



Name:.....

Class :.....

January 8-12, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Baked Fish with Teriyaki Sauce (f)	Roasted Pork Char-siu	Wok Fried Beef	Roasted Chicken with Hoisin Sauce	Pork rib Lagu with Rice
2) WESTERN MEAL	Chicken Burgers and Fries	Battered Fried Fish Fingers with Tartar Sauce and Roast Baby Potato	Teriyaki Pork Ribs and Fried Rice	Lasagna	Roast Chicken Thighs and Mashed Potato
3) VEGETARIAN MEAL	Pesto Penne and Mushroom	Stuffed Tofu	Scrambled Eggs with Cheese	Braised Tofu with Vegetables	French Toast, Fresh Fruit Salad Cream
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. 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
5) SALAD OPTION	Vegetarian Quesadilla	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Baguettes with ham and cheese, Fruit and Milk	Wonton noodle soup with Milk	Mini Pancakes with Berries and Milk	pork with Rice noodle Soup and Milk	Grilled Cheese and Egg Sandwich with Milk
7. AFTERNOON SNACK	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

[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 :.....

January 15-19, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried pork with lemongrass with rice	Vietnamese Meatball in Tomato Sauce with Rice	Vietnamese Lemongrass Chicken	Braised Fish Cake with Pineapple	Deep Fried Pork with Salt seasoning
2) WESTERN MEAL	Chicken Nuggets and BBQ Sauce Potato Wedgee	Baked Fish with Lemon Sauce and Roast Potato	Pork Schnitzel with Scalloped Potato	Macaroni Ham and Cheese	Chimichurri Chicken Legs and Garlic Roast Potatoes
3) VEGETARIAN MEAL	Vietnamese spring roll noodle	Pesto Penne and Sauteed Vegetables	Mushroom Eggs Loaf.	Tofu Stir Fry, Broccoli, Carrots, Cauliflower, Cabbage	Eggplant Parmesan
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. 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
5) SALAD OPTION	Vegetarian Quesadilla	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Toasted Granola with Yogurt, Diced Fruit and Milk (U6) Banh uot cha lua (school)	Pork Ball vermicelli soup Fruit and Milk Bún mọc	French Toast Sticks with Fruit Salad and Milk	Nam vang noodle with Fruit and Milk	Traditional Banh Mi, Fruit and Milk
7. AFTERNOON SNACK	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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Name:

Class :

January 22-26, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Caramel Braised Fish	Grilled pork with honey sauce	Stir-Fried Beef and Vegetables, Rice	Fried Chicken Wings with Fish Sauce, Rice	Braised pork belly With cabbage pickles
2) WESTERN MEAL	Spaghetti and Bolognese	Herb Crusted Fish Potato Wedge	Beef and Mushroom Stroganoff with Noodles	Margherita and Pepperoni Pan Pizza	Chicken Thighs and Roast Potato
3) VEGETARIAN MEAL	Vegetarian Quiche	Sichuan Tofu and Vegetable	Eggplant and Zucchini Pasta	Vegetable stuffed tofu with tomato sauce	Pancakes and Berry Sauce
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. 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
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	bún chả cá Diced Fruit and Milk	Yogurt, Granola, and Fruit	bún sườn with Fresh Fruit	Nui Xao Thit Diced Fruit and Milk	Egg Ham and Cheese on a Fresh Buns
7. AFTERNOON SNACK	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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Name:.....

Class :.....

January 29-February 2, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Stir-Fried Beef with Green Bean and Rice	Fried chicken wings with garlic	Braised Duck with ginger	Braised chicken with Vietnamese Basil	Fried Fish w/ Lemongrass Salt, Rice
2) WESTERN MEAL	Honey Garlic Chicken Legs Pasta Alfredo	Battered Fish and Potato Wedge	Cheeseburger with Curly Fries	BBQ Pork Ribs and Mashed Potato	Honey Garlic Chicken Legs and Pan Fried Potato
3) VEGETARIAN MEAL	Potato Latkes with Sour Cream and Green Onion	Sweet and Sour Vegetable	Veggie Burger	Tofu Stuffed with Mushroom and Tomato Sauce, Rice	Sicilian Spaghetti alla Norma.
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. 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
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Bun Thit Nuong with Fruit and Milk	Grilled Cheese and Egg Sandwich	Mini Pancakes with Fruit and Yogurt	Chicken Rice Noodle Fruit and Milk	Pork Banh Mi, Fruit and Milk
7. AFTERNOON SNACK	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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