



Name:.....

Class :.....

January 05-09, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish Ball with Garlic & Fish Sauce [f] Cá viên sốt mắm tỏi	Sweet and Sour Pork [g] Thịt heo sốt chua ngọt	Vietnamese Pork Ragout Ragu heo	Teriyaki Chicken Drumstick with Rice [s] Đùi gà sốt tương nhạt	Fried Fish w/t Lemongrass Salt [f] Cá chiên muối sả
2) WESTERN MEAL	Chicken Carbonara with Spaghetti Mỳ ý gà sốt kem	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Baked Fish with Lemon & Dill, Roasted Potatoes Cá nướng chanh thì là, khoai tây nướng	Breaded Beef Cutlets and Gravy, Mashed Potatoes Bò chiên sốt nâu, khoai tây nghiền	Grilled Chicken with Tomato Sauce, Fried Rice Gà nướng sốt cà, cơm chiên
3) VEGETARIAN MEAL	Braised tofu with vegetables Mì căn kho rau củ	Eggplant Parmesan with Rice [e,g, m] Cà tím nướng phô mai Parmesan	Spaghetti with Napoli Sauce [g, e] Mỳ ý sốt cà chay	Fried Eggs [v] Trứng chiên	Tofu Stuffed with Vegetables served with Rice [sb] Đậu hũ nhồi rau củ
4) GLOBAL FOOD	Korean Spicy Tokbokki with Fish Cake and Boiled Egg Bánh gạo cay Hàn Quốc với chả cá và trứng luộc	Teriyaki Salmon/Tofu with Wasabi Mayo, Rice Cơm cá hồi/Đậu hũ nướng Teriyaki với sốt Wassabi Mayo	DIY Deli Sandwich with Wrap/hotdog bun Ham/Chicken Cheddar cheese	Mexican Chicken Fajita/Tofu Rice Bowl, grilled vegetable, Salsa Cơm Mexico gà xào ớt chuông/Đậu hũ với rau củ nướng, Salsa	Pasta Bar with Spaghetti/Penne, Cream/Tomato Sauce, Chicken/Ground Beef/Chickpea Pasta tự chọn Mỳ ý/Nui Ý Sốt kem sữa/Sốt cà Thịt gà/Bò xay/Đậu gà
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	Chicken pho Phở gà U6 Toast with jam Bánh nướng với mứt	Grilled Meat Noodles Bún thịt nướng U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Sliced Pork Noodle Soup Hủ Tiếu Thịt Heo 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	Pate Chaud Bánh ngàn lớp nhân thịt U6 Fresh Fruit and Vegetables Sticks with Sauce	Brioche with seeds Bánh mì hoa cúc với hạt U6 Fresh Fruit and Vegetables Sticks with Sauce	Banana Bread Bánh Chuối 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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Name:.....

Class :.....

January 12-16, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] Mì xào singapore, thịt xá xiu	Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt tương nhật	Braised chicken with Vietnamese Basil Gà kho lá quế	Deep Friced red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt
2) WESTERN MEAL	Fish & Chips [e,f,g] Cá chiên giòn và khoai tây chiên	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Chicken Casserole with pasta Nui gà phô mai dứt lò	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây nướng	Porchetta (Italian Pork Roast), Smashed potatoes Thăn heo chiên kiểu Ý, khoai tây nghiền
3) VEGETARIAN MEAL	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Braised Vegetable Loaf with Soy Sauce [m,sb] Chả chay kho nước tương	Sweet and Sour Vegetable tofu Rau củ đậu hũ chua ngọt	Sunny Side Fried Egg Trứng ốp la	Sicilian Spaghetti alla Norma. Mỳ ý rau củ chay
4) GLOBAL FOOD	Germany Sausages with Rosemary and Garlic Baked Potato Wedges Xúc xích Đức với khoai tây nướng	Hawaiian Pizza/Magharita Pizza Pizza Hawa/Pizza sốt cà phô mai	Vietnamese Grilled pork broken rice with sunny side egg and pig skin Cơm tấm sườn nướng, bì, trứng ốp la	Chicken Tikka with Yogurt Corriander Sauce/Chickpea Curry Rice Bowl , Naan Bread Cơm gà sốt ngò sữa chua/Cà ri đậu gà, bánh Naan	Assorted Sushi Rolls [e] (Vegetarian Option) Cơm cuộn Nhật (Có chay)
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	Rice Noodles in Tomato Broth Bún Riêu 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	Vietnamese Hue's Style Noodle Soup Bún Bò Huế 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	Hamcheese roll Bánh mì cuộn Ham cheese 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	Chocolate Roll Bánh cuộn 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

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Name:

Class :

January 19-23, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Pork Ragu and Potatoes, Carrots, Rice Thịt heo hầm ragu với khoai tây, cà rốt	Vietnamese Meatball in Tomato Sauce with Rice Xứu mại sốt cà	Vietnamese Stir-fried Lemongrass Chicken Gà xào sả	Braised Fish Cake with Pineapple cá kho thơm	Fried Fish Ball with Sweet & Sour Sauce [f] Cá viên chiên sốt chua ngọt
2) WESTERN MEAL	Cajun Spiced Fish Fillet with Rice[g,e,f,m] Cá basa nướng Cajun	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà	Healthy American Goulash [m, e,g] Nui sốt bò băm rau củ	BBQ Chicken thighs and Potatoes nướng Gà nướng sốt BBQ ăn kèm khoai tây	Breaded and Spiced Pork Cutlets with Gravy, Smash Potatoes Thịt heo chiên với sốt nâu, khoai tây nghiền
3) VEGETARIAN MEAL	Spaghetti aglio e olio. Mỳ ý sốt olive và tỏi	Grilled Vietnamese Eggplant with Rice [f,sb] Cà tím nướng mỡ hành	Stewed Tofu with caramel đậu hũ kho tiêu	Mushroom Eggs Loaf. Chả trứng chay	Veggie Sichuan Tofu đậu hũ sốt tứ xuyên
4) GLOBAL FOOD	Korean Bibimbap-korean mixed rice bowl (Vegetarian Option) Cơm trộn Hàn quốc (Có chay)	Tonkatsu/Tofu katsu Bowl with Rice Cơm Thịt Heo/Đậu hũ chiên xù sốt Tonkatsu kiểu Nhật	Ha noi Style Grilled pork with noodles Bún chả Hà Nội	Korean Gochuchang Chicken/Tofu Rice with miso Dressing Cơm thịt gà chiên giòn/Đậu hũ sốt Gochuchang Hàn quốc và sốt Miso	Thai Stir-fried Chicken/Broccoli, Eggplant, Mushroom with Basil Leaves, Rice Cơm Thịt Gà/Bông cải, Cà tím, Nấm xào lá hương nhu kiểu Thái
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)	Burrito Bánh cuộn trứng, thịt nguội, phô mai U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Quang Noodles Soup Mì Quảng U6 Crossant with Jam Bánh sừng trâu với mứt	Stir-fried Vietnamese Macaroni with Pork Nui xào thịt heo U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Pork Ball vermicelli soup Bún mọc U6 Crepe with Fruit Bánh Crepe với trái cây	Hot dog with Pork Sausage Bánh kẹp xúc xích 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	Beef Puff Bánh nhân thịt bò U6 Fresh Fruit and Vegetables Sticks with Sauce	Veggie Cup with Tatziki Ly rau củ với sốt sữa chua U6 Fresh Fruit and Vegetables Sticks with Sauce	Oatmeal Cookie Bánh quy yến mạch 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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Class :.....

January 26-30, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried fish with Frish garlic sauce Cá chiên mắm tỏi	Salty Fried Pork Chops, Rice Cốt lết ram mặn, Cơm	Roasted Chicken Thigh Rôti-soire Gà nướng Rô ti	Stir-fried beef with Pickle Bò xào cải chua	Stirfried Pork Korean style Thịt heo xào kiểu Hàn Quốc
2) WESTERN MEAL	Spaghetti and Grilled Chicken with Pesto Cream Sauce and Vegetables [g,e,m] Mỳ ý gà nướng sốt kem pesto	Crispy Western Fried Chicken with French Fries [g,e] Gà chiên giòn và khoai tây chiên	Breaded Fish with Smashed Potatoes and Gravy, Vegetables [e,f,g] Cá chiên xù, Khoai tây nghiền, sốt nâu	Penne with Ground Pork, Vegetables and Tomato Sauce [e,g] Nui ý thịt heo băm sốt cà	Pan Seared Fish with Passion Fruit Sauce, Roasted Potatoes Cá áp chảo sốt chanh dây, khoai tây nướng
3) VEGETARIAN MEAL	Spaghetti a with Pesto Mỳ ý sốt kem pesto chay	Vegetarian Curry with Steamed Rice Cà ri chay	Lemongrass Tofu with Rice [sb] đậu hũ chiên sả	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ
4) GLOBAL FOOD	Korean Fried Mandu/Steamed Chinese Dumplings (Vegetarian Option) Mandu chiên/Há cảo hấp (Có chay)	Japanese Stir-fired Udon Noodles with Pork/Tofu Mì Udon xào thịt heo/Đậu hũ	Vietnamese vermicelli with Vegetarian Fried spring rolls/Grilled meat Bún chả giò chay/Bún thịt nướng	Taco Shell with stir-fried Chicken/Tofu Bánh taco với gà xào ớt chuông/Đậu hũ	Assorted Sushi Rolls [e] (Vegetarian Option) Cơm cuộn Nhật (Có chay)
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)	Brown Bread Sandwiches with ham and Cheese Sandwich kẹp ham cheese U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Vietnamese Thick Noodle Soup Bánh canh thịt heo U6 Toast with butter Bánh mì nướng bơ	Fried Spring Roll Noodles Bún chả giò U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Noodles with Charsiu Pork Mì Thịt Xá Xíu U6 Rice Milk Gạo nấu sữa	Egg & Bacon English Muffin Bánh mì trứng 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	Hotdog Roll Bánh cuộn xúc xích U6 Fresh Fruit and Vegetables Sticks with Sauce	Open face egg salad sandwich Bánh mì nướng salad trứng U6 Fresh Fruit and Vegetables Sticks with Sauce	Orange Chia Seed Muffin Bánh muffin cam hạt Chia 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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