

BRITISH INTERNATIONAL SCHOOL HANOI

A NORD ANGLIA EDUCATION SCHOOL

## Secondary School Lunch Menu W1 December 2020



6	MAIN COURSE	SIDE DISHES	NOODLE SOUP	FRESH FRUITS
<b>MONDAY</b> 30 Nov 20				
<b>TUESDAY</b> 1 Dec 20	Sautéed bacon w potato Sweet & sour Korean chicken Braised tofu w mushroom <b>V</b>	Salad Bar Grilled pumpkin Steamed rice Sautéed chayote w garlic <b>V</b> Cabbage w carrot broth <b>V</b>	Pho bo (Beef Noodle)	Seasonal fruit & juice
WEDNESDAY 2 Dec 20	Stewed beef w potato & carrot Sautéed chicken w lemon grass & bell pepper Omelet w mushroom <b>V</b>	Salad Bar Baked sweet corn Steamed Rice Sautéed cabbage <b>V</b> Tofu w seaweed soup <b>V</b>	Bun ca nau chua (Sour fish noodle soup)	Seasonal fruit & juice
<b>THURSDAY</b> 3 Dec 20	Baked fish w orange sauce Stewed pork w quail egg Pasta w cream of mushroom <b>V</b>	Salad Bar Garlic butter bread Steamed Rice Mix steam Veggie <b>V</b> Cream of pumpkin soup <b>V</b>	Pho Ga (Chicken Noodle)	Seasonal fruit & juice
<b>FRIDAY</b> 4 Dec 20	BUN CHA DAY	Salad Bar Cucumber salad Steam rice		Seasonal fruit & juice

**V=VEGETARIAN** 



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	MAIN COURSE	SIDE DISHES	NOODLE SOUP	FRESH FRUITS
<b>MONDAY</b> 7 Dec 20	Stewed pork drumstick in German style Chicken nugget Braised egg in caramel sauce <b>V</b>	Salad Bar Dinner roll Steam Rice Mix steam vegetable <b>V</b> Corn & mushroom w egg broth <b>V</b>	Pho Ga (Chicken Noodle)	Seasonal fruit & juice
<b>TUESDAY</b> 8 Dec 20	Grilled chicken w cream of mushroom sauce Stir fried squid w colorful veggie Tofu w tomato sauce <b>V</b>	Salad Bar Baked potato Steamed rice Sautéed sweet cabbage <b>V</b> Cabbage w ginger soup <b>V</b>	Bún cá nấu chua ( Sour fish noodle soup)	Seasonal fruit & juice
<b>WEDNESDAY</b> 9 Dec 20	Chili con cane Seafood spring roll w mayo sauce Omelet w vegetable <b>V</b>	Salad Bar Garlic butter bread Steamed Rice Steam cabbage <b>V</b> Cream of potato <b>V</b>	Pho bo (beef noodle)	Seasonal fruit & juice
<b>THURSDAY</b> 10 Dec 20	Stir fried pork w basil Sweet and sour fish Korean style Tofu w salted egg <b>V</b>	Salad Bar Grilled sweet corn w butter Steamed Rice Sautéed chayote with garlic <b>V</b> Winter melon soup <b>V</b>	Bun moc (meat ball noodle)	Seasonal fruit & juice
<b>FRIDAY</b> 11 Dec 20	<b>BIMBIMBAP DAY</b>	Salad Bar/ Kim chi Steam rice Sautéed vegetable <b>V</b> Spinach w ginger <b>V</b>	Pho Ga (Chicken Noodle)	Seasonal fruit & juice

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<b>V</b>	MAIN COURSE	SIDE DISHES	NOODLE SOUP	FRESH FRUITS
<b>MONDAY</b> 14 Dec 20	Baked pork tenderloin w cheese Braised chicken w ginger Stir fried mushroom w sweet corn <b>V</b>	Salad Bar Steam bun Steam Rice Steamed cabbage <b>V</b> Tomato & egg broth <b>V</b>	Bun bo (Beef Noodle)	Seasonal fruit & juice
<b>TUESDAY</b> 15 Dec 20	Stewed beef w vegetable Sauteed shrimp w black pepper sauce Braised mushroom, Earwood & lotus seed <b>V</b>	Salad Bar Dinner roll Steamed rice Mix steamed vegetable <b>V</b> Cream of pumpkin soup <b>V</b>	Pho ga (Chicken Noodle)	Seasonal fruit & juice

