

Aden

for schools

MENU for



**BRITISH
INTERNATIONAL SCHOOL
HANOI**

A NORD ANGLIA EDUCATION SCHOOL



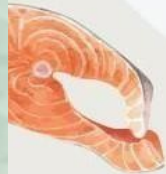
From August 14th
August 15th





BRITISH
INTERNATIONAL SCHOOL
HANOI
A NORD ANGLIA EDUCATION SCHOOL

MORNING SNACK



| | | MORNING SNACK (Y2-Y6) | | Secondary students |
|----------|--------|---------------------------|-----------------|--------------------|
| Thursday | 14-Aug | Carrot Muffin | Pineapple juice | Oxygen Menu |
| Friday | 15-Aug | Oatmeal & chickpea congee | | Oxygen Menu |



LUNCH

(Y1-Y6; Y7-Y13 & Adult)



BRITISH
INTERNATIONAL SCHOOL
HANOI
A NORD ANGLIA EDUCATION SCHOOL



| | | Soup | Vegetables | Main dish | Side dish | Starch | Dessert |
|----------|--------|------------------------------|-----------------|---------------|----------------------------|---------------------------------|----------------|
| Thursday | 14-Aug | Phở bò, quẩy | | | | | Seasonal Fruit |
| Friday | 15-Aug | Bean sprout & pineapple soup | Sauteed bokchoy | Pork Char Siu | Simmered egg in fish sauce | Vegetarian Yang Chou fried rice | Yogurt |





BIBIM'BITES LUNCH

(Y1-Y6; Y7-Y13 & Adult)



BRITISH
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| | | Soup | | Main dish | | Side dish | | Starch | |
|----------|--------|------------------|--------|---------------------------|--------------|------------------------|---------|--------------|---------------|
| Thursday | 14-Aug | Tuna Kimchi soup | 참치김치찌개 | Oven baked garlic chicken | 오븐에 구운 마늘 치킨 | Tofu, mince pork sauce | 마파두부 | Steamed rice | 배추김치 / Kimchi |
| Friday | 15-Aug | Jjamppong soup | 계란짬뽕국 | Fish Cake Tteokbokki | 어묵떡볶이 | Egg Mushroom Pancake | 팽이버섯계란전 | Steamed rice | |



Marco polo **LUNCH**
(Y1-Y6; Y7-Y13 & Adult)



**BRITISH
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A NORD ANGLIA EDUCATION SCHOOL

| | | Soup | Starter | Main dish | Side dish | Starch | Dessert | Vegetarian option |
|----------|--------|--------------|------------------------|---------------------------------------|-----------------------------|-------------------|----------------|-------------------------|
| Thursday | 14-Aug | Pumpkin soup | Apple & Beetroot salad | Beef Bolognese | Sauteed broccoli | Fusilli | Seasonal Fruit | Red lentil curry |
| Friday | 15-Aug | Carrot soup | Coleslaw salad | Fish rolls with bacon, rosemary sauce | Steamed green bean & carrot | Garlic fried rice | Yogurt | Avocado Chickpeas Salad |



The Garden



BRITISH
INTERNATIONAL SCHOOL
HANOI

A NORD ANGLIA EDUCATION SCHOOL

EYFS

| | | Morning snack | | Soup | Vegetable | Main dish | Side dish | Starch | Dessert | Afternoon Snack |
|----------|--------|---------------------------|-----------------|------------------------------|------------------------|----------------|----------------------------|---------------------------------|-----------------|---------------------------------------|
| | | | | | | | | | | |
| Thursday | 14-Aug | Carrot Muffin | Pineapple juice | Pumpkin soup | Apple & Beetroot salad | Beef Bolognese | Sauteed Broccoli | Fusilli | Seasonal Fruit | Dried fruit and melon juice |
| Friday | 15-Aug | Oatmeal & chickpea congee | | Bean sprout & pineapple soup | Sauteed bokchoy | Pork Char Siu | Simmered egg in fish sauce | Vegetarian Yang Chou fried rice | No sugar Yogurt | Butter & jam toast Seasonal fruits |

From August 18th
To August 22th





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

MORNING SNACK

| | | MORNING SNACK (Y2-Y6) | | Secondary students |
|-----------|--------|----------------------------|------------------|--------------------|
| Monday | 18-Aug | Dried Fruits | Yogurt | Oxygen Menu |
| Tuesday | 19-Aug | Savoury Chicken Floss Cake | Lime juice | Oxygen Menu |
| Wednesday | 20-Aug | Corn flakes | Fresh milk | Oxygen Menu |
| Thursday | 21-Aug | Oatmeal cookie | Watermelon juice | Oxygen Menu |
| Friday | 22-Aug | Chicken soup | Bread | Oxygen Menu |



LUNCH

(Y1-Y6; Y7-Y13 & Adult)



BRITISH
INTERNATIONAL SCHOOL
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A NORD ANGLIA EDUCATION SCHOOL

| | | Soup | Vegetables | Main dish | Side dish | Starch | Dessert |
|-----------|--------|----------------------|-------------------------------|--|-------------------------------|---------------|----------------|
| Monday | 18-Aug | Pumpkin soup | Steamed chayote | Braised beef with vegetables | Scrambled egg | Steamed rice | Seasonal Fruit |
| Tuesday | 19-Aug | Bún cá | | | | | Seasonal Fruit |
| Wednesday | 20-Aug | Potato & carrot soup | Stir fried bokchoy & mushroom | Minced pork & piper lotot | Vegetable & tofu curry | Steamed rice | Apple Muffin |
| Thursday | 21-Aug | Phở Gà & quẩy | | | | | Seasonal Fruit |
| Friday | 22-Aug | Green squash soup | Boiled radish & carrot | Simmered fish with fish sauce & ginger | Sauteed pork pie & vegetables | Turmeric rice | Yogurt |



BIBIM'BITES LUNCH

(Y1-Y6; Y7-Y13 & Adult)



BRITISH
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| | | Soup | | Main dish | | Side dish | | Starch |
|-----------|--------|------------------------------|------------|---|-----------------|-----------------|-------------|--------------|
| Monday | 18-Aug | Potato soup | 맑은감자국 | Sauteed shrimp & garlic scapes | 새우 볶음과 마늘 줄기 | Seasonal radish | 무생채 | Steamed rice |
| Tuesday | 19-Aug | Egg Jjamppong Soup | 계란짬뽕국 | Stewed Beef | 사태찜 | Seafood pancake | 해산물 팬케이크 | Steamed rice |
| Wednesday | 20-Aug | Kimchi & bean sprout soup | 김치콩나물 국 | Oven baked boneless chicken & cheese | 닭다리살구이 & 치즈 | Rolled Egg | 계란말이 | Steamed rice |
| Thursday | 21-Aug | Seaweed soup | 미역국 | Seafood Bulgogi | 짬뽕불고기 | Fried Tofu | 두부구이 | Steamed rice |
| Friday | 22-Aug | Beef soup | 갈비탕 | Chicken tempura | 닭다리살치킨 | Cabbage Salad | 양배추 샐러드 | Steamed rice |

배추김
치/
Kimchi



Marco polo

LUNCH

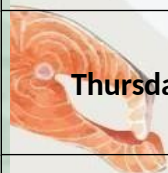
(Y1-Y6; Y7-Y13 & Adult)



BRITISH
INTERNATIONAL SCHOOL
HANOI

A NORD ANGLIA EDUCATION SCHOOL

| | | Soup | Starter | Main dish | Side dish | Starch | Dessert | Vegetarian option |
|-----------|--------|----------------------|----------------------------------|-------------------------------------|----------------------------|---------------|----------------|--|
| Monday | 18-Aug | Asparagus soup | Bruschetta | pork loin, Spinach sauce | Grilled tomato with herbs | Garlic potato | Seasonal Fruit | Chickpeas curry & coconut cream |
| Tuesday | 19-Aug | Green pea soup | Asparagus, carrot and mayo toast | Chicken chasseur | Stir fried zucchini, thyme | Farfalle | Seasonal Fruit | Stewed mushroom & egg |
| Wednesday | 20-Aug | Broccoli, onion soup | Orange & red radish | Oven baked fish fillet, basil sauce | Sauteed garlic scape | Penne | Apple Muffin | Fruit spring roll |
| Thursday | 21-Aug | Creamy carrot soup | Spanish omelette | Beef ball in tomato sauce | Garlic string bean | Spaghetti | Seasonal Fruit | Sweet Potato & Black Bean Chili & cheese |
| Friday | 22-Aug | Mushroom chowder | Spring roll | BBQ pork | Steamed vegetables | Fried rice | Yogurt | Tofu Ratatouille |



Aden
for schools



The Garden

EYFS



BRITISH
INTERNATIONAL SCHOOL
HANOI

A NORD ANGLIA EDUCATION SCHOOL

| | | Morning snack | | Soup | Vegetable | Main dish | Side dish | Starch | Dessert | Afternoon Snack |
|-----------|--------|----------------------------|------------------|----------------------|----------------------------------|--|-------------------------------|---------------|-----------------|--------------------------------|
| | | | | | | | | | | |
| Monday | 18-Aug | Dried Fruits | No sugar Yogurt | Pumpkin soup | Steamed chayote | Braised beef with vegetables | Scrambled egg | Steamed rice | Seasonal Fruit | Crepe and watermelon juice |
| Tuesday | 19-Aug | Savoury Chicken Floss Cake | Lime juice | Green pea soup | Asparagus, carrot and mayo toast | Chicken chasseur | Stir fried zucchini, thyme | Farfalle | Seasonal Fruit | Apple & mango smoothie |
| Wednesday | 20-Aug | Corn flakes | Fresh milk | Potato & carrot soup | Stir fried bokchoy & mushroom | Minced pork & piper lotot | Vegetable & tofu curry | Steamed rice | Apple Muffin | Pancake & orange juice |
| Thursday | 21-Aug | Oatmeal cookie | Watermelon juice | Creamy carrot soup | Spanish omelette | Beef ball in tomato sauce | Garlic string bean | Spaghetti | Seasonal Fruit | Kimbab & passion fruit juice |
| Friday | 22-Aug | Chicken soup | Bread | Green squash soup | Boiled radish & carrot | Simmered fish with fish sauce & ginger | Sauteed pork pie & vegetables | Turmeric rice | No sugar Yogurt | Ham sandwich & seasonal fruits |

From August 25th
To August 29th





MORNING SNACK

| | | MORNING SNACK (Y2-Y6) | | Secondary students |
|-----------|--------|------------------------------|---------------------|--------------------|
| Monday | 25-Aug | Corn flakes | Fresh milk | Oxygen Menu |
| Tuesday | 26-Aug | Sticky rice with minced pork | Passion fruit juice | Oxygen Menu |
| Wednesday | 27-Aug | Mixed Fruits | Yogurt | Oxygen Menu |
| Thursday | 28-Aug | Sausage pizza | Lime juice | Oxygen Menu |
| Friday | 29-Aug | Minced beef soup | Bread | Oxygen Menu |





LUNCH

(Y1-Y6; Y7-Y13 & Adult)



BRITISH
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| | | Soup | Vegetables | Main dish | Side dish | Starch | Dessert |
|---|--------|-------------------------------|----------------------|----------------------------|---------------------------------|--------------|----------------|
|  Monday | 25-Aug | Green squash soup with shrimp | Stir fried beansprot | Sauteed diced beef | Fish cake in sweet & sour sauce | Steamed rice | Seasonal Fruit |
| Tuesday | 26-Aug | Mì gà tần | | | | | Seasonal Fruit |
| Wednesday | 27-Aug | Green mustard soup | Boiled cowpeas | Roasted chicken & honey | Spring roll | Steamed rice | Donut |
|  Thursday | 28-Aug | Phở bò, quẩy | | | | | Seasonal Fruit |
| Friday | 29-Aug | Broccoli & carrot soup | Boiled choy sum | Fish and green banana stew | Tofu & mushroom stew | Steamed rice | Yogurt |



BIBIM'BITES LUNCH

(Y1-Y6; Y7-Y13 & Adult)



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| | | Soup | | Main dish | | Side dish | | Starch |
|-----------|--------|-------------------------------|--------|------------------------|-------------|----------------------------|--------|--------------|
| Monday | 25-Aug | Clam Seaweed Soup | 조갯살미역국 | Pork Bulgogi | 돼지불고기 | Chives pancake | 파전 | Steamed rice |
| Tuesday | 26-Aug | Soybean paste & choy sum soup | 열무뎡장국 | Beef Rice bowl | 규동 | Braised tofu & minced pork | 마파두부 | Steamed rice |
| Wednesday | 27-Aug | Pollack & radish soup | 복엇국 | Sautéed pork with tofu | 제육두부 | Rolled Egg | 계란말이 | Steamed rice |
| Thursday | 28-Aug | Tuna kimchi soup | 참치김치찌개 | Teriyaki Chicken | 데리야끼 치킨 | Seasoned cabbage | 양배추샐러드 | Steamed rice |
| Friday | 29-Aug | Chinese cabbage soup | 배춧국 | Minced beef steak | 다진 소고기 스테이크 | Seasoned cucumber | 오이무침 | Steamed rice |

배추김
치 /
Kimchi





Marco polo

LUNCH (Y1-Y6; Y7-Y13 & Adult)



BRITISH
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| | | Soup | Starter | Main dish | Side dish | Starch | Dessert | Vegetarian option |
|---|--------|-----------------|------------------------|--|----------------------------|-----------------------|----------------|--|
|  Monday | 25-Aug | Potato soup | Apple salad | Coq au vin (Stewed chicken) | Sauteed shrimp & vegetable | Herbs potato | Seasonal Fruit | Penne Mushroom and cream sauce |
| Tuesday | 26-Aug | Tomato soup | Zucchini Casserole | Rosemary loin of pork | Sautéed green bean | Penne | Seasonal Fruit | Tofu tonkatsu |
| Wednesday | 27-Aug | Onion soup | Mixed bean salad | Provençale style braised beef | Sauteed zucchini | Garlic & cheese Bread | Donut | Egg, Cheddar and Vegetable Casserole |
|  Thursday | 28-Aug | Corn soup | Vegetables Ratatouille | Creamy mushroom pork | Avocado tomato bruschetta | Fusilli | Seasonal Fruit | Lentil curry |
| Friday | 29-Aug | Mixed bean soup | Chef salad | Creamy salmon, shrimp & asparagus linguine | Sautéed baby corn & carrot | Linguine | Yogurt | Roasted Tomato Linguine with Spinach and Chickpeas |





The Garden

EYFS



BRITISH
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| | | Morning snack | | Soup | Vegetable | Main dish | Side dish | Starch | Dessert | Afternoon Snack |
|-----------|--------|------------------------------|---------------------|-------------------------------|------------------------|----------------------------|---------------------------------|--------------|-----------------|---------------------------------------|
| | | | | | | | | | | |
| Monday | 25-Aug | Corn flakes | Fresh milk | Green squash soup with shrimp | Stir fried beansprout | Sauteed diced beef | Fish cake in sweet & sour sauce | Steamed rice | Seasonal Fruit | Plain bao bun & rice milk |
| Tuesday | 26-Aug | Sticky rice with minced pork | Passion fruit juice | Tomato soup | Zucchini Casserole | Rosemary loin of pork | Sautéed green bean | Penne | Seasonal Fruit | Corn & sweet potato smoothie |
| Wednesday | 27-Aug | Mixed Fruits | No sugar Yogurt | Green mustard soup | Boiled cowpeas | Roasted chicken & honey | Spring roll | Steamed rice | Donut | Homemade waffle & watermelon juice |
| Thursday | 28-Aug | Sausage pizza | Lime juice | Corn soup | Vegetables Ratatouille | Creamy mushroom pork | Avocado tomato bruschetta | Fusilli | Seasonal Fruit | Dried fruit and melon juice |
| Friday | 29-Aug | Minced beef soup | Bread | Broccoli & carrot soup | Boiled choy sum | Fish and green banana stew | Tofu & mushroom stew | Steamed rice | No sugar Yogurt | Butter & jam toast Seasonal fruits |



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