



Name:.....

Class :.....

**October 2-6, 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Baked Fish with Teriyaki Sauce, Rice (f)	Roasted Pork Char-siu	Stir-Fried Beef Chinese Style, Rice	Roasted chicken with hoisin sauce	Braised Basa Fish with fish sauce
<b>2) WESTERN MEAL</b>	Chicken Breast Parmesan and Pesto pasta	Fish and Lemon Butter Caper Sauce and Roast Potato	BBQ Pork Ribs with Mashed Potatoes	Lasagna	Chicken, Rice, Bean and Cheese Enchilada
<b>3) VEGETARIAN MEAL</b>	Stuffed Peppers with Rice and Tomato Sauce	Stir-Fried Noodle with Tofu [v]	Ratatouille Pasta	Braised tofu with vegetables	vegetarian Curry with Steamed Rice
<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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
<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>	Chao Thi Bam Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	Bò kho with Fresh Fruit	Baguettes with ham and cheese, Fruit and Milk	Nui Xao Thit Diced Fruit and Milk
<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

[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 :.....

**October 9-13, 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Braised pork with eggs	Vietnamese Meatball in Tomato Sauce with Rice	Vietnamese Curry chicken	Braised Fish Cake with Pineapple	Deep fried pork with salt egg sauce
<b>2) WESTERN MEAL</b>	Greek Chicken Roast Potatoes	Herb crusted Fish with Pasta Alfredo	Pork Tenderloin Honey, Soy Glaze and Potato Wedges	Macaroni Ham and Cheese	BBQ Chicken thighs and Garlic Mashed Potato
<b>3) VEGETARIAN MEAL</b>	Mushroom Risotto	Grilled Vietnamese Eggplant with Rice [f, sb]	Mushroom Eggs Loaf.	Stewed tofu with caramel	Veggie Sichuan tofu
<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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
<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>	Egg and Cheese Sandwich with Fruit and Milk	Ham and Cheese Baguette Bite with Fresh Fruit and Milk	Toasted Granola with Yogurt, Diced Fruit and Milk (U6) Banh uot cha lua (school)	Banh Uot with Fruit and Milk	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
<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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Name: .....

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**October 23-27, 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Baked Fish with Teriyake Sauce, Rice (f)	Braised pork with shrimp	Stir-Fried Beef Chinese Style, Rice	Fried Chicken Wings with soya Sauce, Rice	Braised fish with pineapple
<b>2) WESTERN MEAL</b>	Pesto Chicken Thigh With Mushroom, Tomato and Cream Penne	Fried Fish and Potato wedges with Tartar Sauce (Fish and Chips)	Pork Schnitzel with Gravy	Spaghetti and meatballs	Chicken Pot Pie with Puff Pastry Potato and Parsley
<b>3) VEGETARIAN MEAL</b>	Stuffed Zucchini	Egg and Cheese Burrito Bites with Milk	Eggplant Parmesan	Vegetable stuffed tofu with tomato sauce	Vegetable Lasagna
<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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
<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>	bún chả cá Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	bún sườn with Fresh Fruit	Baguettes with ham and cheese, Fruit and Milk	Nui Xao Thit Diced Fruit and Milk
<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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Name:.....

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**October 30-November 3, 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Roasted Duck	Deep fried Pork with Mayo	Stir-Fried Beef with Baby Corn, Green Bean and Rice	Braised chicken with vietnamese basil	Fried Fish w/ Lemongrass Salt, Rice
<b>2) WESTERN MEAL</b>	Honey Garlic Chicken Legs Greek Potatoes	Spiced Blackened Fish	Cheeseburger and Potato Wedges	Teriyaki Pork Ribs and Mashed Potatoes	Macaroni Chicken and Cheese Sauce
<b>3) VEGETARIAN MEAL</b>	Creamy (Vegan) Pasta with Pesto.	Sweet and Sour Vegetable	Indian Coconut Chick Pea and Cauliflower Curry	Tofu Stuffed with Mushroom and Tomato Sauce, Rice	Sicilian Spaghetti alla Norma.
<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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
<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>	Bun Thit Nuong with Fruit and Milk	Ham and Cheese Baguette Bite with Fresh Fruit and Milk	Toasted Granola with Yogurt, Diced Fruit and Milk (U6)  Banh uot cha lua (school)	Banh Uot with Fruit and Milk	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
<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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