



Name:.....

Class :.....

**April 08-12, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Crispy Fish with Tamarind Sauce, Rice [f,g,sb] Cá chiên giòn sốt me với cơm	Fried Fish w/t Lemongrass Salt, Rice Cá chiên sả	Sweet and Sour Pork with Rice [e,g] Thịt heo sốt chua ngọt	Crispy Pork Belly with Soy Sauce, Rice [sb] Thịt heo quay rim nước tương	Assorted Sushi Rolls [e] Sushi
<b>2) WESTERN MEAL</b>	Chicken in a Cream Sauce with Spaghetti Gà sốt kem với mì ý	Beef Lagsana Lagsana bò	Crispy Chicken Burger with French Fries Burger gà chiên, khoai tây chiên	Roasted Fish with Green Marinade, Roasted Potatoes Cá nướng sốt xanh, Khoai tây nướng	BBQ Chicken Drumstick, Mashed Potatoes Đùi gà nướng sốt BBQ, khoai tây nghiền
<b>3) VEGETARIAN MEAL</b>	Creamy ( Vegan) Pasta with Pesto Mì sốt pesto chay	Vegetables Eggs Loaf with Rice Trứng chiên rau củ	Tofu and Sweet Potato Curry with Rice [sb,g] Cà ri đậu hũ khoai lang	Sicilian Spaghetti alla Norma Mì ý sốt cà chay	Stuff Tofu with Mushroom and Tomato Sauce, Rice Đậu hũ nhồi nấm sốt cà
<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. 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	Pasta Bar choice of- Penne, Spaghetti, Marinara, Cream Sauce, Pesto, Chicken, Beef, Salami and Vegetables
<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 trộn trái cây	Breakfast quesadilla, Fruit and Milk Bánh kẹp phô mai nướng U6 Cháo yến mạch trái cây	Pho Ga (Chicken Noodle Soup) [g], Fruit and Milk U6 Crepe with fruit and maple syrup	Ham and cheese Burritos, Fruit and Milk	Nam vang noodle with Fruit and Milk Hủ tiếu nam vang U6 pancake with jam
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit with a Snack and Juice	Fresh Tropical Fruit and Vegetables with Hummus with Juice	Fresh Tropical Fruit with a Snack and Juice

If you have any allergy concerns please inform canteen manager

[g]-contains gluten

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Our canteen is completely nut free

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**April 15-19, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Baked Teriyaki Marinade Fish, Rice [f] Cá nướng Teriyaki	Roasted Pork Char-siu, Rice [e] Thịt heo sốt xá xíu	Fried Chicken Wings with Fish Sauce, Rice Cánh gà chiên nước mắm	National Holiday	Assorted Sushi Rolls [e] Sushi
<b>2) WESTERN MEAL</b>	BBQ Pork with Hearty Vegetables and Mashed Potatoes Thịt heo nướng BBQ, khoai tây nghiền	Herb Crusted Chicken Breast, Roasted Potatoes Gà nướng lá thơm vụn bánh mì, khoai tây nướng	Baked Fish with Lemon & Dill, Mashed Potatoes Cá nướng chanh thì là, khoai tây nghiền	National Holiday	Breaded Chicken with Roasted Potatoes and Vegetables [g,e] Gà chiên, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Stir-Fried Rice Noodle with Tofu [v] Mì xào đậu phụ	Tamarind Tofu with Onions, Rice [sb] Đậu phụ sốt me	Pumpkin and Chick Pea Curry with Rice Cà ri bí đỏ đậu gà	National Holiday	Glazed Tofu with Rice [sb] Đậu hũ rim
<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. Lamb Kofta, Tzatziki, Beetroot, Greek Salad 2. Falafel Bowl, Hummus, Roast Vegetable, Quinoa	National Holiday	Pasta Bar choice of- Penne, Spaghetti, Marinara, Cream Sauce, Pesto, Chicken, Beef, Salami and Vegetables
<b>5) SALAD OPTION</b>	Vegetarian Quesadilla	Asian/Vietnamese Salad	Mediterranean Salad	National Holiday	Tex Mex Salad
<b>6) MORNING SNACK</b>	Baguettes with ham and cheese, Fruit and Milk U6 hotdog bun with ham cheese	Pork Ball vermicelli soup Fruit and Milk Bún mọc U6 Cháo yến mạch ăn kèm trái cây	Katsu Breaded Chicken Wrap [g] Diced Fruit and Milk Wrap gà chiên	National Holiday	Toast sandwich with fried eggs, Fruit and Milk U6 sandwich with scrambles egg
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit with a Snack and Juice	National Holiday	Fresh Tropical Fruit with a Snack and Juice

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**April 22-26, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Crispy Chinese Lemon Fish, Rice Cá chiên giòn sốt chanh	Braised Chicken with Ginger, Rice Gà kho gừng	Braised Pork with eggs, Rice Thịt kho trứng	Pan Seared Fish with Passionfruit Sauce, Rice [g] Cá nướng sốt chanh dây	Assorted Sushi Rolls [e] Sushi
<b>2) WESTERN MEAL</b>	Creamy Chicken and Mushroom Pasta [m,g] Nui gà sốt kem nấm	Parmesan Crusted Fish, Roasted Potatoes Cá nướng phô mai, khoai tây nướng	American Cheese Burger with French Fries Burger bò, khoai tây chiên	Breaded Pork Cutlets and Gravy, Smash Potatoes Thịt heo chiên xù, sốt nâu, khoai tây nghiền	Roasted Chicken Drumstick with Garlic Butter, Roasted Potatoes Đùi gà nướng bơ tỏi, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Japanese Tofu & Eggplant Ginger Stir Fry [sb] Đậu hũ non cà tím xào gừng	Tofu with Asian Tomato Sauce, Rice Đậu Hũ Sốt Cà	Honey Soy Glazed Tofu with Rice đậu hũ sốt tương ngọt	Mushroom Florentine Pasta Mỳ ý sốt kem nấm	Vietnamese Vegetables Curry with Rice [m] Cà ri rau củ đậu hũ
<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. 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	Pasta Bar choice of- Penne, Spaghetti, Marinara, Cream Sauce, Pesto, Chicken, Beef, Salami and Vegetables
<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>	Yogurt, Granola, and Fruit	Banh Canh (Vietnamese Udon Noodle Soup) Diced Fruit and Milk U6 Pancake with fruit and Honey	Pate chaud, Fruit and Milk Bánh pateso	Nui Xao Thit Diced Fruit and Milk U6 Crepe with fruit and maple syrup	Crossant with strawberry jam, Fruit and Milk Bánh sừng trâu ăn kèm mứt dâu
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit with a Snack and Juice	Fresh Tropical Fruit and Vegetables with Hummus with Juice	Fresh Tropical Fruit with a Snack and Juice

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**April 29-May 03, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	School Holiday	National Holiday	National Holiday	Chinese Steamed Fish with Ginger, Rice Cá hấp gừng	Assorted Sushi Rolls [e] Sushi
<b>2) WESTERN MEAL</b>	School Holiday	National Holiday	National Holiday	Grilled Chicken with Tomato Sauce, Roasted Potatoes Gà nướng sốt cà, khoai tây nướng	Spaghetti with Ground Pork, Vegetables and Tomato Sauce [e,g] Mỳ ý thịt xay sốt cà
<b>3) VEGETARIAN MEAL</b>	School Holiday	National Holiday	National Holiday	Lentil and Eggplant Curry with Coconut Milk, Rice Cà ri đậu lăng cà tím nước cốt dừa	Eggplant Parmesan, Rice [e,g,m] Cà tím nướng phô mai
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	School Holiday	National Holiday	National Holiday	1. Chicken Tikka Bowl, Yogurt marinated Chicken and mango Chutney 2. Bun Thịt Nuong Vietnamese sausage noodles	Pasta Bar choice of- Penne, Spaghetti, Marinara, Cream Sauce, Pesto, Chicken, Beef, Salami and Vegetables
<b>5) SALAD OPTION</b>	School Holiday	National Holiday	National Holiday	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	School Holiday	National Holiday	National Holiday	Egg and cheese Burritos, Fruit and Milk	Bun Rieu (Rice Noodles in Tomato Broth), Fruit and Milk U6 Cháo yến mạch kèm trái cây
<b>7. AFTERNOON SNACK</b>	School Holiday	National Holiday	National Holiday	Fresh Tropical Fruit and Vegetables with Hummus with Juice	Fresh Tropical Fruit with a Snack and Juice

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