



Name:.....

Class :.....

**November 04-08, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Bò lagu bánh mì Beef ragu and bread	Grille chicken Teriyaky sauce gà nướng tương nhật	Braised Pork with radish Thịt heo củ cải	Deep Frice red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt	Braised chicken with Vietnamese Basil Gà kho lá quế
<b>2) WESTERN MEAL</b>	Honey Garlic Chicken Legs And Pasta đùi gà nướng ăn với mì ý	Spiced Blackened Fish with potato baby cá nướng ăn với khoai tây bi	Macaroni Chicken and Cheese Sauce Nui đúc lò với thịt gà	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây	Fried pork Italy style and potato Thăn heo chiên kiểu Ý khoai tây nghiền
<b>3) VEGETARIAN MEAL</b>	Deep frice Pork with sesoning sườn chay chiên và gia vị	Sweet and Sour Vegetable tofu rau củ đậu hũ chua ngọt	Frice seitan with fish sauce mì căn chiên mắm chay	Tofu Stuffed with Mushroom and Tomato Sauce, Rice cà chua nhồi nấm	Sicilian Spaghetti alla Norma. Mỳ ý rau củ chay
<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. pasta Bar -Penne , Spaghetti, -Tomato sauc, Cream sauce,petto sauce -Broccolli,tomato cherry, mushroom,
<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>	Ham and Cheese English Muffin with Fresh Fruit	Noodle with Duck Fruit mì vịt tiềm U6 Sandwich with Eggs cheese	Hue style beef noodles Fruit bún bò U6 Crossant with jam and cream.	Ssteamed thin rice pancak Fruit bánh ướt U6 Muesli with Fruit and yogurt	Sandwiches with Chicken and Cheese,
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Croissant cheese with Juice	Fresh Tropical Fruit and Cuộn Socola và Matcha with Juice	Fresh Tropical Fruit with a Ham cheese roll and Juice	Fresh Tropical Fruit and Yogurt with Juice	Fresh Tropical Fruit with a Cookie and Juice

If you have any allergy concerns please inform canteen manager

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Our canteen is completely nut free

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Name:.....

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**November 11-14, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Pork Braised With tofu Thịt kho đậu hũ	Cá nưừ kho thơm Grilled fish with lemongrass	Shaking beef with rice Bò lúc lắc ăn kèm cơm trắng	Roasted Chicken with lemon leaves gà nướng lá chanh	
<b>2) WESTERN MEAL</b>	Chicken Nuggets with BBQ Sauce, French Fries	Chicken Lasanage Mì ý lá với sốt gà hầm	Gà xiên với rau củ và khoai tây áp chảo Chicken skewer with vegetables and pan fried potato	Deep -fried fish with fried rice Ca tấm bột chiên xù ăn kèm với cơm chiên	
<b>3) VEGETARIAN MEAL</b>	Đậu hũ chiên sả Fried tofu with lemongrass	Stir-Fried Noodle with Tofu [v]	Cheese Omelets trứng cuộn	Braised Tofu with Vegetables nấm kho rau củ	
	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	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Muesli with Fruit and yogurt	Cháo bò Bằm Minced Beef Porridge U6 Stuffed Crepe	Hủ tíu sa tế sườn Noodle with sate pork ribs U6 Crossant with cheese	Vietnamese Thick Noodle Soup and Milk Bánh canh thịt heo U6 Pancake with jam	
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Apple Turnover with Juice	Fresh Tropical Fruit and Patechoux with Juice	Fresh Tropical Fruit with a Cookie and Juice	Fresh Tropical Fruit and Cheese Croissant with Juice	Fresh Tropical Fruit with a Muffin and Juice

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**October 14-18, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Heo ba rọi nướng kiểu Hàn Quốc Grilled pork belly satyle Korean	Cá ngừ kho thơm Braised fish with pineapple	Stir-Fried Beef and Vegetables, Rice Bò xào rau củ	Fried Chicken Wings with Fish Sauce, Rice cánh gà chiên nước mắm tỏi	Braised pork belly Wtith EGG Thịt kho trứng
<b>2) WESTERN MEAL</b>	Spaghetti beef slice with vegetables Mì ý ăn kèm bò cắt lát và rau củ	Grilled prok with apple sauce, Roasted potatoes Thịt heo nướng sốt táo, khoai tây nướng	Margherita and salami Pan Pizza Bánh pizza và xúc xích khô	Nui sốt thịt viên Minced beef macaroni	Crisby Chicken with french fries gà chiên giòn kèm khoai tây chiên
<b>3) VEGETARIAN MEAL</b>	Stir fried Tofu & mushroom đậu hũ xào nấm	Fried tofu with lemongrass Đậu hũ chiên sả ớt	Grille Pork chops With fish sauce Sườn nướng chay	Bún chả giò chay Vegetables spring roll and fresh noodle	Vegetable Lasagna mỳ ý lá đúc lò với rau củ
<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 Burrito Bites with Milk	Phở tái bò viên Beef noodle Fruit and Milk U6 Crossant with jam and cream	Ssteamed thin rice pancake Fruit and Milk bánh ướt U6 French Toasted with Jam	Mì Ramen Japanese Ramen U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	Baguettes with ham and cheese, U6 hotdog bun with ham cheese
<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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**November 25-29, 2024**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1) ASIAN MEAL</b>	Chả cá chiên thì là Fried fish paste with dill	Grille chicken Teriyaky sauce gà nướng tương nhật	Braised pork chops with team rice Cốt lết ram mặn kèm cơm trắng	Braised chicken with Vietnamese Basil Gà kho lá quế	Deep Frice red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt
<b>2) WESTERN MEAL</b>	Honey Garlic Chicken Legs And Pasta đùi gà nướng ăn với mì ý	Ba rọi xông khói cuộn xúc xích và Khoai tây nướng Rolled sausage and bacon baked potato	Cánh gà chiên sốt bơ tỏi khoai tây chiên Fried chicken wings with garlic and butter sauce and french fried	Mì dẹp lớn đút lò với thịt và phô mai Beef lasagna	Pork Ribs and Smashes Potatoes sườn heo nướng kèm khoai tây nghiền
<b>3) VEGETARIAN MEAL</b>	Deep frice Pork with sesoning sườn heo chiên và gia vị	Sweet and Sour Vegetable tofu rau củ đậu hũ chua ngọt	Frice seitan with fish sauce mì căn chiên mắm chay	Tofu Stuffed with Mushroom and Tomato Sauce, Rice cà chua nhồi nấm	Pan-fried egg with mushroom & team rice Trứng chiên nấm hương kèm cơm trắng
<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>	Ham and Cheese Sandwich bánh mì sandwich kẹp ham và phomai	Bún cá Kiêng Giang Kiêng giang fish noodle U6 Stuffed Crepe	Hue style beef noodles bún bò U6 Crossant with cheese	Bánh canh gà Chicken rice noodle U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	Katsu Breaded Chicken Wrap [g] Wrap gà chiên" bánh cuộn gà chiên
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Bánh Gà with Juice	Fresh Tropical Fruit and Cuộn dâu with Juice	Fresh Tropical Fruit with Muffin and Juice	Fresh Tropical Fruit and Apple Danish with Juice	Fresh Tropical Fruit with Cookie and Juice

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