



Primary School Lunch Menu: W1 MAY 2022

V = VEGETARIAN


















	MORNING SNACK	LUNCH				
		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
WEDNESDAY 4 May 22	Doughnut bit Yogurt	  	Beef curry Vegetable omelette V Tofu in spring onion sauce V	Garlic bread V Steamed rice V Salad bar V Mango salad with dry beef Sautéed bok choy with garlic V Mix vegetable soup V	Glass noodle with duck	Seasonal fruit & juice
THURSDAY 5 May 22	Choux cream Watermelon juice	  	Basil baked fish Teriyaki pork meatballs Tofu cake V	Matang V Steamed rice V Salad bar V Salad bar/Kimchi V Boiled mix vegetable V Cabbage both V	Meatball noodles	Seasonal fruit & juice
FRIDAY 6 May 22	Rice cake Fresh milk	  	Pork rolls ham Shrimp cake Grilled vegetables V	Dinner rolls V Steamed rice V Salad bar V Salad Bar/Potato ham salad Pickles mix vegetable V Seaweed soup V	Hải Phòng crab noodle with grilled fish	Seasonal fruit & juice



Primary School Lunch Menu: W2 MAY 2022

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



Primary School Lunch Menu: W3 MAY 2022

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



Primary School Lunch Menu: W4 MAY 2022



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	MORNING SNACK	LUNCH						
		Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 23 May 22	Marble sponge cake Fresh milk				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
TUESDAY 24 May 22	Dumpling with pork Watermelon juice				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
WEDNESDAY 25 May 22	Pumpkin muffin Fresh milk				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
THURSDAY 26 May 22	Apple muffin Lemon juice				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
FRIDAY 27 May 22	Donut cake Mango juice				HUE FOOD DAY 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



Primary School Lunch Menu: W5 MAY 2022

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	MORNING SNACK	LUNCH				
		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
<p>MONDAY 30 May 22</p>	<p>Choux cream Yogurt</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 Sautéed bok choy with garlic V Katuk and minced pork soup</p>	<p>Glass noodle with duck</p>	<p>Seasonal fruit & juice</p>
<p>TUESDAY 31 May 22</p>	<p>Marble sponge cake Watermelon juice</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 & juice</p>