



Name:.....

Class :.....

November 03-07, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Grille chicken Teriyaky sauce gà nướng tương nhật	Bò lagu với cơm Beef ragu with Rice	Fried Fish Ball with Sweet & Sour Sauce Cá viên chiên sốt chua ngọt	Deep Frice red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt	Braised chicken with Vietnamese Basil Gà kho lá quế
2) WESTERN MEAL	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ ý thịt bò viên sốt cà	Pan Seared Fish with Passion Fruit Sauce, Roasted Potatoes Cá áp chảo sốt chanh dây, khoai tây nướng	Macaroni and Cheese with Chicken [m,e,g] Nui gà sốt phô mai kem sữa	American BBQ Pork Ribs with Hearty Vegetables and Smash Potatoes Sườn heo nướng BBQ kiểu Mỹ, khoai tây nghiền	Fried pork Italy style Thăn heo chiên kiểu Ý
3) VEGETARIAN MEAL	Braised Vegetable Loaf with Soy Sauce [m,sb] Chả chay kho nước tương	Chả giò chay Vegetables spring roll	Eggplant Parmesan with Rice [e,g,m] Cà tím nướng phô mai Parmesan	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	"Fried Eggs with Bean [v, sb] Trứng chiên đậu
4) GLO BOWLS (RICE AND NOODLE BOWLS)	Korean Gochuchang Chicken Rice with miso Dressing Cơm thịt gà chiên giòn sốt Gochuchang Hàn quốc và sốt Miso	Vietnamese vermicelli with fried spring rolls/Grilled meat Bún chả giò/Bún thịt nướng	DIY Deli Sandwich with Wrap/hotdog bun/baguette Ham/salami/Pepporoni Cheddar cheese/Shredded Mozarella	Pasta Bar with Spaghetti/Penne, Cream/Tomato Sauce, Chicken/Ground Beef/Bacon	Assorted Sushi Rolls [e]
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Egg & Bacon English Muffin Bánh mì kẹp thịt nguội và trứng	Ramen Noodles with Kombu and Pork Bone Broth and Tender Pork Belly Mì Ramen thịt heo U6 Sandwich with Scrambled Eggs	Ssteamed thin rice pancak Fruit bánh ướt U6 Crossant with jam	Bun Bo Hue (Vietnamese Hue's Style Noodle Soup) U6 Muesli with Fruit and yogurt	Hot dog with Pork Sausage Bánh mì xúc xích
7. AFTERNOON SNACK	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

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Name:.....

Class :.....

November 10-14, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Pork Braised With tofu Thịt kho đậu hũ	"Fried Fish with Tamarind Sauce Cá chiên sốt me	Shaking beef with rice Bò lúc lắc ăn kèm cơm trắng	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Vietnamese Meatball in Tomato Sauce with Rice Xứu mại sốt cà
2) WESTERN MEAL	"Roasted Chicken Thigh with Cajun, Mashed Potatoes Gà nướng Cajun, khoai tây nghiền	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà chiên, khoai tây chiên	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g, d] Mỳ ý thịt heo sốt kem nấm	Macaroni & Beef Casserole Nui bò hầm sốt cà phô mai dút lò	Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá chiên xù sốt kem chanh, khoai tây nướng
3) VEGETARIAN MEAL	Đậu hũ chiên sả Fried tofu with lemongrass	Sauteed Vegetables and Tofu with Egg Noodles, Soy Sauce [e,sb] Mì trứng xào đậu hũ và rau củ, nước tương	Sicilian Spaghetti alla Norma. Mỳ ý rau củ chay	Braised Tofu with Vegetables nấm kho rau củ	Cheese Omelets trứng cuộn
4) GLO BOWLS (RICE AND NOODLE BOWLS)	Korean Fried Mandu/Steamed Chinese Dumplings Mandu chiên/Há cảo hấp	Teriyaki Salmon with Wasabi Mayo, Rice Cơm cá hồi nướng Teriyaki với sốt Wassabi Mayo	Gà/Hèo xiên với rau củ áp chảo Chicken/Pork skewer with vegetables	Korean Bibimbap-korean mixed rice bowl Cơm trộn Hàn quốc	Hà Nội Styled Beef and Pickled Mustard Greens Fried Rice Cơm rang dưa bò Hà Nội
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Ham and cheese Burritos	Pho Ga (Chicken Noodle Soup) [g] U6 Sandwich with butter and jam	Hu Tieu Thịt Heo (Sliced Pork Noodle Soup) [g] U6 Brioche	Banh Canh (Vietnamese Udon Noodle Soup) U6 Pancake	Egg and Cheese Sandwich Sandwich trứng và cheese
7. AFTERNOON SNACK	Fresh Tropical Fruit and Bánh con người with Juice	Fresh Tropical Fruit and Strawberry Roll with Juice	Fresh Tropical Fruit with a Sausage Roll and Juice	Fresh Tropical Fruit and Banana Bread with Juice	

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Name:

Class :

November 17-21, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Heo ba rọi nướng kiểu Hàn Quốc sốt Gochuchang Grilled pork belly Korean Style with Gochuchang Sauce	Stir-Fried Beef and Vegetables, Rice Bò xào rau củ	Fried Fish Ball with Tomato Sauce, Rice Cá viên chiên sốt cà	Fried Chicken Wings with Fish Sauce, Rice cánh gà chiên nước mắm tỏi	Braised pork belly Wtith EGG Thịt kho trứng
2) WESTERN MEAL	Crispy Chicken with Basil Honey Mayo, Rice Gà chiên giòn sốt Mayo mật ong	Grilled pork with apple sauce, Mashed potatoes Thịt heo nướng sốt táo, khoai tây nghiên	Ham Cheese Pizza Bánh pizza ham cheese	Nui sốt thịt viên Minced beef macaroni	Parmesan Crusted Fish, Roasted Potatoes Cá nướng phô mai Parmesan, khoai tây nướng
3) VEGETARIAN MEAL	Stir fried Tofu & mushroom đậu hũ xào nấm	Vegetarian Macaroni and Cheese [g, e,m] Nui phô mai sốt cà chay	Margherita Pizza Pizza phô mai	Tofu with Asian Tomato Sauce Đậu hũ sốt cà	Mushroom Eggs Loaf [e] Chả trứng nấm
4) GLO BOWLS (RICE AND NOODLE BOWLS)	Vietnamese Grilled pork broken rice with sunny side egg and pig skin Com tấm sườn nướng, bì, trứng ốp la	Beef Lasagna/Vegetarian Lasgana Lasagna bò/Lasgana chay	Chicken Katsu/Tonkatsu Bowl with Rice Com Gà/Heo chiên xù sốt Tonkatsu kiểu Nhật	Chicken Tikka Rice Bowl and Yogurt Corriander Sauce, Naan Bread Com gà sốt ngò sữa chua, bánh Naan	Pad Thai with Chicken/Pork Pad Thai thịt gà/thịt heo
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Katsu Breaded Chicken Wrap [g] Wrap gà chiên	Mi Quang Ga (Quang Chicken Noodles Soup) U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	Stir-fried Noodles with Pork Mì thịt xào U6 Sandwich with butter and jam	Bun Rieu (Rice Noodles in Tomato Broth) U6 hotdog bun with ham cheese	Baguettes with Egg and cheese Bánh mì trứng phô mai
7. AFTERNOON SNACK	Fresh Tropical Fruit and Croissant cheese with Juice	Fresh Tropical Fruit and Chocolate roll with Juice	Fresh Tropical Fruit with Cookie and Juice	Fresh Tropical Fruit and Bánh xế with Juice	Fresh Tropical Fruit with Muffin and Juice

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Class :

November 24-28, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Chả cá chiên thì là Fried fish paste with dill	BBQ Chicken Thigh with Rice Đùi gà nướng BBQ	Braised pork chops with team rice Cốt lết ram mặn kèm cơm trắng	Braised Fish in Clay Pot with Rice Cá kho tộ với cơm trắng	Stewed Pork Ribs with White Beans, Rice Sườn heo hầm đậu trắng
2) WESTERN MEAL	Sausage and baked bean with Fried Wedges Xúc xích nấu đậu, khoai tây múi cau chiên	Crispy Prawn Burger with Side Salad Burger tôm với xà lách	Fried chicken wings with garlic and butter sauce and rice Cánh gà chiên sốt bơ tỏi, cơm	Spaghetti and Meatballs with Tomato Sauce [g] Mỳ ý thịt bò viên sốt cà	Chicken Nuggets with BBQ Sauce, Roasted Vegetables [g,e] Gà viên chiên giòn sốt BBQ, Rau củ nướng
3) VEGETARIAN MEAL	Tofu Teriyaki with Rice [s] Đậu hũ sốt tương nhạt	Grilled Vietnamese Eggplant with Rice [f, sb] Cà tím nướng mỡ hành	Creamy (Vegan) Pasta with Pesto. Nui sốt kem pesto chay	Tofu and Sweet Potato Curry [sb,g] Cà ri đậu hũ khoai lang chay	Pan-fried egg with mushroom & team rice Trứng chiên nấm hương kèm cơm trắng
4) GLO BOWLS (RICE AND NOODLE BOWLS)	Thai Stir-fried Pork/Chicken with Basil Leaves, Rice Com Thịt Heo/Gà xào lá hương nhu kiểu Thái	Grilled Pork, Fine rice vermicelli Bánh hời thịt nướng	Korean Spicy Tokbokki with Fish Cake and Boiled Egg Bánh gạo cay Hàn Quốc với chả cá và trứng luộc	Ha noi Style Grilled pork with noodles Bún chả Hà Nội	Taco Shell with Ground Beef/Grilled Chicken Bánh taco với bò xay/gà nướng
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Hot dog with Pork Sausage Bánh mì xúc xích U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Pork Ball vermicelli soup Bún mọc U6 Croissant with jam	Fried Spring Roll Noodles Bún chả giò U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Mi Trung (Egg Noodles Soup) U6 Sandwich with Scramble Eggs (ko kẹp, để riêng)	Pulled Chicken Baguette with Side Veggies Bánh mì gà xé U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây
7. AFTERNOON SNACK	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce	Energy Bar Thanh năng lượng U6 Fresh Fruit and Vegetables Sticks with Sauce	Mini Pain au chocolat Bánh ngàn lớp nhân socola U6 Fresh Fruit and Vegetables Sticks with Sauce	Open face grilled cheese with tomato Bánh mì nướng phô mai và cà chua U6 Fresh Fruit and Vegetables Sticks with Sauce	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce

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