



MENU OF SEPTEMBER

WEEK 1

BREAKFAST

LUNCH

SNACK

MON
3.9

VIETNAMESE
NATIONAL DAY
NO SCHOOL

TUE
4.9

Bánh mì phô mai/
Bread with cheese

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp thịt bò măng tây/ Beef soup with asparagus
Thịt bò chiên Thái Lan/ Thailand fried beef
Canh cải mớ nấu thịt/ Vegetable soup with pork
Giá đỗ xào thịt/ Sauteed Bean spout with pork
Su su, cà rốt luộc/ Boiled chayote and carrot
Cơm trắng/ Steamed rice
Dưa hấu/ Watermelon

Sữa tươi Vinamilk/
Fresh Vinamilk milk

WED
5.9

Xôi Hoàng Phố/
Hoang Pho steamed
glutinous rice

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo chim đậu xanh/ Pigeon and green bean congee
Chả cốm/ Fried minced pork with young rice
Canh chua cá miền Nam/ Sour fish soup
Thăn lợn xào nấm/ Sauteed pork with mushroom
Ngồng cải luộc/ Boiled choysum
Cơm trắng/ Steamed rice
Sữa chua/ Yoghurt

Sữa tươi Vinamilk/
Fresh Vinamilk milk

THU
6.9

Bánh Petit Hoa quả
Petit Fruit cake

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo cá quả/ Snake-head fish congee
Cánh gà chiên mắm / Fried chicken wings with
fish sauce
Canh bắp cải nấu thịt/ Cabbage soup with pork
Hoa lơ, cà rốt xào thịt/ Sauteed cauliflower,
carrot with pork
Su su luộc/ Boiled chayote
Cơm trắng/ Steamed rice
Nho Mỹ/ Grape

Sữa tươi Vinamilk/
Fresh Vinamilk milk

FRI
7.9

Bánh Gato Bass/
Bass Gatoux

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo thịt băm/ Pork congee
Sườn sốt dứa/ Sauteed pork rib with pineapple
sauce
Canh bí đỏ nấu thịt/ Pumpkin soup with pork
Đậu sốt thịt/ Tofu with minced pork sauce
Giá đỗ xào thịt/ Sauteed Bean spout with pork
Cơm trắng/ Steamed rice
Caramen/ Crème caramel

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Pork and beef will be replaced by chicken, fish and egg for vegetarian students.



MENU OF SEPTEMBER

WEEK 2

BREAKFAST

LUNCH

SNACK

MON
10.9

Bánh bao chiên xúc xích/
Deep-fried dumpling
with sausage

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo nạc thăn/ Pork congee
Cá quả tẩm bột chiên giòn/ Deep fried fish
Canh gà rong biển/ Chicken soup with seaweed
Trứng tráng hành/ Fried egg with onion
Rau muống xào tỏi/ Sauteed water spinach
Cơm trắng/ Steamed rice
Dưa hấu/ Watermelon

Sữa tươi Vinamilk/
Fresh Vinamilk milk

TUE
11.9

Ngũ cốc Nestle/
Nestle cornflakes

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo trai hành răm/ Clam with herb congee
Thịt bò chiên Thái Lan/ Thailand fried beef
Canh chua cá miền Nam/ Sour fish soup
Cải ngọt xào thịt/ Sauteed choysum with pork
Đậu bắp luộc/ Boiled okra
Cơm trắng/ Steamed rice
Chuối tây/ Banana

Sữa tươi Vinamilk/
Fresh Vinamilk milk

WED
12.9

Bánh cuốn thịt/
Rice rolls with pork

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo gà bí đỏ/ Chicken and pumpkin congee
Sườn sốt chanh dây/ Sauteed pork rib with passion
fruit juice
Canh cải bó xôi nấu thịt/ Spinach soup with pork
Spaghetti/ Mỳ ý
Cơm trắng/ Steamed rice
Yakult/ Yakult

Sữa tươi Vinamilk/
Fresh Vinamilk milk

THU
13.9

Bánh mì Pate/
Bread and "Pate"

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo tôm cà rốt/ Shrimp congee with carrot
Tôm sốt chua ngọt/ Shrimp with sweet and
sour sauce
Canh cải mớ nấu thịt/ Vegetable soup with pork
Khoai tây chiên bơ/ Fried potato with butter
Đậu quả luộc/ Boiled Cove bean
Cơm trắng/ Steamed rice
Thanh long/ Dragon Fruit

Sữa tươi Vinamilk/
Fresh Vinamilk milk

FRI
14.9

Xôi gà Cung Đình
Cung Đình/Glutinous
rice with chicken

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp gà nấm/ Chicken soup with mushroom
Thịt gà chiên mỡ/ Fried chicken with fish sauce
Canh khoai môn, cà rốt nấu thịt/ Taro and carrot
soup with pork
Su su xào thịt bò/ Sauteed chayote with beef
Giá đỗ luộc/ Boiled Sauteed Bean
Cơm trắng/ Steamed rice
Táo Gala Mỹ/ American Gala Apple

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Pork and beef will be replaced by chicken, fish and egg for vegetarian students.

BREAKFAST

LUNCH

SNACK

MON
17.9

Bánh mì Pate/
Bread and "Pate"

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp gà nấm/ Chicken soup with mushroom
Sườn xào chua ngọt/ Sweet and sour rib
Canh khoai môn nấu sườn/ Taro soup with pork-rib
Mướp Nhật xào thịt bò/ Sauteed snake gourd with beef
Su su, cà rốt luộc/ Boiled chayote and carrot
Cơm trắng/ Steamed rice
Chuối tiêu/ Banana

Sữa tươi Vinamilk/
Fresh Vinamilk milk

TUE
18.9

Xôi lạp sườn
Glutinouse rice with
Chinese sausage

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo sườn/ Congee with rib
Tôm bao bột chiên/ Fried shrimp
Canh củ cải đường nấu thịt/ Radish soup with pork
Spaghetti/ Mỳ ý
Cơm trắng/ Steamed rice
Sữa Yakult/ Yakult

Sữa tươi Vinamilk/
Fresh Vinamilk milk

WED
19.9

Bánh Butter Chocolate
Butter chocolate cake

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo bò/ Beef congee
Cá basa tẩm bột chiên giòn / Deep - fried fish
Canh cải mớ nấu thịt/ Vegetable soup with pork
Ngô ngọt xào thịt/ Sauteed sweet corn with pork
Bí xanh luộc / Boiled zucchini
Cơm trắng/ Steamed rice
Dưa vàng/ Melon

Sữa ngô/
Corn milk

THU
20.9

Bánh bao chiên- xúc xích/
Deep-fried dumpling
with sausage

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo cá thì là/ Fish congee with dill
Thịt Bò nấu cary/ Beef curry
Canh bầu nấu thịt/ Gourd soup with pork
Trứng tráng cốm/ Fried egg with young rice
Cải thảo luộc/ Boiled Chinese cabbage
Cơm trắng/ Steamed rice
Thanh long/ Dragon Fruit

Sữa Yomost/
Yomost milk

FRI
21.9

Bánh sừng bò
Croissant

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp thịt bò cà rốt/ Beef soup with carrot
Gà chiên mè/ Deep - fried chicken with sesame seeds
Canh rong biển nấu thịt bò/ Seaweed soup with beef
Đậu mỡ sốt cà chua/ Sauteed tofu with tomato
Bông cải luộc/ Boiled broccoli
Cơm trắng/ Steamed rice
Táo Gala Pháp/ French Gala Apple

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Pork and beef will be replaced by chicken, fish and egg for vegetarian students.



MENU OF SEPTEMBER

WEEK 4

BREAKFAST

LUNCH

SNACK

MON
24.9

Bánh gato cuộn/
Rolled gatoux cake
Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp gà nấm/ Chicken soup with mushroom
Sườn xào chua ngọt/ Sweet and sour rib
Canh khoai môn nấu sườn/ Taro soup with pork-rib
Mướp Nhật xào thịt bò/ Sauteed snake gourd with beef"
Su su, cà rốt luộc/ Boiled chayote and carrot
Cơm trắng/ Steamed rice
Chuối tiêu/ Banana

Sữa tươi Vinamilk/
Fresh Vinamilk milk

TUE
25.9

Bánh Donut đường/
Doughnut with sugar
Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo sườn/ Congee with rib
Tôm bao bột chiên/ Fried shrimp
Canh củ cải đường nấu thịt/ Radish soup with pork
Spaghetti/ Mỳ ý
Cơm trắng/ Steamed rice
Sữa Yakult/ Yakult

Sữa tươi Vinamilk/
Fresh Vinamilk milk

WED
26.9

Bánh mì Pate
Bread and "Pate"
Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo bò/ Beef congee
Cá basa tẩm bột chiên giòn / Deep - fried fish
Canh cải mớ nấu thịt/ Vegetable soup with pork
Ngô ngọt xào thịt/ Sauteed sweet corn with pork
Bí xanh luộc / Boiled zucchini
Cơm trắng/ Steamed rice
Dưa vàng/ Melon

Sữa tươi Vinamilk/
Fresh Vinamilk milk

THU
27.9

Xôi xéo gà
Glutinous rice with
chicken
Sữa tươi Vinamilk/
Fresh Vinamilk milk

Cháo thịt băm ngô nếp/ Pork congee with corn
Chả cốm/ Fried minced pork with young rice
Canh chua giá đỗ/ Bean sprout sour soup
Đậu phụ sốt Tứ Xuyên/ Tofu with "Tứ Xuyên" sauce
Bí xanh luộc/ Boiled zucchini
Cơm trắng/ Steamed rice
Caramen/ Crème caramel

Sữa đậu nành
Soy milk

FRI
28.9

Bánh sừng bò
Croissant
Sữa tươi Vinamilk/
Fresh Vinamilk milk

Súp hải sản/ Seafood soup
Tôm bao bột chiên/ Fried shrimp
Canh khoai tây, cà rốt nấu sườn/ Potato soup with porkrib
Cải ngọt xào thịt/ Sauteed choysum with pork
Bắp cải luộc/ Boiled cabbage
Cơm trắng/ Steamed rice
Dưa hấu/ Watermelon

Sữa tươi Vinamilk/
Fresh Vinamilk milk

Pork and beef will be replaced by chicken, fish and egg for vegetarian students.