







Secondary School Lunch Menu: *W1 April 2021*



	LUNCH				
	Main Dishes		Side Dishes	Noodle Soup	Desert
MONDAY 1 April 21	  	Pork goulash Squid tempura Braised egg in caramel sauce V	Mashed potatoes V Steamed rice V Sautéed green bean w garlic Cucumber salad V Malabar spinach broth V	Bun ca (Fish noodle)	Seasonal fruit & juice
TUESDAY 2 April 21	  	Pasta day Braised chicken w ginger (for those who do not eat pasta) Paste w pesto sauce V	Steamed rice V Sauteed chayote w garlic V Broccoli salad V Cream of broccoli soup V	Pho bo (beef noodle)	Seasonal fruit & juice

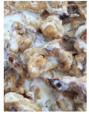













V = VEGETARIAN



Secondary School Lunch Menu: W2 April 2021



V = VEGETARIAN

LUNCH							
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 5 Apr 21				Grilled fish in cream of mushroom Five spice grilled chicken Vegetable w yellow curry V	Corn on the cob V Steamed rice V Steamed vegetable V Greek salad V Vegetable broth V	Pho ga (chicken noodle)	Seasonal fruit & juice
TUESDAY 6 Apr 21				Pork rib w BBQ sauce Stir fried shrimp and mix veggie Stir fried veggie w glass noodle V	French fries V Steamed rice V Sauteed bok choy garlic V Green mango salad V Tofu & tomato w mushroom broth V	Banh da cua Hai Phong (Hai Phong red noodle)	Seasonal fruit & juice
WEDNESDAY 7 Apr 21				Grilled beef w green bean sauce Thai styled stir fried garlic pork Tofu w salted egg V	Garlic bread V Steamed rice V Steamed chayote V Russian salad V Green melon w ginger broth V	Pho bo (beef noodle)	Seasonal fruit & juice
THURSDAY 8 Apr 21				Shepherd pie (ground beef + pork & mashed potato) Lemongrass chicken stir fry Vegetable Pad Thai w tofu V	Steamed rice V Sauteed cabbage w garlic V Korean spinach salad V Egg and tomato soup V	Bun ca nau chua (Fish noodle)	Seasonal fruit & juice
FRIDAY 9 Apr 21				Bun Cha day Meat ball in tomato sauce (for those who do not eat Bun cha)	Steamed rice V Potatoes salad V Sauteed carrot, zucchini, bean sprout, onion V Cream of pumpkin soup V	Mien ga (glass noodle w chicken)	Seasonal fruit & juice



Secondary School Lunch Menu: W3 March 2021



V = VEGETARIAN

LUNCH							
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 12 Apr 21				Baked drumstick chicken w cream of mushroom sauce Braised quail egg w pork Braised tofu w mushroom V	Dinner roll V Steamed rice V Sauteed pumpkin w garlic V Cucumber salad V Malabar spinach broth V	Pho bo (Beef noodle)	Seasonal fruit & juice
TUESDAY 13 Apr 21				Grilled beef w black pepper sauce Sweet & sour fish Korean style Stir fried mix vegetable w tofu V	Macaroni & cheese V Steamed rice V Garden salad V Morning glory w garlic V Morning glory w tamarin V	Bun ca (fish noodle)	Seasonal fruit & juice
WEDNESDAY 14 Apr 21				Deep fried shrimp w potato string Stir fry basil w minced pork Omelette V	Steamed rice V Papaya salad V Wok fried cabbage w mushroom V Mix veggie broth V	Mien ngan (Glass noodle w duck)	Seasonal fruit & juice
THURSDAY 15 Apr 21				Grilled pork w pineapple relish Fried chicken wing w fish sauce Stir fried tofu w mushroom V	Grilled sweet potato V Steamed rice V Kimchi V Mix steamed veggie V Pumpkin broth V	Pho ga (chicken pho)	Seasonal fruit & juice
FRIDAY 16 Apr 21				Veggie spring roll Bibimbap day Fried egg	Steamed rice V Green kohlrabi pickle salad V Sauteed bok choy w garlic Sour green cabbage soup w tomato V	Bun moc (meatball noodle)	Seasonal fruit & juice

