



Name:.....

Class :.....

**June 2-6, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Chicken Wings with Fish Sauce, Rice Cánh gà chiên nước mắm	Baked Teriyaki Marinade Fish, Rice (f) Cá nướng sốt tương nhật	Fried Pork Belly with Burnt Edges, Rice Ba chỉ rang cháy cạnh, Cơm	Fried Fish Ball with Sweet & Sour Sauce [f] Cá viên chiên sốt chua ngọt	Assorted Sushi Rolls [e]
<b>2) WESTERN MEAL</b>	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g, d] Mỳ ý thịt heo sốt kem nấm	Herb Crusted Chicken Breast with Kumquat Sauce, Roasted Corns Ức gà nướng thảo mộc sốt tắc, bắp nướng	Pasta and Ground Beef with Tomato Sauce [g] Nui thịt bò băm sốt cà	Brine Pork Cutlet with Mint Chutney, Smashed Potatoes, Gravy Thịt heo ướp với sốt bạc hà, Khoai tây nghiền, sốt nâu	Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá chiên xù sốt kem chanh, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	"Stir-Fried Rice Noodle with Tofu [v] Mỳ xào đậu hũ	Pumpkin and Chick Pea Curry Cà ri bí đỏ, đậu gà với cơm	Tamarind Tofu with Onions, Rice [sb] Đậu hũ sốt me, Cơm	Vegetarian rolls with Eggplant, Rice Chả chay kho cà tím, Cơm	Chinese Tomato Egg Stir Fry, Rice Trứng xào cà chua, Cơm
<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 Thịt 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	Bun Bo Hue (Vietnamese Hue's Style Noodle Soup) U6 Pancake	Hu Tieu Thịt Heo (Sliced Pork Noodle Soup) [g] U6 Hotdog bun with Scrambled Egg	Ssteamed thin rice pancak Fruit bánh ướt U6 French Toasted	Egg and Cheese Sandwich Sandwich trứng cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Hamcheese roll Bánh mì cuộn Ham cheese	Brioche with seeds Bánh mì ngọt với hạt	Energy Bar Thanh năng lượng	Fresh Tropical Fruit

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**June 9-13, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Crispy Chinese Lemon Fish, Rice Cá chiên sốt chanh kiêu Hoa	Minced Pork with Mushroom Thịt băm xào mộc nhĩ	Cajun Spiced Basa Fish with Rice[g,e,f,m] Cá basa nướng Cajun	Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] Mì xào singapore, thịt xá xíu	Braised Chicken with Ginger, Rice Gà kho gừng
<b>2) WESTERN MEAL</b>	Beef Stroganoff Mỳ ý thịt bò sốt kem nấm	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà chiên, khoai tây chiên	Pork Schnitzel with Gravy, Mashed Potatoes [e,g] Thịt heo chiên sốt nâu, khoai tây nghiền	Roasted Chicken Drumstick with Garlic Butter, Rice Đùi gà nướng bơ tỏi, Cơm	Ham Cheese Pizza
<b>3) VEGETARIAN MEAL</b>	Japanese Tofu & Eggplant Ginger Stir Fry [sb] Đậu hũ xào cà tím kiểu Nhật	Classic Bean Soup, Rice Đậu hũ, Cơm	Honey Soy Glazed Tofu with Rice Đậu hũ nhúng nước tương	Vietnamese Vegetables Curry with Rice [m] Cà ri Việt Nam rau củ chay	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 Thịt Nướng Vietnamese sausage noodles	Pasta Bar, Cream/Tomato Sauce, Chicken, Salami, Ground Beef, Broccoli, Sautéed 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>	Pulled Chicken Baguette with Side Veggies Bánh mì gà xé U6 Baguette with butter and jam Bánh mì nướng ăn kèm bơ và mứt	Bun Rieu (Rice Noodles in Tomato Broth) U6 Crepe	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 Sandwich with Scramble Eggs	Ham and cheese Burritos Cuộn ham & cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Hotdog Roll Bánh cuộn xúc xích	Open face grilled cheese with tomato Bánh mì nướng phô mai và cà chua	Cookie Bánh quy	Fresh Tropical Fruit

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**June 16-20 , 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Fish Ball with Garlic & Fish Sauce [f] Cá viên sốt mắm tỏi	Braised Fish with Tomatoes, Rice [f] Cá kho cà chua	Stir-fried Udon with Pork and Vegetables Mì udon xào thịt heo và rau củ	Ginger and Lemongrass Chicken Stir Fry with Rice and Vegetables Gà rang gừng xả	Assorted Sushi Rolls [e]
<b>2) WESTERN MEAL</b>	Spaghetty with Ground Pork, Vegetables and Creamy Sauce [e,g] Mỳ ý sốt kem thịt băm	Crispy Western Fried Chicken with Garlic Fried Rice [g,e] Gà chiên giòn và Cơm chiên tỏi	Pan Fried Lemon Butter Fish with Smashed Potatoes, Gravy [d,f] Cá áp chảo bơ chanh, khoai tây nghiền, sốt nâu	Beef Schnitzel with Tomato Sauce, Rice & Roasted Corn [e, g] Bò chiên với sốt cà, Cơm & bắp nướng	Pork Sausage with Sweet & Sour Sauce Xúc xích sốt chua ngọt
<b>3) VEGETARIAN MEAL</b>	Vegetable Tempura with Rice [sb,e,g] Rau củ chiên	Salty Braised Vegetarian Ribs, Rice Sườn chay rim mặn, Cơm	Veggie Sichuan tofu Đậu hũ Tứ Xuyên chay	Vegetarian Lasgana Lagsana chay	Fried Sunny Side Egg, Rice Trứng ốp la, Cơm
<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	Banh Canh Cha Ca (Udon Soup with Fish Cake) U6 Sandwich with butter and jam	Fried Spring Roll Noodles Bún chả giò U6 Brioche	Porridge with Ground Pork Cháo thịt băm U6 Croissant	Hot dog with Pork Sausage Bánh mì xúc xích
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Beef Puff Bánh nhân thịt bò	Veggie Cup with Tatziki Ly rau củ với sốt sữa chua	Pate Chaud Bánh Pa tê sô	Fresh Tropical Fruit

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**Jun 23-27 , 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Fish w/t Sweet & Sour Unspicy Fish Sauce, Rice Cá chiên giòn nước mắm chua ngọt	Braise Pork with Pickles Heo Kho Cải Chua	Salty Fried Pork Chops, Rice Cốt lết ram mặn, Com	Vietnamese Chicken Ragout Ragu gà	Braised Fish with Pineapple [f] Cá kho thơm
<b>2) WESTERN MEAL</b>	Creamy Chicken and Mushroom Pasta [m,g] Nui gà sốt kem nấm	Crispy Fried Fish Burger with Tartar Sauce, French Fries Burger cá sốt Tartar, khoai tây chiên	Spaghetti and Ground Beef with Tomato Sauce [g] Mỳ ý thịt bò băm sốt cà	American BBQ Pork Ribs with Hearty Vegetables and Roasted Potatoes Sườn heo nướng BBQ kiểu Mỹ, khoai tây nướng	Ham Cheese Pizza
<b>3) VEGETARIAN MEAL</b>	Stir-Fries Tofu with Onion[v] Đậu Hũ Xào Hành Tây	Vegan Jambalaya with Beans Com xào đậu Nam Mỹ	Vegetable Potato Lentil Fritters Bánh khoai tây rau củ đậu lăng chiên	Chinese Eggplant With Garlic Sauce Cà tím xào tương tỏi kiểu Hoa	Omlette with Vegetables, Rice Trứng chiên rau củ, Com
<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>	Egg & Bacon English Muffin Bánh mì trứng và thịt nguội	Pho Ga (Chicken Noodle Soup) [g] U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Vietnamese Meatball with Tomata Sauce and Bread Bánh mì xiu mại U6 French Toast	Mi Quang (Quang Style Noodles Soup) U6 Pancake	Egg and Cheese Sandwich Sandwich trứng cheese
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Open face egg salad sandwich (bánh mì nướng salad trứng)	Chicken Roll Bánh gà	Chocolate Roll Bánh cuộn sô cô la	Fresh Tropical Fruit

Braised tofu with vegetables  
Mì cần kho rau củ

Bean Curd and Vegetables with Vegetarian Oyster Sauce  
Tàu hũ ki và rau củ sốt dầu hào chay

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**Jun 30-July 02 , 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Fried Egg with Minced Pork Trứng chiên thịt băm	Hainamese Chicken Rice Cơm gà Hải Nam	Fried Fish Ball with Tomatoes Sauce [f] Cá viên chiên sốt cà	SCHOOL OFF	SCHOOL OFF
<b>2) WESTERN MEAL</b>	Oven Baked Chicken Thigh with Chives & Lemon, Roasted Potatoes Gà nướng họ và chanh, Khoai tây nướng	Beef Lasagna Lasagna bò	Breaded and Spiced Pork Cutlets with Gravy, Smash Potatoes Thịt heo chiên với sốt nâu, khoai tây nghiền	SCHOOL OFF	SCHOOL OFF
<b>3) VEGETARIAN MEAL</b>	Mushroom Florentine Pasta. Nui sốt kem nấm cải bó xôi	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.	SCHOOL OFF	SCHOOL OFF
<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	SCHOOL OFF	SCHOOL OFF
<b>5) SALAD OPTION</b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	SCHOOL OFF	SCHOOL OFF
<b>6) MORNING SNACK</b>	Baguettes with ham cheese Bánh mì kẹp ham cheese U6 Baguette with butter and jam Bánh mì nướng ăn kèm bơ và mứt	Pho Bo (Beef Noodle Soup) U6 Ham and Cheese Sandwich Sandwich Ham và cheese	Roasted Pork Bread Bánh mì thịt nướng U6 Crossant	SCHOOL OFF	SCHOOL OFF
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit	Croissant Cheese Bánh sừng trâu nhân phô mai	Orange and Chia Seed Muffin Bánh muffin cam hạt Chia	SCHOOL OFF	SCHOOL OFF

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