



**BRITISH INTERNATIONAL SCHOOL
HANOI**
A NORD ANGLIA EDUCATION SCHOOL



EARLY YEARS MENU FROM 04/09/2018 TO 28/09/2018

| DATE | | TUESDAY 04/09/2018 | WEDNESDAY 05/09/2018 | THURSDAY 06/09/2018 | FRIDAY 07/09/2018 |
|--------------------------------------|---|--|---|--|---|
| MORNING SNACK | | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk |
| LUNCH | | Stir Fried Beef with Hoisin Sautéed Vegetables Steamed Rice & Soup | Sausage & Tomato Pasta Bake Broccoli Soup | Char Siu Pork & Vegetables Steamed Rice Soup | Crispy Crumbed Fish Hand Cut Chips Mixed Vegetables |
| AFTERNOON SNACK (F1 & F2 ONLY) | | Carrot Cake & Fruit Juice | Yoghurt & Fruit Juice | Pineapple Pancake & Fruit Juice | Vegetable & Egg Sushi & Juice |
| DATE | MONDAY 10/09/2018 | TUESDAY 11/09/2018 | WEDNESDAY 12/09/2018 | THURSDAY 13/09/2018 | FRIDAY 14/09/2018 |
| MORNING SNACK | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk |
| LUNCH | Grilled Fish Hanoi Style Sautéed Vegetables Steamed Rice & Soup | Chicken Kung Pao (no nuts) Steamed Rice Soup | Stir Fried Beef & Vegetables with Fried Noodles Soup | Grilled Chicken Pasta with Creamy Tomato Sauce Broccoli | Grilled Pork with BBQ Sauce Potato Wedges Sweet Corn |
| AFTERNOON SNACK (F1 & F2 ONLY) | Egg Sandwich & Fruit Juice | Banana Muffin & Fruit Juice | Yoghurt & Fruit Juice | Egg Caramel & Fruit Juice | Cheese & Ham Pizza & Fruit Juice |



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| DATE | MONDAY 17/09/2018 | TUESDAY 18/09/2018 | WEDNESDAY 19/09/2018 | THURSDAY 20/09/2018 | FRIDAY 21/09/2018 |
|---|---|---|---|---|---|
| MORNING SNACK | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk |
| LUNCH | Roast Pork with Gravy Baby Roast Potatoes Carrots & Green Beans | Grilled Chicken Teriyaki Steamed Rice Soup | Korean Beef Stew Stir Fried Noodles with Vegetables Soup | Pork Sweet & Sour Steamed Rice Soup | Crispy Crumbed Fish Hand Cut Chips Grilled Corn |
| AFTERNOON SNACK (F1 & F2 ONLY) | Ham Sandwich & Fruit Juice | Banana Crepe & Fruit Juice | Yoghurt & Fruit Juice | Egg Caramel & Fruit Juice | Cheese & Tomato Pizza & Juice |
| DATE | MONDAY 24/09/2018 | TUESDAY 25/09/2018 | WEDNESDAY 26/09/2018 | THURSDAY 27/09/2018 | FRIDAY 28/09/2018 |
| MORNING SNACK | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk | Fresh Fruit & Milk |
| LUNCH | Stir Fried Beef & Broccoli Steamed Rice Soup | Pork Schnitzel & Gravy Mashed Potato Glazed Carrots | Fried Fish with Sweet Chilli Sauce Steamed Rice Soup | Shepherd's Pie (Beef) Sautéed Vegetables Soup | Grilled Chicken BBQ Sauce Potato Wedges Grilled Corn |
| AFTERNOON SNACK (F1 & F2 ONLY) | Sausage Roll & Fruit Juice | Apple Cake & Fruit Juice | Yoghurt & Fruit Juice | Banana Pancake & Fruit Juice | Tuna Sushi & Fruit Juice |