin Cake & Fruit Juice**	Thai Stir Fried Chicken Beef Bouguignon** Pasta Puttanesca V	Steamed Rice** Baked Eggplant Parm Mixed Vegetables**	Seaweed Soup** V	Assorted Salad Fresh Fruit **

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