



Name:.....

Class :.....

May 06-10, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish w/t Sweet & Sour Sauce with Rice Cá chiên sốt chua ngọt	Stuffed Tofu with Pork in Tomato Sauce Đậu hũ ngòì thịt sốt cà	Braised Pork Belly with Quails, Rice Thịt kho trứng cút	Chicken and Sweet Potato Curry with Rice Cà ri gà	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Creamy Chicken Stroganoff with Mushrooms, Sour Cream and Spaghetti Mỳ ý sốt kem gà nấm	Baked Fish with Pesto Sauce and Roasted Potatoes Cá nướng sốt pesto, khoai tây nướng	Crispy Chicken Burger, French Fries [g,d] Burger gà chiên giòn, khoai tây chiên	Roasted Pork Tenderloin with Apple Sauce, Smash Potatoes Heo nướng sốt táo, khoai tây nghiền	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ ý thịt viên bò băm
3) VEGETARIAN MEAL	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Vegan Bolognese with Spaghetti Mỳ ý sốt cà chay	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Spaghetty aglio e olio. Mỳ ý sốt tỏi dầu olive	Tofu with Asian Tomato Sauce Đậu hũ sốt cà
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	Egg and cheese burrito Cuộn trứng và cheese	Pho Ga (Chicken Noodle Soup) [g] U6 Crepe with fruit and jam	Crossant with cheese Bánh sừng trâu nhân phô mai	Bun Thai (Thai's Style Noodle Soup) U6 hotdog bun with ham 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

[s]-contains sesame

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Our canteen is completely nut free

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Name:.....

Class :.....

May 13-17, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Braised Pork Belly with Tofu, Rice Thịt kho đậu hũ	"Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt teriyaki	Vietnamese Pork Cutlets, Rice Sườn cốt lết nướng	"Roasted Chicken Drumstick Rôti-soire Đùi gà rô ti	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Oven Baked Chicken Thigh with Chives & Lemon, Roasted Potatoes Gà nướng Lá thơm và chanh, khoai tây nướng	Macaroni & Beef Casserole Nui thịt bò dút lò	Ham and Cheese Pizza	Pan Seared Fish with Passion Fruit Sauce, Roasted Potatoes Cá áp chảo sốt chanh dây, khoai tây nướng	Baked Pork Loin with Gravy and Smash Potatoes thịt heo nướng sốt nâu, khoai tây nghiền
3) VEGETARIAN MEAL	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	"Fresh Tofu with Mushroom Sauce [v, sb] Đậu hũ non sốt nấm	"Stir-Fried Tofu with Sweet & Sour Sauce, Rice Đậu hũ sốt chua ngọt	Sauteed Vegetables and Tofu with Egg Noodles [e, sb] mì xào 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 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	Ham and cheese Burritos	Pork Ball vermicelli soup Bún mọc U6 Pancake with jam	Baguettes with ham cheese U6 hotdog bun with ham cheese	Mi Quang Ga (Quang Chicken Noodles Soup) U6 Crossant with jam and cream	Egg and Cheese Sandwich Sandwich trứng và cheese U6 Sandwich with Scramble Eggs
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 :.....

May 20-24, 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 xù mại	Crispy Chicken with Mayo, Rice Gà chiên giòn sốt Mayo	"Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá chiên bột xù sốt kem chanh, khoai tây nướng	Assorted Sushi Rolls [e]
2) WESTERN MEAL	"Roasted Chicken Thigh with Cajun, Smash Potatoes Gà nướng cajun, khoai tây nghiền	Spaghetti Bolognese [g] Mỳ ý sốt bolognese	American Cheese Burger with French Fries Burger bò, khoai tây chiên	Spaghetty with Ground Pork, Vegetables and Tomato Sauce [e,g] Mỳ ý sốt cà heo băm	Orange Chicken Drumstick with Rice Đùi gà sốt cam
3) VEGETARIAN MEAL	Mushroom Eggs Loaf [e] Trứng chiên nấm	Stir-fried Tofu with vegetables Đậu hũ xào rau củ	Vegetarian Macaroni and Cheese [g,e,m] nui dứt lò chay	Tofu Teriyaki with Rice [s] Đậu hũ sốt teriyaki	"Fried Eggs with Bean [v, sb] Trứng chiên đậu
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	Banh Canh (Vietnamese Udon Noodle Soup) U6 Pancake with jam and Honey	Sausage roll Bánh cuộn xúc xích U6 Sandwich with Scramble Eggs	Nui Xao Thit U6 Crossant with strawberry jam	Katsu Breaded Chicken Wrap [g] Wrap gà chiên U6 Crepe 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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Class :.....

May 27-31, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	PD Day	PD Day	Fried Fish with Tamarind Sauce Cá chiên sốt me	Stewed Pork Ribs with White Beans, Rice Thịt heo hầm đậu trắng	Assorted Sushi Rolls [e]
2) WESTERN MEAL	PD Day	PD Day	Roasted Chicken Thigh with Honey, Roasted Potatoes Gà nướng mật ong, Khoai tây nướng	Macaroni and Cheese with Chicken [m,e,g] Nui gà đứt lò	Pork Schnitzel with Smashed Potatoes [e,g,d] Thịt heo chiên, khoai tây nghiền
3) VEGETARIAN MEAL	PD Day	PD Day	Tofu with Asian Tomato Sauce Đậu hũ sốt cà	Pumpkin Alfredo with Chickpea Spaghetti Mỳ ý sốt bí đỏ đậu gà	"Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ
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 Thit 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	Bánh Ướt chá lụa U6 Crossant with cheese	Egg and cheese Burritos	Bun Rieu (Rice Noodles in Tomato Broth) U6 Pancake with jam
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

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