



Name:.....

Class :.....

March 04-08, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	PD Day	PD Day	Fried pork with lemongrass with rice Heo Chiên Xả	Chicken and Sweet Potato Curry with Rice Cà Ri Gà Khoai Lang	Braised pork with white radish Thịt Heo Kho Củ Cải
2) WESTERN MEAL	PD Day	PD Day	Baked Chicken Thigh with BBQ, Potato Wedges Gà Nướng BBQ, Khoai Tây Múi Cau	Roasted Pork Tenderloin with Apple Sauce, Smash Potatoes Thịt Heo Nướng Sốt Táo, Khoai Tây Nghiền	American Cheese Burger with French Fries Burger Bò, Khoai tây chiên
3) VEGETARIAN MEAL	PD Day	PD Day	Tofu with Asian Tomato Sauce Đậu Hũ Sốt Cà	Hoisin Tofu with Rice Đậu Hũ Sốt Tương Ngọt	Vegan Bolognese Mỳ Ý Sốt Cà
4) GLO BOWLS (RICE AND NOODLE BOWLS)	PD Day	PD Day	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	PD Day	PD Day	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	PD Day	PD Day	Muesli with Fruit and yogurt sữa chua trộn trái cây	Baguettes with ham and cheese, Fruit and Milk	Nam vang noodle with Fruit and Milk
7. AFTERNOON SNACK	PD Day	PD Day	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

Our canteen is completely nut free

[g]-contains gluten

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Name:.....

Class :.....

March 11-15, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Basa Fillet Rolled with Asian Herbs , Rice[f] Cá Cuộn Lá Thơm	Roasted Pork Char-siu, Rice Thịt Xá Xíu Nướng	Roasted Chicken with Hoisin Sauce, Rice Gà nướng sốt tương ngọt	Fried Fish w/t Sweet & Sour Sauce with Rice Cá Chiên Sốt Chua Ngọt	Baked Fish Fillet with Teriyaki Marinade, Rice Cá Nướng Teriyaki
2) WESTERN MEAL	Spaghetti Bolognese [g] Mỳ Ý Sốt Bò Bằm	Herb Baked Fish with Pan Fried Potatoes Cá Nướng Lá Thơm, Khoai Tây Chiên	Beef Lagsana Lagsana Bò	Chicken Broccoli Casserole with pasta Nui Gà Bông Cải Xanh Đút Lò	American Goulash [m,e,g] Nui Nhỏ (Elbow Macaroni) Sốt Cà Thịt Bò Rau Củ
3) VEGETARIAN MEAL	Fried Eggs w/t Vegetables [v] Trứng Chiên Rau Củ	Lemongrass Tofu with Rice [sb] Đậu Hũ Chiên Xả	Tofu Stir Fry, Broccoli, Carrots, Cauliflower, Cabbage Đậu Hũ Xào Rau Củ	Caramelized Vegetarian Loaf with Soy (Chả chay) [m,sb]	Sauteed Vegetables and Tofu with Egg Noodles [e,sb] Mì Xào Trứng Đậu Hũ
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	Pork Ball vermicelli soup Fruit and Milk Bún mọc	Katsu Breaded Chicken Wrap [g] Diced Fruit and Milk	French Toast Sticks with Fruit Salad and Milk	Pho Ga (Chicken Noodle Soup) with Fruit and Milk	Ham and cheese Burritos, 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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March 18-22, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish with Tamarind Sauce Cá Chiên Sốt Me	Stewed Pork Ribs with White Beans, Rice Thịt Heo Hầm Đậu Trắng	BBQ Chicken Drumstick with Rice Đùi Gà BBQ	Peppered Beef and Onion Stir Fry with Rice Bò Xào Hành Tây	Fried Fish Cake with Sweet & Sour Sauce Chả Cá Chiên Sốt Chua Ngọt
2) WESTERN MEAL	Macaroni and Cheese with Chicken [m,e,g] Nui Gà Phô Mai	Pan Seared Fish with Passion Fruit Sauce, Smash Potatoes Cá Áp Chảo Sốt Chanh Dây, Khoai Tây Nghiền	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ Ý Thịt Viên	Pork Schnitzel with Roasted Potatoes and Gravy Sauce [e,g] Thịt Heo Chiên, Khoai Tây Nướng, Sốt Nâu	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g,d] Burger Gà, Khoai Tây Chiên
3) VEGETARIAN MEAL	Braised Vegetable Loaf with Soy Sauce [m,sb] Chả Chay Kho Nước Tương	Pumpkin Alfredo with Chickpea Pasta Mỳ Ý Sốt Kem Bí Đỏ Đậu Gà	Braised Tofu with Vegetables [v, sb] Đậu Hũ Kho Rau Củ	Spinach and Zucchini Quiche Bánh Quiche Chay	Spaghettie aglio e olio Mỳ Ý Sốt Tỏi Dầu Olive
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	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Yogurt, Granola, and Fruit	Fried Fish Cake Noodle Soup Diced Fruit and Milk BÚN Chả Cá	French Toast and Berry sauce, Fruit and Milk	Nui Xao Thit Diced Fruit and Milk	Baguettes with ham and cheese, 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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March 25-29, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish with Orange Sauce, Rice Cá Chiên Sốt Cam	Vietnamese Meatball in Tomato Sauce with Rice Thịt Xấu Mại	Crispy Chicken with Basil Honey Mayo, Rice Gà Chiên Giòn Sốt Mayo Mật Ong	Orange Chicken Drumstick with Rice Đùi Gà Nướng Sốt Cam	Off Day
2) WESTERN MEAL	Roasted Chicken Thigh with Cajun, Smash Potatoes Gà Nướng Cajun, Khoai Tây Nghiền	Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá Chiên Xù, Sốt Kem Chanh, Khoai Tây Nướng	Macaroni & Beef Casserole Nui Bò Phô Mai Đút Lò	Spaghetty with Ground Pork, Vegetables and Tomato Sauce [e,g] Mỳ Ý Thịt Heo Sốt Cà	Off Day
3) VEGETARIAN MEAL	Vegetarian Macaroni and Cheese [g,e,m] Nui Phô Mai Rau Củ Chay	Eggplant Parmesan Cà Tím Phô Mai	Mushroom Eggs Loaf [e] Trứng Chiên Nấm	Tofu Teriyaki with Rice [s] Đậu Hũ Teriyaki	Off Day
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	Off Day
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Off Day
6) MORNING SNACK	Banh Uot with Fruit and Milk	Bun Suon with Fruit and Yogurt	Egg and cheese Burritos, Fruit and Milk	Singapore Stir-fry Noodle Yogurt, Diced Fruit and Milk Mì Xào Singapore	Off Day
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	Off Day

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