



Name:.....

Class :.....

February 02-06, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Egg with Minced Pork Trứng chiên thịt băm	Stir-Fried Beef with Onion & Celerry Bò xào hành cần	Stuffed Tofu with Pork in Tomato Sauce Đậu hũ nhồi thịt sốt cà	Braised chicken with Tumeric Gà kho nghệ	Fried Fish Ball with Garlic & Fish Sauce [f] Cá viên sốt mắm tỏi
2) WESTERN MEAL	Breaded Fish with Mashed Potatoes and Gravy [e,f,g] Cá chiên xù, Khoai tây nghiền, sốt nâu	Crispy Prawn Burger with Side Salad Burger tôm với xà lách	Chicken Broccoli Pasta Casserole Nui gà bông cải xanh phô mai dứt lò	Roasted Pork Tenderloin with Apple Sauce Thăn heo nướng sốt táo	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng
3) VEGETARIAN MEAL	Stir-Fries Tofu with Onion[v] Đậu Hũ Xào Hành Tây	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Eggplant Parmesan with Rice [e,g,m] Cà tím nướng phô mai Parmesan	Vegan Bolognese Mỳ ý sốt Bolognese chay	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt
4) GLOBAL FOOD	Char Siu Pork with Chinese Steam Buns Bánh bao kẹp thịt heo xá xíu	Waterfall Fried Chicken/Tofu Rice Cơm chiên gà xối mỡ/Đậu hũ	Beef Lasagna/Vegetarian Lasgana Lasagna bò/Lasgana chay	Ground Beef with Black Bean/Tofu Rice Bowl with Grilled Vegetable, Guacamole Bò nấu đậu đen/Đậu hũ với rau củ nướng, Guacamole	Beef wrapped in lolot leaves/Vegetarian spring roll, Fine rice vermicelli Bánh hỏi bò lá lốt/Nem chay nướng
5) SALAD BAR	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK (along with yogurt, milk or juice and Vegetarian Option)	Pulled Chicken Sourdough Baguette with Side Veggies Bánh mì gà xé U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Maccaroni Vegetables Soup with Slice Pork Súp nui thịt heo U6 Toast with jam Bánh nướng với mứt	Stir-fried Noodles wwith Pork Mì thịt xào U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Chicken Bamboo Shot Noodle Soup Bún Măng Gà U6 Rice Milk Gạo nấu sữa	Egg and Cheese Brown Sandwich Sandwich trứng và phô mai U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây
7. AFTERNOON SNACK (along with yogurt, milk or juice and Vegetarian Option)	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce	Croissant with jam Bánh con cua với mứt U6 Fresh Fruit and Vegetables Sticks with Sauce	Carrot Muffin Bánh muffin cà rốt U6 Fresh Fruit and Vegetables Sticks with Sauce	Mini Swiss Bánh mì mềm nhân sô cô la U6 Fresh Fruit and Vegetables Sticks with Sauce	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce

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



Name:.....

Class :

February 23-27, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt tương nhật	Vietnamese Chicken Ragout Ragu gà	Slow-Cook Pork Belly & Eggs in Coconut Water Thịt Heo Kho Trứng	Vietnamese Pork Cutlets, Rice, Sweet & Sour Fish Sauce Sườn heo nướng mỡ hành, nước mắm chua ngọt	Fried Chicken wings with Tamarind Sauce Cánh gà chiên sốt me
2) WESTERN MEAL	Pasta Carbonara Pasta Sốt Kem Thịt Xông Khói	Stir-fried Sausages with Sweet & Sour Sauce Xúc xích xào sốt chua ngọt	Oven Baked Chicken Thigh with Chives & Lemon, Fried Rice Gà nướng hẹ và chanh với cơm chiên	Beef balls, gravy sauce with Hash Brown Thịt bò viên sốt nâu, bánh khoai tây	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese
3) VEGETARIAN MEAL	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Sauteed Vegetables and Tofu with Egg Noodles, Soy Sauce [e,sb] Mì trứng xào đậu hũ và rau củ, nước tương	Fresh Tofu with Mushroom Sauce [v, sb] Đậu hũ non sốt nấm	Chickpea Tofu Curry Cà ri đậu hũ đậu gà
4) GLOBAL FOOD	Vermicelli with grilled spring rolls/Vegetarian fried spring rolls Bún nem nướng/Chả giò chay	Chinese Crispy Noodles with Pork (Chow Mein) (Vegetarian Option) Mì xào giòn thịt heo (Sốt chay đậu hũ)	Pan Seared Chilean Sea Bass with Lemon Butter Sauce and Asparagus Cá chẽm Chi lê nướng sốt bơ chanh, măng tây	Hà Nội Styled Beef and Pickled Mustard Greens/Tofu Fried Rice Cơm rang dưa bò Hà Nội/Đậu hũ	Hawaiian Pizza/Magharita Pizza Pizza Hawa/Pizza sốt cà phô mai
5) SALAD BAR	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK (along with yogurt, milk or juice and Vegetarian Option)	Katsu Breaded Chicken Wrap Wrap gà chiên U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Thai's Style Noodle Soup Bún Thái U6 Sandwich with Scramble Eggs Sandwich trứng đánh	Steamed thin rice with Pork Loaf Bánh ướt chả lụa U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Pork Ribs Noodles Soup Hủ tiếu sườn U6 Pancake with jam Bánh Pancake với mứt	Ham cheese Croissant Bánh sừng trâu kẹp phô mai thịt nguội U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây
7. AFTERNOON SNACK (along with yogurt, milk or juice and Vegetarian Option)	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce	Apple Turnover Bánh nhân mứt táo U6 Fresh Fruit and Vegetables Sticks with Sauce	Open face grilled cheese with tomato Bánh mì nướng phô mai và cà chua U6 Fresh Fruit and Vegetables Sticks with Sauce	Pancake with jam and honey Bánh pancake với trái cây và mật ong U6 Fresh Fruit and Vegetables Sticks with Sauce	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce

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