



Name:.....

Class :.....

May 5-9, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish w/t Sweet & Sour Unspicy Fish Sauce, Rice Cá chiên giòn nước mắm chua ngọt	Fried Fish Cake with Sweet & Sour Sauce Chả cá sốt chua ngọt	Vietnamese Pork Cutlets, Rice, Sweet & Sour Fish Sauce Sườn heo nướng mỡ hành, nước mắm chua ngọt	Roasted Chicken Drumstick Rôti-soire Đùi gà nướng Rô ti	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Baked Stuffed Pork Loin with Mashed Potatoes, gravy Sauce Thịt heo cuộn với khoai tây nghiền, sốt nâu	Macaroni and Cheese with Chicken [m,e,g] Nui gà sốt phô mai kem sữa	Ham Cheese Pizza	Oven Baked Chicken Thigh with Chives & Lemon, Fried Rice Gà nướng hẹ và chanh với cơm chiên
3) VEGETARIAN MEAL	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Spaghetty aglio e olio. Mỳ ý sốt olive và tỏi	"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	Tofu and Sweet Potato Curry [sb,g] Cà ri đậu hũ khoai lang chay
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. 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
5) SALAD OPTION	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	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
7. AFTERNOON SNACK	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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Our canteen is completely nut free

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Name:.....

Class :.....

May 12-16, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Braised Fish with Pineapple [f] Cá kho thơm	Pork Ragu and Potatoes, Carrots, Rice Thịt heo hầm ragu với khoai tây, cà rốt	Fried Fish Ball with Teriyaki Marinade Cá viên chiên sốt tương nhật	Peppered Beef and Onion Stir Fry with Rice Bò xào hành tây	Crispy Chicken with Basil Honey Mayo, Rice Gà chiên giòn sốt Mayo mật ong
2) WESTERN MEAL	"American BBQ Pork Ribs with Hearty Vegetables and Smash Potatoes, Gravy Sauce Sườn heo nướng BBQ kiểu Mỹ, khoai tây nghiền, sốt nâu	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà chiên, khoai tây chiên	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ ý thịt bò viên sốt cà	Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá chiên xù sốt kem chanh, khoai tây nướng	Beef Lasagna Lasagna bò
3) VEGETARIAN MEAL	Braised Vegetable Loaf with Soy Sauce [m, sb] Chả chay kho nước tương	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	Sauteed Vegetables and Tofu with Egg Noodles, Soy Sauce [e, sb] Mì trứng xào đậu hũ và rau củ, nước tương	Pumpkin Alfredo with Chickpea Pasta Nui Ý sốt bí đỏ đậu gà	"Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ
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. 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
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	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
7. AFTERNOON SNACK	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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May 19-23 , 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish with Orange Sauce, Rice Cá chiên sốt cam	Stir-Fries Beef with Green Bean and Rice Bò xào đậu cove	Vietnamese Meatball in Tomato Sauce with Rice Xúu mại sốt cà	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Assorted Sushi Rolls [e]
2) WESTERN MEAL	"Roasted Chicken Thigh with Cajun, Smash Potatoes, Gravy sauce Gà nướng Cajun, khoai tây nghiên, sốt nâu	Pasta Carbonara [d,m,g] Nui sốt kem sữa thịt xông khói	Pan Seared Fish with Passion Fruit Sauce, Roasted Corns Cá áp chảo sốt chanh dây, bắp nướng	Macaroni & Beef Casserole Nui bò hầm sốt cà phô mai dứt lò	Breaded and Spiced Pork Cutlets with Gravy, Smash Potatoes Thịt heo chiên với sốt nâu, khoai tây nghiên
3) VEGETARIAN MEAL	Spaghetti with Napoli Sauce [g, e] Mỳ ý sốt cà chay	"Fried Eggs with Bean [v, sb] Trứng chiên đậu	Grilled Vietnamese Eggplant with Rice [f, sb] Cà tím nướng mỡ hành	Tofu with Tomato Sauce, Rice Đậu hũ sốt cà	Mushroom Eggs Loaf [e] Chả trứng nấm
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. 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
5) SALAD OPTION	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	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
7. AFTERNOON SNACK	Fresh Tropical Fruit	Chicken Roll Bánh gà	Veggie Cup with Tatziki Ly rau củ với sốt sữa chua	Pate Chaud Bánh Pa tê sô	Fresh Tropical Fruit

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May 26-30 , 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Crispy Fish with Nasi Goreng Rice [f,g,sb] Cá chiên giòn với cơm chiên Indonesia	Crispy Pork Belly with Soy Sauce, Rice [sb] Thịt heo quay da giòn sốt nước tương	"Fried Fish Ball with Tamarind Sauce Cá viên chiên sốt me	SCHOOL OFF	SCHOOL OFF
2) WESTERN MEAL	Creamy Chicken Pasta with Pesto. Nui gà sốt kem pesto	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Roasted Chicken Thigh with Honey, Roasted Potatoes, Gravy Sauce Gà nướng mật ong, khoai tây nướng, sốt nâu	SCHOOL OFF	SCHOOL OFF
3) VEGETARIAN MEAL	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Vegetables Eggs Loaf with Rice Chả trứng rau củ	Sicilian Spaghetty alla Norma Mỳ ý cà tím sốt cà chay.	SCHOOL OFF	SCHOOL OFF
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. Beef Kofta, Tzatziki, Beetroot, Greek Salad 2. Falafel Bowl, Hummus, Roast Vegetable, Quinoa	SCHOOL OFF	SCHOOL OFF
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	SCHOOL OFF	SCHOOL OFF
6) MORNING SNACK	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 xù mại U6 French Toast	SCHOOL OFF	SCHOOL OFF
7. AFTERNOON SNACK	Fresh Tropical Fruit	Open face egg salad sandwich (bánh mì nướng salad trứng)	Beef Puff with Peas and Carrots Bánh nhân thịt bò	SCHOOL OFF	SCHOOL OFF

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