



## BVIS HN TERM 3/2022 : Y7 - Y13 MENU 1

	SOUP	MAIN COURSE	SIDE DISHES	SALADS and FRESH FRUITS Changes Daily
<b>MONDAY</b>	Beef Noodle Soup Egg Tomato Soup <b>V</b>	Braised Pork with Daikon Grilled Fish with Garlic Sauce Tofu with Sweet & Sour Sauce <b>V</b>	Steamed Rice Sautéed Cabbage Roasted Pumpkin	Assorted Salad & Fresh Fruit
<b>TUESDAY</b>	Fish Noodle Soup Green Cabbage Soup <b>V</b>	Vietnamese Beef Curry Stuffed Chicken with Cheese and Spinach Sauteed Egg Noodles <b>V</b>	Steamed Rice Green Beans Mashed Potato	Assorted Salad & Fresh Fruit
<b>WEDNESDAY</b>	Pork Noodle Soup Amarath Soup <b>V</b>	Roasted Chicken with Honey Omelete with Seafood Tofu with Onion <b>V</b>	Steamed Rice Sautéed Choy Sum Sauteed Eggplant	Assorted Salad & Fresh Fruit
<b>THURSDAY</b>	Fish Noodle Soup Pumpkin Soup <b>V</b>	Roasted Pork with Lemongrass Beef Bolognese Sauteed Spaghetti <b>V</b>	Steamed Rice Mixed Vegetables Steamed Corn	Assorted Salad & Fresh Fruit
<b>FRIDAY</b>	Beef Noodle Soup Chinese Cabbage Soup <b>V</b>	Braised Fish with Korean Style Bon Chon Korean Fried Chicken Spicy Korean Brasied Tofu <b>V</b>	Steamed Rice Broccoli & Carrots Gamja Jorim (Korean Potato)	Assorted Salad & Fresh Fruit

**V = VEGETARIAN**



## BVIS HN TERM 3/2022 : Y7 - Y13 MENU 2

	SOUP	MAIN COURSE	SIDE DISHES	SALADS and FRESH FRUITS Changes Daily
<b>MONDAY</b>	Beef Noodle Soup Winter Melon Soup <b>V</b>	Fried Chicken with Fish Sauce Baked Fish with Cheese Deep Fried Tofu & Chilli Sauce <b>V</b>	Steamed Rice Chinese Cabbage Sauteed Potato	Assorted Salad & Fresh Fruit
<b>TUESDAY</b>	Fish Noodle Soup Choy Sum Soup <b>V</b>	Stir Fired Chicken Hoisin Braised Beef with Potato Spaghetti with Garlic <b>V</b>	Steamed Rice Broccoli Sauteed Pumpkin	Assorted Salad & Fresh Fruit
<b>WEDNESDAY</b>	Chicken Noodle Soup Vegetable Soup <b>V</b>	Cajun Sausage Stew Roasted Pork & Mushroom Gravy Kungpao Tofu <b>V</b>	Steamed Rice Sautéed Vegetables Sautéed Eggplant with Basil	Assorted Salad & Fresh Fruit
<b>THURSDAY</b>	Pork Noodle Soup Sour Soup <b>V</b>	Stir Fried Beef with Teriyaki Crispy Fish Sautéed Noodles with Bokchoy <b>V</b>	Steamed Rice Mixed Vegetables Spicy Sauteed Corn	Assorted Salad & Fresh Fruit
<b>FRIDAY</b>	Beef Noodle Soup Cabbage Soup <b>V</b>	Hoian Chicken Rice Baked Fish with Galangel Vegetable Spring Rolls <b>V</b>	Stir Fry Glass Noodles Green Beans Sauteed Potato and Mushroom	Assorted Salad & Fresh Fruit

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### BVIS HN TERM 2/2022 : Y7 - Y13 MENU 3

	SOUP	MAIN COURSE	SIDE DISHES	SALADS and FRESH FRUITS Changes Daily
<b>MONDAY</b>	Chicken Noodle Soup Morning Glory Soup <b>V</b>	Chinese Tso's Chicken Pork Meat Balls with Tomato Sauce Mushroom Stroganoff <b>V</b>	Steamed Rice Mixed Green Vegetables Spaghetti	Assorted Salad & Fresh Fruit
<b>TUESDAY</b>	Pork Noodle Soup Tomato Egg Soup <b>V</b>	Stewed Beef with Tumeric Fried Fish Batter Stir Fried Tofu with Seaweed <b>V</b>	Steamed Rice Roasted Pumpkin Mixed Vegetables	Assorted Salad & Fresh Fruit
<b>WEDNESDAY</b>	Beef Noodle Soup <b>V</b> Amarath Soup	Roasted Garlic Butter Chicken Seafood Creamy Sauce Herbs Spaghetti <b>V</b>	Steamed Rice Sautéed Vegetables Steamed Corn	Assorted Salad & Fresh Fruit
<b>THURSDAY</b>	Pork Noodle Soup Katuk Soup <b>V</b>	Fish Sweet and Sour Sauce Roasted Pork with Balsamic Sauteed Tofu <b>V</b>	Steamed Rice Sauteed Potato Choysum	Assorted Salad & Fresh Fruit
<b>FRIDAY</b>	Fish Noodle Soup Malabar Spinach Soup <b>V</b>	Korean Beef - Fried Rice Korean Fried Chicken Japchae Glass Noodles <b>V</b>	Steamed Rice Korean Tempura Mixed Vegetables	Assorted Salad & Fresh Fruit

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## BVIS HN TERM 2/2022 : Y7 – Y13 MENU 4

	SOUP	MAIN COURSE	SIDE DISHES	SALADS and FRESH FRUITS Changes Daily
<b>MONDAY</b>	Beef Noodle Soup Chinese Cabbage Soup <b>V</b>	Fried Chicken Galangel Fish Baked in Cheese Sauce Tofu in Tomato Sauce <b>V</b>	Steamed Rice Mixed Green Vegetables Sauteed Potato and Herb	Assorted Salad Fresh Fruit & Fruit Juice
<b>TUESDAY</b>	Chicken Noodle Soup Gourd Soup <b>V</b>	Pork Tonkatsu Chicken Pesto Sauce Chinese Vegetable Noodles <b>V</b>	Steamed Rice Pumpkin & Corn Mixed Vegetables	Assorted Salad Fresh Fruit & Fruit Juice
<b>WEDNESDAY</b>	Fish Noodle Soup Morning Glory Soup <b>V</b>	Stir Fried Beef with Broccoli Omelette with Sausage Sautéed Tofu and Vegetables <b>V</b>	Steamed Rice Mushroom & Bean Stew Bok Choy	Assorted Salad Fresh Fruit & Fruit Juice
<b>THURSDAY</b>	Pork Noodle Soup Choy Sum Soup <b>V</b>	Sweet & Sour Pork Fried Fish with Herbs Garlic Mushroom & Cauliflower <b>V</b>	Steamed Rice Cabbage Green Beans	Assorted Salad Fresh Fruit & Fruit Juice
<b>FRIDAY</b>	Beef Noodle Soup Seaweed Soup <b>V</b>	Thai Stir Fried Chicken Beef Bouguignon Pasta Puttanesca <b>V</b>	Steamed Rice Baked Eggplant Parm Mixed Vegetables	Assorted Salad Fresh Fruit & Fruit Juice

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