



Name:.....

Class :.....

**February 03-07, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	SCHOOL HOLIDAY	Stewed Pork with Beans, Rice Thịt heo hầm đậu	Fried Fish with Tamarind Sauce Cá chiên sốt me	BBQ Chicken Drumstick with Rice Đùi gà nướng BBQ	Fried Fish Cake with Sweet & Sour Sauce Chả cá sốt chua ngọt
<b>2) WESTERN MEAL</b>	SCHOOL HOLIDAY	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Roasted Chicken Thigh with Honey, Roasted Potatoes Gà nướng mật ong, khoai tây nướng	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	American BBQ Pork Ribs with Hearty Vegetables and Smash Potatoes Sườn heo nướng BBQ kiểu Mỹ, khoai tây nghiền
<b>3) VEGETARIAN MEAL</b>	SCHOOL HOLIDAY	Spaghetty aglio e olio. Mỳ ý sốt olive và tỏi	Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ	Braised Vegetable Loaf with Soy Sauce [m, sb] Chả chay kho nước tương	Fried Eggs w/t Vegetables [v] Trứng chiên 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>		Baguette ham chese U6 Hotdog Ham chese	Hue style beef noodles bún bò U6 Crossant with jam and cream.	Súp nui (Maccaroni Vegetables Soup with Slice Pork) U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Vietnamese Egg Bread[g] Bánh mì trứng
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Orange Muffin with Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit with Lemon Cake and Juice	Fresh Tropical Fruit and Pancake with Juice	Fresh Tropical Fruit with Muffin and Juice

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**February 10-14, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Braised Pork with Pickles Heo Kho Cải Chua	Stir Fried Beef and Vegetable [sb] Bò xào rau củ	Sweet and Sour Pork with Rice [e,g] Thịt heo sốt chua ngọt	Teriyaki Chicken Drumstick with Rice [s] Đùi gà sốt tương nhật	Braised Fish with Pineapple with Rice Cá kho thơm
<b>2) WESTERN MEAL</b>	Baked Fish with Lemon & Dill, Roasted Corns Cá nướng chanh thì là, bắp nướng	Chicken Carbonara with Spaghetti Mỳ ý gà sốt kem và thịt xông khói	Breaded Chicken and Gravy, Smash Potatoes Gà chiên sốt nâu, khoai tây nghiền	Pan Seared Fish with Passion Fruit Sauce, Roasted Potatoes Cá áp chảo sốt chanh dây, khoai tây nướng	Roasted Chicken Thigh with Cajun, Mashed Sweet Potatoes Gà nướng Cajun, Khoai lang nghiền
<b>3) VEGETARIAN MEAL</b>	Braised tofu with vegetables Mì căn kho rau củ	Spaghetti with Napoli Sauce [g,e] Mỳ ý sốt cà chay	Tofu Stuffed with Vegetables served with Rice [sb] Đậu hũ nhồi rau củ	Vietnamese Vegetables Curry with Rice [m] Cà ri Việt Nam rau củ chay	Tofu with Asian Tomato Sauce Đậu hũ sốt cà
	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	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautee Pepper
	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	Cháo thịt băm Minced Pork Porridge U6 Crossant with cheese	Bún Thái Thai noodle U6 Stuffed Crepe	Mì Quảng Quang Nam noodle U6 hotdog bun with ham cheese	Egg and Cheese Sandwich Sandwich trứng cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Muffin with Juice	Fresh Tropical Fruit and Chocolate Rolls with Juice	Fresh Tropical Fruit with Patechoux and Juice	Fresh Tropical Fruit and Apple Danish with Juice	Fresh Tropical Fruit with Bánh bông lan cheese and Juice

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**February 17-21, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Fish w/t Sweet & Sour Sauce with Rice Cá chiên sốt chua ngọt	Stuffed Tofu with Pork in Tomato Sauce Đậu hũ nhồi thịt sốt cà	Braised Pork with Pepper, Rice Thịt heo kho tiêu, cơm trắng	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Fried Fish w/t Lemongrass Salt, Rice Cá chiên muối sả
<b>2) WESTERN MEAL</b>	Chicken Broccoli Casserole with pasta Nui gà bông cải xanh phô mai dứt lò	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng	Healthy American Goulash [m, e,g] Nui sốt bò băm rau củ	Roasted Pork Tenderloin with Apple Sauce, Smash Potatoes Thăn heo nướng sốt táo, khoai tây nghiền	Ham cheese Pizza
<b>3) VEGETARIAN MEAL</b>	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Meditereanean Chick Pea Pasta with Sauteed Vegetables [g] Nui đậu gà Địa trung hải	Vegan Bolognese Mỳ ý sốt Bolognese chay	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Tofu with Asian Tomato Sauce Đậu hũ sốt cà
	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	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautee Pepper
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Egg & Bacon English Muffin Bánh mì trứng và thịt nguội	Bún Mọc (Pork Noodles Soup) [g] U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Ssteamed thin rice pancak Fruit bánh ướt U6 Pancake with jam	Mi Trung (Egg Noodles Soup) U6 Ham and cheese Burritos	Swiss Cheese Chicken Ranch on Focaccia Bánh mì gà phô mai
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Hot dog Roll with Juice	Fresh Tropical Fruit and Brownie with Juice	Fresh Tropical Fruit with Bánh gà and Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit and Muffin with Juice

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**February 24-28, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Fish with Orange Sauce, Rice Cá chiên sốt cam	Vietnamese Pork Cutlets, Rice Sườn heo nướng mỡ hành	"Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt tương nhật	"Roasted Chicken Drumstick Rôti Đùi gà nướng Rô ti	Braised Pork with Pepper, Rice Thịt heo kho tiêu, cơm trắng
<b>2) WESTERN MEAL</b>	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	"Panko Crusted Fish Fillet, Roasted Corns Cá chiên xù, bắp nướng	Oven Baked Chicken Thigh with Chives & Lemon, French fries Gà nướng hẹ và chanh với khoai tây chiên	Baked Stuffed Pork Loin with Mashed Potatoes and Gravy Thịt heo cuộn với khoai tây nghiền, sốt nâu	Baked Fish with Pesto Sauce with Roasted Potatoes Cá nướng sốt Pesto, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	"Fresh Tofu with Mushroom Sauce [v, sb] Đậu hũ non sốt nấm	"Stir-Fried Tofu with Sweet & Sour Sauce, Rice Đậu hũ xào sốt chua ngọt	Sauteed Vegetables and Tofu with Egg Noodles [e, sb] Mì trứng xào đậu hũ và rau củ
	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	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautee Pepper
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Pulled Chicken Baguette with Side Veggies Bánh mì gà xé U6 Hotdog with Pulled chicken Bánh mì mềm gà xé	Banh Canh (Vietnamese Udon Noodle Soup) U6 Ham and Cheese Sandwich	Pho Bo (Beef Noodle Soup) U6 French Toasted with Jam	Hu Tieu Nam Vang (Nam Vang Style Noodle) [g] U6 Sandwich with Scramble Eggs	Ham cheese Croissant Bánh con của nhân ham cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Hot dog Roll with Juice	Fresh Tropical Fruit and Matcha and Chocolate Rolls with Juice	Fresh Tropical Fruit with Bánh gà and Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit and Banana muffin with Juice

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