

MENU FOR TERM 4 – JUN 2020



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	HAI	08/06/2020	Egg tart	Fresh milk	Sweet potato with chicken broth Rice	Stir fried morning glory with garlic	Grilled chicken with teriyaki sauce	Egg omelet	Fruit	Western + Asian lunch set	Crackers	Fresh milk
	BA	09/06/2020	Vanilla cookies	Fresh milk	Cabbage with pork broth Rice	Stir fried chayote with carrot	Braised Basa fish	Shrimp balls with sour and sweat sauce	Fruit	Western + Asian lunch set	Butter pound cake	Fresh milk
	TU	10/06/2020	Nhai cakes	Fresh milk	Calabash with shrimp broth	Grilled vegetable	Italian noodles with chicken balls		Fruit	Western lunch set	Bo cakes	Fresh milk
	NĂM	11/06/2020	Waffles	Fresh milk	Amaranth with shrimp broth Rice	Stir fried bokchoy with garlic	Stew pork with lemongrass	Fish marinated with noodles and sesame seed	Fruit	Asian lunch set	Cookies with durian cream	Fresh milk
	SÁU	12/06/2020	Vanilla wafers	Fresh milk	Vine spinach with beef broth Rice	Grill pumpkin	Grilled chicken with BBQ sauce	Braised pork with 3 mushroom types	Fruit	Asian lunch set	Rice cakes	Sữa tươi
	BÁY	13/06/2020	Flan cakes	Fresh milk	Herbs		Fish cake noodles		Trái cây	Asian lunch set	Chocolate cookies	Fresh milk

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability





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3	HAI	15/06/20 20	Cornflakes	Fresh milk	Papaya with shrimp broth Rice	Stir fried long cabbage	Roasted chicken	Stir fried broccoli with pork	Fruit	Western + Asian lunch set	Nhai cakes	Fresh milk
	BA	16/06/20 20	Cookies with durian cream	Fresh milk	Katuk with beef broth Rice	Stir fried vegetable with sour and sweat sauce	Stir fried beef with Lot leave	Braised quail eggs in Chinese style	Fruit	Western + Asian lunch set	Corn cakes	Fresh milk
	TU	17/06/20 20	Fresh bread	Fresh milk	Cabbage with shrimp broth Rice	Stir fried green bean with garlic	Rice with barbecued rib with BBQ sauce		Fruit	Western lunch set	Chocolate cookies	Fresh milk
	NĂM	18/06/20 20	Pandan pound cakes	Fresh milk	Pumpkin with shrimp broth Rice	Stir fried calabash with onion	Stir fried fish balls with fish sauce	braised tofu with mushroom	Fruit	Western + Asian lunch set	Beef steak crackers	Fresh milk
	SÁU	19/06/20 20	Banana	Fresh milk	Amaranth with mince pork Rice	Stir fried luffa gourd	Grilled chicken with sour and sweat sauce	Grilled pork belly with sour and sweat sauce	Fruit	Asian lunch set	Tice cakes	Fresh milk
	BÂY	20/06/20 20	Yeast cakes	Fresh milk		Herbs	Quang noodles – Beef and quail eggs		Fruit	Asian lunch set	Vanilla cookies	Fresh milk

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4	HAI	22/06/2020	Flan cakes	Apple juice	Winter melon with mince pork Rice	Stir fried long cabbage	Fried chicken with sour and sweat sauce	Stir fried beef with mushroom, lime leaves	Fruit	Western + Asian lunch set	Potato chip	Fresh milk
	BA	23/06/2020	Fresh milk	Fresh milk	Vine spinach with shrimp broth Rice	Stir fried green bean	Braised fish with galangal	Steamed eggs with pork	Fruit	Western + Asian lunch set	Yeast cakes	Fresh milk
	TU	24/06/2020	Banana	Fresh milk	Papaya with shrimp broth		Grilled pork with sesame seed		Fruit	Asian lunch set	Fried fish balls	Fresh milk
	NĂM	25/06/2020	Chicken jambon cakes	Fresh milk	Pumpkin with shrimp broth Rice	Stir fried long cabbage	Shumai with sour and sweat sauce	Stir fried broccoli with shrimp	Fruit	Western + Asian lunch set	Crackers	Fresh milk
	SÁU	26/06/2020	Cookies with durian creams	Fresh milk	Herbs		Hue noodles		Fruit	Asian lunch set	Chocolate cookies	Fresh milk

