



# Newsletter

## JUNE & JULY



### Our Academic Theme

Summer is here and with it comes LOTS of fun summer activities!

From the all new STEM course to guitar lessons, swimming and outings to the theatre, the six (6) weeks of Sunshine House will be brimming with activities, food, clothing, kiting, water sports and other summer based adventures that will help your children enjoy the FUNNEST and HOTTEST season of the year!



### Fantastic Days!

6<sup>th</sup> June – Moving Up Day

15<sup>th</sup> June – Birthday Celebration

30<sup>th</sup> June – Swimsuit Day/Water Day

6<sup>th</sup> July – Birthday Celebration

14<sup>th</sup> July – Kite Day



### Birthday parties

#### \*\*\*Monthly Birthday Celebration:

15<sup>th</sup> of June

6<sup>th</sup> of July

#### \*\*\* Celebrants' info

Le Thanh Hai (Boy) - 8th Jun 2012  
 Ong Khac Nam Khanh (Boy) - 14th Jun 2013  
 Emily Hoang Campioni (Girl) - 15th Jun  
 Dao Tan Phat (Boy) - 16th Jun 2014  
 Lai Hoang An Nguyen (Boy) - 18th Jun 2012  
 Pooh Bear (Boy) - 23rd Jun 2012  
 Tran Cong Khai Ky (Boy) - 28th Jun 2013

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 Bui Minh Duc (Boy) - 1st July 2015  
 Scarlet Rose Marygail Slipache (Girl) - 4th July 2016  
 Ameli Alibek (Girl) - 15th July 2014  
 Cu Bao Ngan (Girl) - 18th July 2012  
 Vu Dylan (Boy) - 21st July 2015  
 Piro Elvera Yen Sicilia (Girl) - 21st July 2014  
 Smera Vivek More (Girl) - 23rd July 2016  
 Fidel Oliver Caballero Williams (Boy) - 29th July 2013  
 Tran Le Thuy Anh (Girl) - 29th July 2012



\*\*\* As always, we would like to invite the family of the June & July celebrants to join us as we celebrate this special occasion. Please don't forget to check everything you need in preparation for the party!

#### What to prepare:

- One (1) birthday cake for your child.
- One (1) exchange gift for each of the other celebrants for the month.
- Five (5) of your child's photos on or before the 7th of June.

# JUNE CURRICULUM – PRE NURSERY

THEME: WORLD SUMMER

| Name of Subjects                         | Week 1: 5 Jun - 9 Jun | Week 2: 12-16 Jun                                                                         | Week 3: 19-23 Jun                                                     | Week 4: 26-30 Jun                                                                                       |
|------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Game</b><br>(1 lessons/wk)            | Reivew                | Shapes in colour                                                                          | Match it                                                              | Domino                                                                                                  |
| <b>English</b><br>(2 lessons/wk)         | Review                | 1. Learn about summer toys: kites, waterslide, buoy, water tube, fishing rod<br>2. Review | 1. Learn about summer food: ice cream, juice, jelly, che<br>2. Review | 1. Learn about summer clothes: swimsuit, sunglasses, shorts, flip flops, cap, swim goggles<br>2. Review |
| <b>Life Skills</b><br>(1 lesson/wk)      | Review                | 1. How to prepare for a field trip<br>2. Class rules                                      | 1. How to wash hands<br>2. How to use the toilet                      | 1. How to use lockers<br>2. How to tidy up the toys                                                     |
| <b>Art &amp; Crafts</b><br>(1 lesson/wk) | Review                | Decorate the ice cream                                                                    | Stick the boat and decorate them with colour sand                     | Colour the beach picture                                                                                |
| <b>Music</b><br>(1 lessons/wk)           | Review                | Learn about the drum                                                                      | Learn about the maracas                                               | Learn about the tambourine                                                                              |
| <b>Cooking</b><br>(1 lesson/1 wk)        | Review                | Make lemonade                                                                             | Make Jelly                                                            | Make avocado juice                                                                                      |

# JULY CURRICULUM – PRE NURSERY

THEME: WORLD SUMMER

| Name of Subjects                         | Week 1: 3 July - 7 July                                                           | Week 2: 10-14 July                                      | Week 3: 17-21 July | Week 4: 24-28 July |
|------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|--------------------|
| <b>Game</b><br>(1 lessons/wk)            | Neck Size                                                                         | Inside Outside                                          | Summer Break       | Summer Break       |
| <b>English</b><br>(2 lessons/wk)         | 1. Learn about summer weather: hot, sunny<br>2. Learn about weather: windy, clear | 1. Review toys & food<br>2. Review clothes and weather. | Summer Break       | Summer Break       |
| <b>Life Skills</b><br>(1 lesson/wk)      | 1. How to drink water and tidy up the cups<br>2. How to use belongings            | How to brush teeth                                      | Summer Break       | Summer Break       |
| <b>Art &amp; Crafts</b><br>(1 lesson/wk) | Color the ship and stick the lifesavers on the ship                               | Stick the waves                                         | Summer Break       | Summer Break       |
| <b>Music</b><br>(1 lessons/wk)           | Dance the song "The Sea" with the balls                                           | Dance the song "The Sea" with the balls                 | Summer Break       | Summer Break       |
| <b>Cooking</b><br>(1 lesson/1 wk)        | Tangerine juice                                                                   | Pineapple juice                                         | Summer Break       | Summer Break       |



# Menu of June 2018



## WEEK 1

| Monday/Thứ 2                                                                        | Tuesday/Thứ 3                                                            | Wednesday/Thứ 4                                                           | Thursday/Thứ 5                                                      | Friday/Thứ 6                                                 |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------|
| 4-Jun                                                                               | 5-Jun                                                                    | 6-Jun                                                                     | 7-Jun                                                               | 7-Jun                                                        |
| <b>Bánh bao bắp cải thịt xay</b><br><i>Minced pork and cabbage Dumpling</i>         | <b>Bánh Madeleine</b><br><i>Madelein cake</i>                            | <b>Bánh mì Pate</b><br><i>Bread and "Pate"</i>                            | <b>Xôi xéo gà</b><br><i>Glutinous rice with chicken</i>             | <b>Bánh cuốn thịt</b><br><i>Rice rolls with pork</i>         |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                              | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                   | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                    | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>              | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>       |
| <b>Cháo trai hành răm</b><br><i>Clam with herb congee</i>                           | <b>Súp gà nấm</b><br><i>Chicken soup with mushroom</i>                   | <b>Cháo cá thì là</b><br><i>Fish congee with dill</i>                     | <b>Cháo thịt băm ngô nếp</b><br><i>Pork congee with corn</i>        | <b>Súp hải sản</b><br><i>Seafood soup</i>                    |
| <b>Canh rau ngót nấu giò sống</b><br><i>saupus androgynus soup with minced pork</i> | <b>Canh gà nấm</b><br><i>Chicken with mushroom soup</i>                  | <b>Canh khoai tây, cà rốt nấu sườn</b><br><i>Potato soup with porkrib</i> | <b>Canh rau ngót nấu thịt</b><br><i>Cress soup with minced pork</i> | <b>Canh sườn nấu chua</b><br><i>Sour rib soup</i>            |
| <b>Cánh gà chiên mắm</b><br><i>Fried chicken wings with fish sauce</i>              | <b>Chả cốm</b><br><i>Fried minced pork with young rice</i>               | <b>Thịt gà chiên KFC</b><br><i>KFC deepfried chicken</i>                  | <b>Chả cốm</b><br><i>Fried minced pork with young rice</i>          | <b>Tôm bao bột chiên</b><br><i>Fried shrimp</i>              |
| <b>Mướp Nhật xào thịt bò</b><br><i>Sauteed snake gourd with beef</i>                | <b>Trứng chim cút kho xì dầu</b><br><i>Stewed quail eggs with maggie</i> | <b>Ngô chiên bơ</b><br><i>Fried corn with butter</i>                      | <b>Đậu phụ sốt Tứ Xuyên</b><br><i>Tofu with "Tứ Xuyên" sauce</i>    | <b>Cải ngọt xào thịt</b><br><i>Sauteed choysum with pork</i> |
| <b>Su su, cà rốt luộc</b><br><i>Boiled chayote and carrot</i>                       | <b>Bí xanh luộc</b><br><i>Boiled zucchini</i>                            | <b>Bông cải luộc</b><br><i>Boiled broccoli</i>                            | <b>Bí xanh luộc</b><br><i>Boiled zucchini</i>                       | <b>Bắp cải luộc</b><br><i>Boiled cabbage</i>                 |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                                             | <b>Cơm trắng</b><br><i>Steamed rice</i>                                  | <b>Cơm trắng</b><br><i>Steamed rice</i>                                   | <b>Cơm trắng</b><br><i>Steamed rice</i>                             | <b>Cơm trắng</b><br><i>Steamed rice</i>                      |
| <b>Dưa hấu</b><br><i>Watermelon</i>                                                 | <b>Xoài chín</b><br><i>Mango</i>                                         | <b>Thanh long</b><br><i>Dragon Fruit</i>                                  | <b>Caramen</b><br><i>Crème caramel</i>                              | <b>Dưa hấu</b><br><i>Watermelon</i>                          |
| <b>AFTERNOON SNACK / BỮA ĂN CHIỀU</b>                                               |                                                                          |                                                                           |                                                                     |                                                              |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                              | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                   | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                    | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>              | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>       |

## WEEK 2

| Monday/Thứ 2                                                           | Tuesday/Thứ 3                                                          | Wednesday/Thứ 4                                                  | Thursday/Thứ 5                                                   | Friday/Thứ 6                                                            |
|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------|
| 11-Jun                                                                 | 12-Jun                                                                 | 13-Jun                                                           | 14-Jun                                                           | 15-Jun                                                                  |
| <b>BREAKFAST / BỮA ĂN SÁNG</b>                                         |                                                                        |                                                                  |                                                                  |                                                                         |
| <b>Bánh Painau Raisins</b><br><i>Painau Raisins cake</i>               | <b>Bánh Gato Bass</b><br><i>Bass Gatoux</i>                            | <b>Bánh Donut đường</b><br><i>Doughnut with sugar</i>            | <b>Xôi gà nấm hương</b><br><i>Glutinous rice with mushroom</i>   | <b>Bánh sừng bò</b><br><i>Croissant</i>                                 |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                 | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                 | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>           | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>           | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                  |
| <b>LUNCH / BỮA ĂN TRƯA</b>                                             |                                                                        |                                                                  |                                                                  |                                                                         |
| <b>Cháo nạc thăn cải mớ</b><br><i>Pork congee with vegetable.</i>      | <b>Súp tôm</b><br><i>Shrimp soup</i>                                   | <b>Cháo sườn</b><br><i>Congee with rib</i>                       | <b>Cháo nạc thăn</b><br><i>Pork congee</i>                       | <b>Cháo thịt bò bí đỏ</b><br><i>Beef congee with pumpkin</i>            |
| <b>Canh khoai tây, cà rốt nấu thịt</b><br><i>Potato soup with pork</i> | <b>Canh thịt thả nấm</b><br><i>Pork soup with mushroom</i>             | <b>Canh bí đỏ nấu thịt</b><br><i>Pumpkin soup with pork</i>      | <b>Canh bí xanh nấu thịt</b><br><i>Boiled zucchini with pork</i> | <b>Canh mồng tơi nấu thịt</b><br><i>Ceylon spinach soup with pork</i>   |
| <b>Thịt bò sốt vang</b><br><i>Beef bourguignon</i>                     | <b>Tôm rang thịt xay 45g</b><br><i>Sauteed shrimp with minced pork</i> | <b>Thịt gà chiên mắm</b><br><i>Fried chicken with fish sauce</i> | <b>Cá basa tẩm bột chiên giòn</b><br><i>Deep-fried fish</i>      | <b>Thăn lợn tẩm bột chiên</b><br><i>Deep fried loin of pork</i>         |
| <b>Mướp hương xào thịt</b><br><i>Sauteed gourd with pork</i>           | <b>Su su xào thịt</b><br><i>Sauteed chayote with pork</i>              | <b>Trứng gà đào bông</b><br><i>Stir fried egg</i>                | <b>Khoai tây xào thịt</b><br><i>Sauteed pork with potato</i>     | <b>Cải thảo xào thịt bò</b><br><i>Sauteed Chinese cabbage with beef</i> |
| <b>Rau muống luộc</b><br><i>Boiled water spinach</i>                   | <b>Cải ngọt luộc</b><br><i>Sauteed choysum</i>                         | <b>Cải thảo luộc</b><br><i>Boiled Chinese cabbage</i>            | <b>Đậu quả luộc</b><br><i>Boiled Cove bean</i>                   | <b>Mướp Nhật luộc</b><br><i>Boiled snake gourd</i>                      |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                                | <b>Cơm trắng</b><br><i>Steamed rice</i>                                | <b>Cơm trắng</b><br><i>Steamed rice</i>                          | <b>Cơm trắng</b><br><i>Steamed rice</i>                          | <b>Cơm trắng</b><br><i>Steamed rice</i>                                 |
| <b>Quýt ngọt</b><br><i>Sweet tangerine</i>                             | <b>Hồng xiêm</b><br><i>Sapodilla Plum</i>                              | <b>Sữa chua</b><br><i>Yoghurt</i>                                | <b>Dưa lưới Nhật</b><br><i>Japanese Melon</i>                    | <b>Caramen</b><br><i>Crème caramel</i>                                  |
| <b>AFTERNOON SNACK / BỮA ĂN CHIỀU</b>                                  |                                                                        |                                                                  |                                                                  |                                                                         |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                 | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                 | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>           | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>           | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                  |

# Menu of June 2018

## WEEK 3



| Monday/Thứ 2                                                    | Tuesday/Thứ 3                                                 | Wednesday/Thứ 4                                             | Thursday/Thứ 5                                                       | Friday/Thứ 6                                                                   |
|-----------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 16-Jun                                                          | 17-Jun                                                        | 18-Jun                                                      | 19-Jun                                                               | 20-Jun                                                                         |
| BREAKFAST / BỮA ĂN SÁNG                                         |                                                               |                                                             |                                                                      |                                                                                |
| <b>Ngũ cốc Nestle</b><br><i>Nestle cornflakes</i>               | <b>Xôi chim bồ câu</b><br><i>Glutinous rice with pigeon</i>   | <b>Bánh mì phô mai</b><br><i>Bread with cheese</i>          | <b>Bánh bao xúc xích hấp</b><br><i>Steamed dumpling with sausage</i> | <b>Xôi đậu xanh thịt băm</b><br><i>Glutinous rice with green bean and pork</i> |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>          | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>        | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>      | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>               | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                         |
| LUNCH / BỮA ĂN TRƯA                                             |                                                               |                                                             |                                                                      |                                                                                |
| <b>Cháo chim bồ câu</b><br><i>Pigeon congee</i>                 | <b>Cháo sườn</b><br><i>Congee with rib</i>                    | <b>Súp hải sản</b><br><i>Seafood soup</i>                   | <b>Cháo trai hành răm</b><br><i>Clam with herb congee</i>            | <b>Cháo thịt băm</b><br><i>Pork congee</i>                                     |
| <b>Canh gà rong biển</b><br><i>Chicken soup with seaweed</i>    | <b>Canh bắp cải nấu thịt</b><br><i>Cabbage soup with pork</i> | <b>Canh cá nấu chua</b><br><i>Sour fish soup</i>            | <b>Canh bầu nấu thịt</b><br><i>Gourd soup with pork</i>              | <b>Canh sườn nấu chua</b><br><i>Sour rib soup</i>                              |
| <b>Chà cá</b><br><i>Grilled fish</i>                            | <b>Thịt bò kho</b><br><i>Stew beef</i>                        | <b>Cá kho tộ</b><br><i>Stew fish</i>                        | <b>Tôm bao bột chiên</b><br><i>Fried shrimp</i>                      | <b>Thịt gà tẩm bột ngũ vị</b><br><i>Fried chicken with herb.</i>               |
| <b>Ngô ngọt xào thịt</b><br><i>Sauteed sweet corn with pork</i> | <b>Spaghetti</b><br><i>Mỹ ý</i>                               | <b>Nấm sò xào thịt</b><br><i>Sauteed mushroom with pork</i> | <b>Trứng tráng cuộn</b><br><i>Fried and rolled egg</i>               | <b>Cải ngọt xào tỏi</b><br><i>Sauteed choysum with garlic</i>                  |
| <b>Bầu luộc</b><br><i>Boiled gourd</i>                          |                                                               | <b>Bông cải luộc</b><br><i>Boiled broccoli</i>              | <b>Su su, cà rốt luộc</b><br><i>Boiled chayote and carrot</i>        | <b>Mướp Nhật luộc</b><br><i>Boiled snake gourd</i>                             |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                         | <b>Cơm trắng</b><br><i>Steamed rice</i>                       | <b>Cơm trắng</b><br><i>Steamed rice</i>                     | <b>Cơm trắng</b><br><i>Steamed rice</i>                              | <b>Cơm trắng</b><br><i>Steamed rice</i>                                        |
| <b>Táo Gala Mỹ</b><br><i>American Gala Apple</i>                | <b>Chuối tây</b><br><i>Banana</i>                             | <b>Sữa chua yakult</b><br><i>Yakult yogurt</i>              | <b>Xoài chín</b><br><i>Mango</i>                                     | <b>Dưa hấu</b><br><i>Watermelon</i>                                            |
| AFTERNOON SNACK / BỮA ĂN CHIỀU                                  |                                                               |                                                             |                                                                      |                                                                                |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>          | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>        | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>      | <b>Nước chanh leo</b><br><i>Passion juice</i>                        | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                         |

## WEEK 4

| Monday/Thứ 2                                                 | Tuesday/Thứ 3                                                         | Wednesday/Thứ 4                                                    | Thursday/Thứ 5                                          | Friday/Thứ 6                                              |
|--------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| 23-Jun                                                       | 24-Jun                                                                | 25-Jun                                                             | 26-Jun                                                  | 27-Jun                                                    |
| BREAKFAST / BỮA ĂN SÁNG                                      |                                                                       |                                                                    |                                                         |                                                           |
| <b>Bánh mì Pate</b><br><i>Bread and "Pate"</i>               | <b>Xôi vùng dừa</b><br><i>Glutinous rice with sesame and coconut.</i> | <b>Bánh mì hoa cúc phô mai</b><br><i>Daisy bread with cheese</i>   | <b>Ngũ cốc Nestle</b><br><i>Nestle cornflakes</i>       | <b>Bánh Sponge Cake</b><br><i>Spong Cake</i>              |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>       | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>             | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>  | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>    |
| LUNCH / BỮA ĂN TRƯA                                          |                                                                       |                                                                    |                                                         |                                                           |
| <b>Cháo chim bồ câu</b><br><i>Pigeon congee</i>              | <b>Cháo sườn</b><br><i>Congee with rib</i>                            | <b>Cháo thịt bò đậu xanh</b><br><i>Beef congee with green bean</i> | <b>Súp thập cẩm</b><br><i>Mixed soup</i>                | <b>Cháo trai hành răm</b><br><i>Clam with herb congee</i> |
| <b>Canh gà rong biển</b><br><i>Chicken soup with seaweed</i> | <b>Canh bắp cải nấu thịt</b><br><i>Cabbage soup with pork</i>         | <b>Canh cá nấu chua</b><br><i>Sour fish soup</i>                   | <b>Canh bầu nấu thịt</b><br><i>Gourd soup with pork</i> | <b>Canh sườn nấu chua</b><br><i>Sour rib soup</i>         |
| <b>Trứng chim cút kho</b><br><i>Stewed quails</i>            | <b>Chả cốm</b><br><i>Fried minced pork with young rice</i>            | <b>Cá chiên xù</b><br><i>Deep-fried fish</i>                       | <b>Mực chiên xù</b><br><i>Fried squid</i>               | <b>Đùi ếch tẩm bột</b><br><i>Deep-fried frogs' legs</i>   |
| <b>Thịt bò lúc lắc</b><br><i>Sauteed diced beef</i>          | <b>Khoai tây xào thịt bò</b><br><i>Sauteed potato with beef</i>       | <b>Mướp Nhật xào</b><br><i>Sauteed snake gourd</i>                 | <b>Ngô chiên bơ</b><br><i>Fried corn with butter</i>    | <b>Su su xào thịt</b><br><i>Sauteed chayote with pork</i> |
| <b>Ngồng cải luộc</b><br><i>Boiled choysum</i>               | <b>Cải thảo luộc</b><br><i>Boiled Chinese cabbage</i>                 | <b>Củ cải luộc</b><br><i>Boiled turnip</i>                         | <b>Đậu quả luộc</b><br><i>Boiled Cove bean</i>          | <b>Bí xanh luộc</b><br><i>Boiled zucchini</i>             |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                      | <b>Cơm trắng</b><br><i>Steamed rice</i>                               | <b>Cơm trắng</b><br><i>Steamed rice</i>                            | <b>Cơm trắng</b><br><i>Steamed rice</i>                 | <b>Cơm trắng</b><br><i>Steamed rice</i>                   |
| <b>Sữa chua yakult</b><br><i>Yakult yogurt</i>               | <b>Chuối tây</b><br><i>Banana</i>                                     | <b>Nho Mỹ</b><br><i>Grape</i>                                      | <b>Dưa hấu</b><br><i>Watermelon</i>                     | <b>Sữa chua</b><br><i>Yoghurt</i>                         |
| AFTERNOON SNACK / BỮA ĂN CHIỀU                               |                                                                       |                                                                    |                                                         |                                                           |
| <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>       | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>                | <b>Nước chanh leo</b><br><i>Passion juice</i>                      | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>  | <b>Sữa tươi Vinamilk</b><br><i>Fresh Vinamilk milk</i>    |



# Menu of July 2018



## WEEK 1

| Monday/Thứ 2                                                           | Tuesday/Thứ 3                                                    | Wednesday/Thứ 4                                                           | Thursday/Thứ 5                                                      | Friday/Thứ 6                                                 |
|------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------|
| 2-Jul                                                                  | 3-Jul                                                            | 4-Jul                                                                     | 5-Jul                                                               | 6-Jul                                                        |
| <b>Bánh gato cuộn</b><br><i>Rolled gatoux cake</i>                     | <b>Bánh Donut đường</b><br><i>Doughnut with sugar</i>            | <b>Bánh mì Pate</b><br><i>Bread and "Pate"</i>                            | <b>Xôi xéo gà</b><br><i>Glutinous rice with chicken</i>             | <b>Bánh cuốn thịt</b><br><i>Rice rolls with pork</i>         |
| Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                        | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                  | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                           | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                     | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>              |
| <b>Cháo chim bồ câu</b><br><i>Pigeon congee</i>                        | <b>Cháo thịt bò cải mөр</b><br><i>Beef with vegetable congee</i> | <b>Cháo cá thì là</b><br><i>Fish congee with dill</i>                     | <b>Cháo thịt bằm ngô nếp</b><br><i>Pork congee with corn</i>        | <b>Súp hải sản</b><br><i>Seafood soup</i>                    |
| <b>Canh cải thảo nấu thịt</b><br><i>Chinese cabbage soup with pork</i> | <b>Canh bí đỏ nấu sườn</b><br><i>Pumpkin soup with porkrib</i>   | <b>Canh khoai tây, cà rốt nấu sườn</b><br><i>Potato soup with porkrib</i> | <b>Canh rau ngót nấu thịt</b><br><i>Cress soup with minced pork</i> | <b>Canh sườn nấu chua</b><br><i>Sour rib soup</i>            |
| <b>Cá hồi nướng bơ</b><br><i>Grilled Salmon with butter</i>            | <b>Thăn lợn tẩm bột chiên</b><br><i>Deep fried loin of pork</i>  | <b>Thịt gà chiên KFC</b><br><i>KFC Deep fried chicken</i>                 | <b>Chả cốm</b><br><i>Fried minced pork with young rice</i>          | <b>Tôm bao bột chiên</b><br><i>Fried shrimp</i>              |
| <b>Măng tây xào thịt</b><br><i>Sauteed asparagus with pork</i>         | <b>Khoai tây xào thịt</b><br><i>Sauteed pork with potato</i>     | <b>Ngô chiên bơ</b><br><i>Fried corn with butter</i>                      | <b>Đậu phụ sốt Tứ Xuyên</b><br><i>Tofu with "Tứ Xuyên" sauce</i>    | <b>Cải ngọt xào thịt</b><br><i>Sauteed choysum with pork</i> |
| <b>Củ cải luộc</b><br><i>Boiled turnip</i>                             | <b>Su su luộc</b><br><i>Boiled chayote</i>                       | <b>Bông cải luộc</b><br><i>Boiled broccoli</i>                            | <b>Bí xanh luộc</b><br><i>Boiled zucchini</i>                       | <b>Bắp cải luộc</b><br><i>Boiled cabbage</i>                 |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                                | <b>Cơm trắng</b><br><i>Steamed rice</i>                          | <b>Cơm trắng</b><br><i>Steamed rice</i>                                   | <b>Cơm trắng</b><br><i>Steamed rice</i>                             | <b>Cơm trắng</b><br><i>Steamed rice</i>                      |
| <b>Chuối tiêu</b><br><i>Banana</i>                                     | <b>Sữa chua</b><br><i>Yoghurt</i>                                | <b>Thanh long</b><br><i>Dragon Fruit</i>                                  | <b>Caramen</b><br><i>Crème caramel</i>                              | <b>Dưa hấu</b><br><i>Water melon</i>                         |
| <b>AFTERNOON SNACK / BỮA ĂN CHIỀU</b>                                  |                                                                  |                                                                           |                                                                     |                                                              |
| Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                        | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                  | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                           | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                     | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>              |

## WEEK 2

| Monday/Thứ 2                                                               | Tuesday/Thứ 3                                                   | Wednesday/Thứ 4                                                               | Thursday/Thứ 5                                                      | Friday/Thứ 6                                                                       |
|----------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 9-Jul                                                                      | 10-Jul                                                          | 11-Jul                                                                        | 12-Jul                                                              | 13-Jul                                                                             |
| <b>BREAKFAST / BỮA ĂN SÁNG</b>                                             |                                                                 |                                                                               |                                                                     |                                                                                    |
| <b>Bánh bao chiên- xúc xích</b><br><i>Deep-fried dumpling with sausage</i> | <b>Ngũ cốc Nestle</b><br><i>Nestle cornflakes</i>               | <b>Bánh cuốn thịt</b><br><i>Rice rolls with pork</i>                          | <b>Bánh mì Pate</b><br><i>Bread and "Pate"</i>                      | <b>Xôi gà Cung Đình</b><br><i>Cung Đình Glutinous rice with chicken</i>            |
| Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                            | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                 | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                               | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                     | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                                    |
| <b>LUNCH / BỮA ĂN TRƯA</b>                                                 |                                                                 |                                                                               |                                                                     |                                                                                    |
| <b>Cháo nạc thăn</b><br><i>Pork congee</i>                                 | <b>Cháo trai hành răm</b><br><i>Clam with herb congee</i>       | <b>Cháo gà bí đỏ</b><br><i>Chicken and pumpkin congee</i>                     | <b>Cháo tôm cà rốt</b><br><i>Shrimp congee with carrot</i>          | <b>Súp gà nấm</b><br><i>Chicken soup with mushroom</i>                             |
| <b>Canh gà rong biển</b><br><i>Chicken soup with seaweed</i>               | <b>Canh chua cá miền Nam</b><br><i>Sour fish soup</i>           | <b>Canh cải bó xôi nấu giò sống</b><br><i>Spinach soup with minced pork</i>   | <b>Canh cải mөр nấu thịt</b><br><i>Vegetable soup with pork</i>     | <b>Canh khoai môn, cà rốt nấu sườn</b><br><i>Taro and carrot soup with porkrib</i> |
| <b>Cá quả tẩm bột chiên giòn</b><br><i>Deep-fried fish</i>                 | <b>Thịt bò chiên Thái Lan</b><br><i>Thailand fried beef</i>     | <b>Sườn sốt chanh dây</b><br><i>Sauteed pork rib with passion fruit juice</i> | <b>Tôm sốt chua ngọt</b><br><i>Shrimp with sweet and sour sauce</i> | <b>Thịt gà chiên mắm</b><br><i>Fried chicken with fish sauce</i>                   |
| <b>Trứng trắng cuộn</b><br><b>Fried and rolled egg</b>                     | <b>Cải ngọt xào thịt bò</b><br><i>Sauteed choysum with pork</i> | <b>Spaghetti</b><br><i>Mỳ ý</i>                                               | <b>Khoai tây chiên bơ</b><br><i>Fried potato with butter</i>        | <b>Su su xào thịt bò</b><br><i>Sauteed chayote with beef</i>                       |
| <b>Rau muống xào tỏi</b><br><i>Sauteed water spinach</i>                   | <b>Đậu bắp luộc</b><br><i>Boiled okra</i>                       |                                                                               | <b>Đậu quả luộc</b><br><i>Boiled Cove bean</i>                      | <b>Già đỗ luộc</b><br><i>Boiled Bean spout</i>                                     |
| <b>Cơm trắng</b><br><i>Steamed rice</i>                                    | <b>Cơm trắng</b><br><i>Steamed rice</i>                         | <b>Cơm trắng</b><br><i>Steamed rice</i>                                       | <b>Cơm trắng</b><br><i>Steamed rice</i>                             | <b>Cơm trắng</b><br><i>Steamed rice</i>                                            |
| <b>Xoài cắt chu</b><br><i>Mango</i>                                        | <b>Quýt ngọt</b><br><i>Sweet tangerine</i>                      | <b>Caramen</b><br><i>Crème caramel</i>                                        | <b>Thanh long</b><br><i>Dragon Fruit</i>                            | <b>Sữa chua</b><br><i>Yoghurt</i>                                                  |
| <b>AFTERNOON SNACK / BỮA ĂN CHIỀU</b>                                      |                                                                 |                                                                               |                                                                     |                                                                                    |
| Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                            | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                 | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                               | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                     | Sữa tươi Vinamilk<br><i>Fresh Vinamilk milk</i>                                    |