



Name:.....

Class :.....

March 03-07, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	SCHOOL OFF	SCHOOL OFF	BBQ Chicken Drumstick with Rice Đùi gà nướng BBQ	Stewed Pork Ribs with Beans, Rice Thịt heo hầm đậu	Fried Fish Ball with Garlic & Fish Sauce Cá viên sốt mắm tỏi
2) WESTERN MEAL	SCHOOL OFF	SCHOOL OFF	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ ý thịt bò viên sốt cà	Macaroni and Cheese with Chicken [m,e,g] Nui gà sốt phô mai kem sữa	American BBQ Pork Ribs with Rice and Roasted Potatoes Sườn heo nướng BBQ kiểu Mỹ, Com và khoai tây nướng
3) VEGETARIAN MEAL	SCHOOL OFF	SCHOOL OFF	Grilled Vietnamese Eggplant with Rice [f, sb] Cà tím nướng mỡ hành	Braised Tofu with Hoisin Sauce [m, sb] Đậu hũ sốt tương ngọt	Vegetarian Sushi Sushi chay
4) GLO BOWLS (RICE AND NOODLE BOWLS)	SCHOOL OFF	SCHOOL OFF	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
5) SALAD OPTION	SCHOOL OFF	SCHOOL OFF	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	SCHOOL OFF	SCHOOL OFF	Stir-fried Noodles with Pork Bún xào thịt heo 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
7. AFTERNOON SNACK	SCHOOL OFF	SCHOOL OFF	Fresh Tropical Fruit with Sausage Roll and Juice	Fresh Tropical Fruit and Lemon Cake with Juice	Fresh Tropical Fruit with Muffin 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 :.....

March 10-14, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish with Tamarind Sauce Cá chiên sốt me	Orange Chicken Drumstick with Rice Đùi gà nướng cam	Peppered Pork and Onion Stir Fry with Rice Thịt heo xào hành tây	Crispy Chicken with Basil Honey Mayo, Rice Gà chiên giòn sốt Mayo mật ong	Vietnamese Meatball in Tomato Sauce with Rice Xú mại sốt cà
2) WESTERN MEAL	Roasted Chicken Thigh with Cajun, Rice & Smash Potatoes Gà nướng Cajun, Cơm và khoai tây nghiền	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Macaroni & Beef Casserole Nui bò băm sốt kem phô mai dứt lò	Spaghetty with Ground Pork, Vegetables and Tomato Sauce [e.g] Mỳ ý thịt heo băm sốt cà	Panko Crusted Fish Fillet & Lemon Cream Sauce, Rice & Roasted Potatoes Cá chiên xù sốt kem chanh, Cơm & khoai tây nướng
3) VEGETARIAN MEAL	Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ	Vegetarian Macaroni and Cheese [g, e,m] Nui phô mai bỏ lò chay	Tofu Teriyaki with Rice [s] Đậu hũ sốt tương nhật	Mushroom Eggs [e] Trứng chiên nấm	Vegetarian Lasgana Lagsana chay
	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
6) MORNING SNACK	Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Cháo thịt băm Minced Pork Porridge U6 Mini Swiss	Stir-fried Noodles with Pork Mì thịt xào U6 Crossant with cheese	Mì Quảng Quang Nam noodle U6 hotdog bun with ham cheese	Ham and Cheese Sandwich Sandwich ham cheese
7. AFTERNOON SNACK	Fresh Tropical Fruit and banana Muffin with Juice	Fresh Tropical Fruit and Bánh mận with Juice	Fresh Tropical Fruit with Chocolate Rolls and Juice	Fresh Tropical Fruit and Apple Danish with Juice	Fresh Tropical Fruit with Cookie 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 :.....

March 17-21, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Stir-Fried Beef with Green Bean Bò xào đậu cove	Yangzhou Fried Rice Com chiên Dương Châu	Hainamese Chicken Rice Com gà Hải Nam	Braised Pork with Pepper, Rice Thịt heo kho tiêu, com trắng	Fried Fish w/t Sweet & Sour Unspicy Fish Sauce, Rice Cá chiên giòn nước mắm chua ngọt
2) WESTERN MEAL	Panko Crusted Chicken Fillet & Lemon Cream Sauce, Rice Roasted Potatoes Gà chiên giòn, khoai tây nướng, com , sốt nâu	Roasted Chicken Thigh with Herb, Rice Gà nướng rau mùi, Com	Beef Rolled with Cheese, Rice, Potatoes Au Gratin [g,e,m] Bò cuộn phô mai, Com, khoai tây xếp lớp	Creamy Chicken and Mushroom Pasta [m,g] Nui gà sốt kem nấm	Sweet & Spice Orange BBQ Chicken Drumstick, Rice, Mashed Potatoes Đùi gà sốt cam chua ngọt, Com, khoai tây nghiền
3) VEGETARIAN MEAL	Braised Tofu with Soy Sauce [m,sb] Đậu hũ kho nước tương	Sicilian Spaghetti alla Norma Mỳ ý cà tím sốt cà chay.	Tofu and Sweet Potato Curry [sb,g] Cà ri đậu hũ khoai lang chay	Tofu and Tomato Sauce, Rice Đậu hũ sốt cà	Vegetarian Sushi Sushi chay
	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
6) MORNING SNACK	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	Hotdog with Pork Sausages Bánh mì xúc xích
7. AFTERNOON SNACK	Fresh Tropical Fruit and Strawberry Roll with Juice	Fresh Tropical Fruit and Brownie with Juice	Fresh Tropical Fruit with Bánh gà and Juice	Fresh Tropical Fruit and Muffin with Juice	Fresh Tropical Fruit and Hot dog Roll with 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 :.....

March 24-28, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Baked Teriyaki Marinade Fish, Rice (f) Cá nướng sốt tương nhật	Peppered Pork and Onion Stir Fry with Rice Thịt heo xào hành tây	Crispy Chinese Lemon Fish, Rice Cá chiên sốt chanh kiểu Hoa	Fried Chicken Wings with Fish Sauce, Rice Cánh gà chiên nước mắm	Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] Mì xào singapore, thịt xá xíu
2) WESTERN MEAL	Breaded and Spiced Pork Cutlets with Gravy, Rice & Smash Potatoes Thịt heo chiên với sốt nâu, Cơm & khoai tây nghiền	Beef Lasagna Lasagna bò	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g,d] Burger gà chiên, khoai tây chiên	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g, d] Mỳ ý thịt heo sốt kem nấm	Herb Crusted Chicken Breast, Rice and roasted Potatoes Ức gà nướng thảo mộc, Cơm và khoai tây nướng
3) VEGETARIAN MEAL	"Stir-Fried Rice Noodle with Tofu [v] Mỳ xào đậu hũ	Tamarind Tofu with Onions, Rice [sb] Đậu hũ sốt me	Pumpkin and Chick Pea Curry Cà ri bí đỏ, đậu gà với cơm	Vegetables Eggs Loaf with Rice Chả trứng rau củ	Stir-Fried Tofu with Sweet & Sour Sauce, Rice Đậu hũ xào sốt chua ngọt
	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
6) MORNING SNACK	Egg & Cheese Baguette Bánh mì trứng cheese U6 Hotdog with Egg cheese	Banh Canh (Vietnamese Udon Noodle Soup) U6 Egg and Cheese Sandwich	Stir-fried Vietnamese Macaroni with Pork Nui xào thịt heo U6 French Toasted with Jam	Bun Bo Hue (Vietnamese Hue's Style Noodle Soup) U6 Crossant with cheese	Ham cheese wrap Bánh cuộn ham cheese
7. AFTERNOON SNACK	Fresh Tropical Fruit and Muffin with Juice	Fresh Tropical Fruit and Matcha and Chocolate Rolls with Juice	Fresh Tropical Fruit with Bacons roll and Juice	Fresh Tropical Fruit and Beef puff with Juice	Fresh Tropical Fruit and Cookie with 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