

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
MONDAY 30 Nov 20				
TUESDAY 1 Dec 20	Sautéed bacon w potato Sweet & sour Korean chicken Braised tofu w mushroom V	Salad Bar Grilled pumpkin Steamed rice Sautéed chayote w garlic V Cabbage w carrot broth V	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 V	Salad Bar Baked sweet corn Steamed Rice Sautéed cabbage V Tofu w seaweed soup V	Bun ca nau chua (Sour fish noodle soup)	Seasonal fruit & juice
THURSDAY 3 Dec 20	Baked fish w orange sauce Stewed pork w quail egg Pasta w cream of mushroom V	Salad Bar Garlic butter bread Steamed Rice Mix steam Veggie V Cream of pumpkin soup V	Pho Ga (Chicken Noodle)	Seasonal fruit & juice
FRIDAY 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
MONDAY 7 Dec 20	Stewed pork drumstick in German style Chicken nugget Braised egg in caramel sauce V	Salad Bar Dinner roll Steam Rice Mix steam vegetable V Corn & mushroom w egg broth V	Pho Ga (Chicken Noodle)	Seasonal fruit & juice
TUESDAY 8 Dec 20	Grilled chicken w cream of mushroom sauce Stir fried squid w colorful veggie Tofu w tomato sauce V	Salad Bar Baked potato Steamed rice Sautéed sweet cabbage V Cabbage w ginger soup V	Bún cá nấu chua (Sour fish noodle soup)	Seasonal fruit & juice
WEDNESDAY 9 Dec 20	Chili con cane Seafood spring roll w mayo sauce Omelet w vegetable V	Salad Bar Garlic butter bread Steamed Rice Steam cabbage V Cream of potato V	Pho bo (beef noodle)	Seasonal fruit & juice
THURSDAY 10 Dec 20	Stir fried pork w basil Sweet and sour fish Korean style Tofu w salted egg V	Salad Bar Grilled sweet corn w butter Steamed Rice Sautéed chayote with garlic V Winter melon soup V	Bun moc (meat ball noodle)	Seasonal fruit & juice
FRIDAY 11 Dec 20	BIMBIMBAP DAY	Salad Bar/ Kim chi Steam rice Sautéed vegetable V Spinach w ginger V	Pho Ga (Chicken Noodle)	Seasonal fruit & juice

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

