



Name:.....

Class :.....

January 06-10, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Five Spices Roasted Chicken, Rice Gà Nướng ngũ vị, Cơm	Crispy Pork Belly with Soy Sauce, Rice [sb] Thịt heo quay da giòn sốt nước tương	Peppered Beef and Onion Stir Fry with Rice Bò xào hành tây	Fried Chicken with Fish sauce and Garlic, Rice Cơm gà chiên mắm tỏi	Fried Fish w/t Sweet & Sour Unspicy Fish Sauce, Rice Cá chiên giòn nước mắm chua ngọt
2) WESTERN MEAL	Pasta Carbonara Pasta Sốt Kem Thịt Xông Khói	Beef Lagsana Lagsana bò	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng	Pork Ribs and French Fries Sườn heo nướng kèm khoai tây chiên	Breaded and Spiced Pork Cutlets with Gravy, Smash Potatoes Thịt heo chiên với sốt nâu, khoai tây nghiền
3) VEGETARIAN MEAL	Stir-Fried Tofu with Sweet & Sour Sauce, Rice Đậu hũ xào sốt chua ngọt	Vegetables Eggs Loaf with Rice Chả trứng rau củ	Tofu and Sweet Potato Curry [sb,g] Cà ri đậu hũ khoai lang chay	Sicilian Spaghetti alla Norma Mỳ ý cà tím sốt cà chay.	Stuff Tofu with Mushroom and Tomato Sauce, Rice Đậu hũ nhồi nấm sốt cà
4) GLO BOWLS (RICE AND NOODLE BOWLS)	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. Lamb 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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Baguette ham chese U6 Hotdog Ham cheese	Phở gà U6 Stuffed Crepe	Hue style beef noodles bún bò U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Súp nui (Maccaroni Vegetables Soup with Slice Pork) U6 Crossant with jam and cream.	Katsu Breaded Chicken Wrap[g] Wrap gà chiên
7. AFTERNOON SNACK	Fresh Tropical Fruit and Orange Muffin with Juice	Fresh Tropical Fruit and Strawberry Roll with Juice	Fresh Tropical Fruit with ham Cheese Roll and Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit with Sausage Roll and Juice

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 :.....

January 13-17, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Baked Teriyaki Marinade Fish, Rice (f) Cá nướng sốt tương nhật	Fried Chicken Wings with Fish Sauce, Rice Cánh gà chiên nước mắm, cơm trắng	Braised Pork with Pepper, Rice Thịt heo kho tiêu, cơm trắng	Braised Fish with Tomatoes, Rice Cá kho cà chua	Stir-fried Udon with Beef and Vegetables Mì udon xào thịt bò và rau củ
2) WESTERN MEAL	Roasted Chicken Thigh with Honey, Roasted Corns and Potatoes Gà nướng mật ong, bắp và khoai tây nướng	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g,d] Mỳ ý thịt heo sốt kem nấm	Pan Seared Chicken with Passion Fruit Sauce, Fried Rice Gà áp chảo sốt chanh dây, cơm chiên	Fried pork Italy style and Mashed potatoé Thăn heo chiên kiểu Ý khoai tây nghiền	Ham & Cheese Pizza
3) VEGETARIAN MEAL	"Stir-Fried Rice Noodle with Tofu [v] Mỳ xào đậu hũ	Pumpkin and Chick Pea Curry Cà ri bí đỏ, đậu gà với com	Tamarind Tofu with Onions, Rice [sb] Đậu hũ sốt me	Mushroom Florentine Pasta. Nui sốt kem nấm cải bó xôi	Fried Eggs w/t Vegetables [v] Trứng chiên 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. Lamb 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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Cháo thịt băm Minced Pork Porridge U6 Pancake with jam	Bún Thái Thai noodle U6 Crossant with cheese	Mì Quảng Quang Nam chicken noodle U6 hotdog bun with ham cheese	Breded Chicken Sandwich Sandwich gà chiên
7. AFTERNOON SNACK	Fresh Tropical Fruit and Muffin with Juice	Fresh Tropical Fruit and Matcha and Chocolate Rolls with Juice	Fresh Tropical Fruit with Patechoux and Juice	Fresh Tropical Fruit and Brownie with Juice	Fresh Tropical Fruit with Bánh bông lan cheese and Juice

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January 20-24, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Pan Seared Fish with Passionfruit Sauce, Spiced Pumpkin and Greens [g] Cá áp chảo sốt chanh dây	Honey Glazed Pork Ribs with Rice Thịt heo nướng mật ong	Stewed Pork Belly with Quails Thịt kho trứng cút	Braised Chicken with Ginger, Rice Gà kho gừng	Cajun Spiced Basa Fish with Rice [g,e,f,m] Cá basa nướng Cajun
2) WESTERN MEAL	Pork Schnitzel with Gravy, Mashed Potatoes [e,g] Thịt heo chiên sốt nâu, khoai tây nghiền	Parmesan Crusted Fish, Roasted Potatoes Cá nướng phô mai Parmesan, khoai tây nướng	Roasted Chicken Drumstick with Garlic Butter, Garlic Fried Rice Đùi gà nướng bơ tỏi, Cơm chiên tỏi	Beef Stroganoff Mỳ ý thịt bò sốt kem nấm	Crispy Western Fried Chicken with French Fries [g,e] Gà chiên giòn và khoai tây chiên
3) VEGETARIAN MEAL	Grilled Vietnamese Eggplant with Rice [f, sb] Cà tím nướng mỡ hành	Bean Curd and Vegetables with Vegetarian Oyster Sauce Tàu hũ ki và rau củ sốt dầu hào chay	Stuff Tofu with Mushroom and Tomato Sauce, Rice Đậu hũ nhồi nấm sốt cà	Vietnamese Vegetables Curry with Rice [m] Cà ri Việt Nam rau củ chay	Honey Soy Glazed Tofu with Rice Đậu hũ khìa nước tương
	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. Lamb 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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Egg & Bacon English Muffin	Bún Mọc (Pork Noodles Soup) [g] U6 Stuffed Crepe	Ssteamed thin rice pancak Fruit bánh ướt U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Súp nui (Maccaroni Vegetables Soup with Slice Pork) U6 Crossant with jam and cream.	Swiss Cheese Chicken Ranch on Focaccia Bánh mì gà phô mai
7. AFTERNOON SNACK	Fresh Tropical Fruit and Hot dog Roll with Juice	Fresh Tropical Fruit and Chocolate Rolls with Juice	Fresh Tropical Fruit with Bánh gà and Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit with Mini Swiss and Juice

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