



Name:.....

Class :.....

June 03-07, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Crispy Fish with Rice [f,g,sb] Cá chiên giòn với cơm	Crispy Pork Belly with Soy Sauce, Rice [sb] Thịt heo quay da giòn nước tương	Fried Fish w/t Lemongrass Salt, Rice Cá chiên xả	Hainamese Chicken Rice Cơm gà hải nam	Stir-Fried Beef with Green Beans Bò xào đậu đũa
2) WESTERN MEAL	Roasted Chicken Thigh with Herb, Fried Rice Gà nướng lá thom, cơm chiên	Beef Stroganoff Mỳ ý bò sốt kem nấm	BBQ Chicken Drumstick, Roasted Potatoes Đùi gà nướng BBQ, khoai tây nướng	Breaded and Spiced Pork Cutlets, Gravy and Smash Potatoes Thịt heo chiên xù, sốt nâu, khoai nghiền	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà chiên, khoai tây chiên
3) VEGETARIAN MEAL	Creamy (Vegan) Pasta with Pesto Nui sốt kem sữa pesto chay	Vegetables Eggs Loaf with Rice Trứng chiên rau củ	Tofu with Tomato Sauce, Rice Đậu hũ sốt cà	Tofu and Sweet Potato Curry with Rice [sb,g] Cà ri đậu hũ khoai lang	Tofu with Lemongrass, Rice Đậu hũ chiên xả
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	Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Pho Ga (Chicken Noodle Soup) [g] U6 Crepe with fruit and jam	Bánh Ướt chà lụa U6 Crossant with cheese	Egg and cheese burrito Cuộn trứng và cheese	Bun Thai (Thai's Style Noodle Soup) U6 Croissant with cheese
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

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Our canteen is completely nut free

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Name:.....

Class :.....

June 10-14, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Braised Pork with Quails, Rice (f) Thịt kho trứng cút	Fried Chicken Wings with Fish Sauce, Rice Cánh gà chiên nước mắm	Roasted Pork Char-siu, Stir-fried Noodles [e] Thịt heo xá xíu, mì xào	Cajun Spiced Basa Fish with Rice[g,e,f,m] Cá nướng cajun	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Herb Crusted Chicken Breast, Roasted Corns and Potatoes Ức gà nướng vụn bánh mì, khoai tây và bắp nướng	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g,d] Nui thịt heo sốt kem nấm	Breaded Chicken with Gravy and Smash Potatoes [g,e] Gà chiên xù, sốt nâu, khoai nghiền	Mexican Beef with Fried Rice Bò xào mexico và cơm chiên	Pan Fried Lemon Butter Fish with Roasted Potatoes[d,f] Cá áp chảo bơ chanh với khoai tây nướng
3) VEGETARIAN MEAL	"Stir-Fried Noodle with Tofu [v] Mì xào đậu hũ	Tamarind Tofu, Rice [sb] Đậu hũ xào me	Pumpkin and Chick Pea Curry with Rice Cà ri bí đỏ đậu gà	Roasted Ratatouille Pasta Nui rau củ nướng sốt cà	Fried Eggs with Mushrooms, Rice Trứng chiên 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. 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 Thịt 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	Katsu Breaded Chicken Wrap [g] Wrap gà chiên U6 Ham and cheese Burritos	Pork Ball vermicelli soup Bún mọc U6 Pancake with jam	Egg and Cheese Sandwich Sandwich trứng và cheese bào	Mi Quang (Quang Style Noodles Soup) U6 Yogurt with fruit and Granola ngũ cốc sữa chua trái cây	Sliced Pork Noodles Soup Hủ tiếu thịt heo U6 Crossant with jam
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 :.....

June 17-21, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Crispy Chinese Lemon Fish, Rice Cá chiên giòn sốt chanh	Honey Glazed Pork Tenderloin with Rice Thịt heo nướng mật ong	Peppered Beef and Onion Stir Fry with Rice Bò xào hành tây	Braised Pork with Tofu, Rice[g] Thịt kho đậu hũ	Braised Chicken with Ginger, Rice Gà kho gừng
2) WESTERN MEAL	Creamy Chicken and Mushroom Pasta [m,g] Nui gà sốt kem nấm	Parmesan Crusted Fish, Roasted Potatoes Cá nướng phô mai, khoai tây nướng	Roasted Chicken Drumstick with Garlic Butter, Fried Rice Đùi gà nướng bơ tỏi, cơm chiên	Beef Lagsana Lagsana bò	Ham and Cheese Pizza
3) VEGETARIAN MEAL	Japanese Tofu & Eggplant Ginger Stir Fry [sb] Đậu hũ non xào cà tím	Mushroom Florentine Pasta Nui sốt nấm kem sữa	Stir-fried Tofu with Vegetables [v, sb] Đậu hũ xào rau củ	Vietnamese Vegetables Curry with Rice [m] Cà ri chay việt nam	Fried Tofu with Lemongrass [v, sb] Đậu hũ chiên sả
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	Yogurt, Granola, and Fruit sữa chua trộn ngũ cốc trái cây	Banh Canh (Vietnamese Udon Noodle Soup) U6 Crepe with fruit and jam	Hotdog bun with sausages Bánh hot dog kẹp xúc xích	Nui Xao Thit U6 Crossant with ham cheese	Bun Rieu (Rice Noodles in Tomato Broth) U6 Sandwich trứng cheese
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 :

June 24-28, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Glazed Pork Cutlets with Rice Cốt lết ram mặn	Sweet and Sour Pork with Rice [e,g] thịt heo chua ngọt	Chinese Steamed Fish with Ginger, Rice cá hấp gừng	Teriyaki Chicken Drumstick with Rice [s] đùi gà teriyaki	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Chicken Carbonara with Spaghetti Mỳ ý gà sốt kem sữa	Breaded Beef Cutlets and Gravy, Smash Potatoes Bò chiên xù, sốt nâu, khoai nghiền	Grilled Chicken with Tomato Sauce, Fried Rice Gà nướng sốt cà, cơm chiên	Baked Pork tenderloin with apple sauce, roasted potatoes Heo nướng sốt táo khoai tây nướng	Macaroni & Beef Casserole nui bò phô mai sốt cà ớt lò
3) VEGETARIAN MEAL	Glazed Tofu with Rice [sb] Đậu hũ khìa nước tương	Spaghetti with Napoli Sauce [g,e] Mỳ ý sốt cà chay	Braised Tofu with Mushrooms, Rice [sb] Đậu hũ kho nấm	Lentil and Eggplant Curry with Coconut Milk, Rice Cà ri đậu lăng cà tím nước cốt dừa	Vegetables Eggs Loaf with Rice Trứng chiên 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. 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	Baguettes with ham cheese U6 hotdog bun with ham cheese	Mi Hoanh Thanh (Wonton soup with Noodles) U6 Yogurt with fruit and Granola ngũ cốc sữa chua trái cây	Egg and cheese Burritos	Porridge with Minced Meat Cháo thịt băm	Bun bo Hue (Hue Style Noodle Soup) [g] U6 Pancake with fruit and jam
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 :.....

July 01-02, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish w/t Sweet & Sour Sauce with Rice Cá chiên sốt chua ngọt	Braised Chicken with Lemongrass Gà kho sả	School Off	School Off	School Off
2) WESTERN MEAL	Chicken Broccoli Casserole with pasta Nui gà bông cải phô mai dứt lò	American Cheese Burger with French Fries Burger bò, khoai tây chiên	School Off	School Off	School Off
3) VEGETARIAN MEAL	Meditereanean Chick Pea Pasta with Sauteed Vegetables [g] Mỳ ý xào rau củ đậu gà	Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ	School Off	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	School Off	School Off	School Off
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	School Off	School Off	School Off
6) MORNING SNACK	Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Bun Rieu (Rice Noodles in Tomato Broth) U6 Crepe with Jam	School Off	School Off	School Off
7. AFTERNOON SNACK	Fresh Tropical Fruit and Vegetables with Dip with Juice	Fresh Tropical Fruit and Vegetables with Dip with Juice	School Off	School Off	School Off

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