



Name:.....

Class :.....

**March 31 - April 04, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Fish Ball with Tomatoes Sauce Cá viên chiên sốt cà	Braised Chicken with Ginger, Rice Gà kho gừng	Honey Glazed Pork Ribs with Rice Thịt heo nướng mật ong	Assorted Sushi Rolls [e]	Cajun Spiced Basa Fish with Rice [g, e, f, m] Cá basa nướng Cajun
<b>2) WESTERN MEAL</b>	Roasted Chicken Drumstick with Garlic Butter, Rice Đùi gà nướng bơ tỏi, Cơm	Pork Schnitzel with Gravy, Rice, Mashed Potatoes [e, g] Thịt heo chiên, cơm, sốt nâu, khoai tây nghiền	Panko Crusted Fish Fillet with BBQ sauce with Roast Potatoes Cá chiên xù sốt BBQ, khoai tây nướng	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Crispy Western Fried Chicken with French Fries, [g, e] Gà chiên giòn và khoai tây chiên
<b>3) VEGETARIAN MEAL</b>	Mac n Cheese Nui phô mai chay	Honey Soy Glazed Tofu with Rice Đậu hũ khìa nước tương	Vietnamese Vegetables Curry with Rice [m] Cà ri Việt Nam rau củ chay	Japanese Tofu & Eggplant Ginger Stir Fry [sb] Đậu hũ non xào cà tím kiểu Nhật	Braised tofu with vegetables Đậu hũ kho rau củ
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole chipotle cream	1. Gochuchang Chicken, gochuchang Sauce, Seaweed Salad, miso Dressing 2. Japanese Salmon with Kale, Wasabi Mayo, Endamame	1. Beef Kofta, Tzatziki, Beetroot, Greek Salad 2. Falafel Bowl, Hummus, Roast Vegetable, Quinoa	1. Chicken Tikka Bowl, Yogurt marinated Chicken and mango Chutney 2. Bun Thit Nuong Vietnamese sausage noodles	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautee Pepper
<b>5) SALAD OPTION</b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Pho Ga (Chicken Noodle Soup) [g] U6 Pancake	Fried Spring Roll Noodles Bún chả giò U6 Hotdog bun with Scrambled Egg	Hu Tieu Thịt Heo (Sliced Pork Noodle Soup) [g] U6 French Toasted	Egg and Cheese Sandwich Sandwich trứng cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Fresh Tropical Fruit and Hotdog Roll with Juice	Fresh Tropical Fruit with Blueberry Brioche	Fresh Tropical Fruit and Cheese Croissant with Juice U6 Croissant	Fresh Tropical Fruit

If you have any allergy concerns please inform canteen manager

[g]-contains gluten

[s]-contains sesame

[f]-contains fish

[m]-contains milk

Our canteen is completely nut free

[e]-contains eggs

[sb]-contains soybean

[sf]-contains seafood



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**April 07-11, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	SCHOOL OFF	Sweet and Sour Pork with Rice [e,g] Thịt heo sốt chua ngọt	Stir-fried Udon with Pork and Vegetables Mì udon xào thịt heo và rau củ	Teriyaki Chicken Drumstick with Rice [s] Đùi gà sốt tương nhật	Fried Fish Ball with Garlic & Fish Sauce Cá viên chiên sốt mắm tỏi
<b>2) WESTERN MEAL</b>	SCHOOL OFF	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Chicken Carbonara with Pasta Nui gà sốt kem	Ham & Cheese Pizza	Grilled Chicken with BBQ Sauce, Fried Rice Gà nướng sốt BBQ, cơm chiên
<b>3) VEGETARIAN MEAL</b>	SCHOOL OFF	Spaghetti with Napoli Sauce [g,e] Mỳ ý sốt cà chay	Braised tofu with vegetables Đậu hũ kho rau củ	Lentil and Eggplant Curry with Coconut Milk, Rice Cà ri đậu lăng, cà tím nước cốt dừa	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ
	SCHOOL OFF	1. Gochuchang Chicken, gochuchang Sauce, Seaweed Salad, miso Dressing 2. Japanese Salmon with Kale, Wasabi Mayo, Endamame	1. Beef Kofta, Tzatziki, Beetroot, Greek Salad 2. Falafel Bowl, Hummus, Roast Vegetable, Quinoa	1. Chicken Tikka Bowl, Yogurt marinated Chicken and mango Chutney 2. Bun Thịt Nuong Vietnamese sausage noodles	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautee Pepper
	SCHOOL OFF	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	SCHOOL OFF	Ham and cheese Burritos	Bun Rieu (Rice Noodles in Tomato Broth) U6 Crepe	Stir-fried Vietnamese Macaroni with Pork Nui xào thịt heo U6 Hotdog with Scramble Eggs	Pulled Chicken Baguette with Side Veggies Bánh mì gà xé U6 Sandwich Chicken
<b>7. AFTERNOON SNACK</b>	SCHOOL OFF	Fresh Tropical Fruit with Juice	Fresh Tropical Fruit with Hamcheese roll	Fresh Tropical Fruit and Apple Danish with Juice	Fresh Tropical Fruit

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**April 14-18, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Braised Fish with Tomatoes, Rice Cá kho cà chua	Braised Pork with Radish, Rice Thịt kho củ cải	Fried Fish w/t Lemongrass Salt, Rice Cá chiên muối sả	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	SCHOOL OFF
<b>2) WESTERN MEAL</b>	Chicken Broccoli Casserole with pasta Nui gà bông cải xanh phô mai dứt lò	Baked Chicken Thigh with BBQ Sauce, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng	Spaghetti with Ground Pork, Vegetables and Creamy Sauce [e,g] Mỳ ý sốt kem thịt băm	Healthy American Goulash [m, e,g] Nui sốt bò băm rau củ	SCHOOL OFF
<b>3) VEGETARIAN MEAL</b>	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Vegan Bolognese Mỳ ý sốt Bolognese chay	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	SCHOOL OFF
	1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole chipotle cream	1. Gochuchang Chicken, gochuchang Sauce, Seaweed Salad, miso Dressing 2. Japanese Salmon with Kale, Wasabi Mayo, Endamame	1. Beef Kofta, Tzatziki, Beetroot, Greek Salad 2. Falafel Bowl, Hummus, Roast Vegetable, Quinoa	1. Chicken Tikka Bowl, Yogurt marinated Chicken and mango Chutney 2. Bun Thịt Nuong Vietnamese sausage noodles	SCHOOL OFF
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	SCHOOL OFF
<b>6) MORNING SNACK</b>	Egg & Ham English Muffin	Banh Canh Cha Ca (Udon Soup with Fish Cake) U6 Hotdog with sausage	Ssteamed thin rice pancak Fruit bánh ướt U6 Sandwich with butter and jam	Vietnamese Meatball with Tomata Sauce and Bread Bánh mì xíu mại U6 Toast Bread with butter (Bánh mì bơ đường)	SCHOOL OFF
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Fresh Tropical Fruit and Brownie with Juice	Fresh Tropical Fruit with Bánh gà	Fresh Tropical Fruit with Juice	SCHOOL OFF

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