



Name:.....

Class :.....

October 06 - 10, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Stir-fried Squid with Vegetables Mực xào rau củ	Sweet and Sour Pork Ribs with Rice [e,g] Sườn xào chua ngọt	Chinese Steamed Fish with Ginger, Rice Cá hấp gừng kiểu Hoa	Stir-fried beef with Pickle Bò xào cải chua	Braised Chicken with Ginger, Rice Gà kho gừng
2) WESTERN MEAL	Pasta Carbonara Pasta Sốt Kem Thịt Xông Khói	Baked Fish with Lemon & Dill, Roasted Potatoes Cá nướng chanh thì là, khoai tây nướng	Grilled Chicken with Tomato Sauce, Fried Rice Gà nướng sốt cà, cơm chiên	Pork Schnitzel with Gravy, Mashed Potatoes [e,g] Thịt heo chiên sốt nâu, khoai tây nghiền	Cajun Spiced Basa Fish with Rice[g, e,f,m] Cá basa nướng Cajun
3) VEGETARIAN MEAL	Braised tofu with vegetables Đậu hũ kho rau củ	Omlette [e,v] Trứng ốp la	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	Fried Eggs [e,v] Trứng chiên	Grilled Vietnamese Eggplant with Rice [f,sb] Cà tím nướng mỡ hành
4) GLOBAL FOOD	Waterfall Fried Chicken Rice Cơm gà xối mỡ	Beef Lasagna/Vegetarian Lasagna Lasagna bò/Lasagna chay	"DIY Deli Sandwich with Wrap/hotdog bun/baguette Ham/Fried Chicken Cheddar cheese/Shredded Mozzarella "	Chicken Tikka Rice Bowl and Yogurt Coriander Sauce, Naan Bread Cơm gà sốt ngò sữa chua, bánh Naan	Beef wrapped in lotus leaves, Fine rice vermicelli Bánh hời bò lá lốt
5) SALAD BAR	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK (along with yogurt, milk or juice)	French Toasted with Jam Bánh mì trứng nướng với mứt	Bun Thai (Thai's Style Noodle Soup) U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	"Chicken Quesadilla Bánh kẹp gà phô mai"	Porridge with Ground Pork Cháo thịt băm U6 hotdog bun with ham cheese	Sandwich with pate, meat loaf, and cold cuts Sandwich kẹp pa te chả lụa thịt nguội
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Apple Danish Bánh táo nướng quế	Pancake with jam and fruit Bánh pancake với mứt và trái cây	Brownie Bánh Sô cô la	Fresh Tropical Fruit Trái cây theo mùa

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 22 - 24, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	NO SCHOOL	NO SCHOOL	Stuffed Tofu with Pork in Tomato Sauce Đậu hũ nhồi thịt sốt cà	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Braised Fish with Tomatoes, Rice [f] Cá kho cà chua
2) WESTERN MEAL	NO SCHOOL	NO SCHOOL	Oven Baked Chicken Thigh with Chives & Lemon Gà nướng hẹ và chanh	Healthy American Goulash [m, e,g] Nui sốt bò băm rau củ	Roasted Pork Tenderloin with Apple Sauce, Smash Potatoes Thăn heo nướng sốt táo, khoai tây nghiền
3) VEGETARIAN MEAL	NO SCHOOL	NO SCHOOL	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Vegan Bolognese Mỳ ý sốt Bolognese chay
4) GLOBAL FOOD	NO SCHOOL	NO SCHOOL	Mexican Chicken Fajita/Ground Beef with Black Bean, grilled vegetable, Blackbean, Roast Corn Salsa, Guacamole Cơm Mexico gà xào ớt chuông/Bò nấu đậu đen, rau củ nướng, Salsa	Sticky rice with savory toppings (pâté, Chinese sausage, pork loaf, shredded pork) Xôi pa tê lạp xưởng chả lụa chả bông	Japanese Stir-fired Udon Noodles with Pork/Chicken Mì Udon xào thịt heo/thịt gà
5) SALAD BAR	NO SCHOOL	NO SCHOOL	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK (along with yogurt, milk or juice)	NO SCHOOL	NO SCHOOL	Muesli with Fruit and yogurt Yến mạch nướng ăn kèm sữa chua và trái cây	Pho Bo (Beef Noodle Soup) U6 Pancake with jam	Katsu Breaded Chicken Sandwich [g] Sandwich gà chiên
7. AFTERNOON SNACK (along with yogurt, milk or juice)	NO SCHOOL	NO SCHOOL	Cakes Corn Bánh bắp	Strawberry roll Bánh bông lan cuộn mút dâu	Fresh Tropical Fruit Trái cây theo mùa

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 27- 31, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish w/t Lemongrass Salt, Rice Cá chiên muối sả	Stewed Pork with Radish, Rice Thịt kho củ cải, Com	Chicken Thigh Rotisserie Đùi gà quay Rô ti	Vietnamese Pork Cutlets, Rice, Sweet & Sour Fish Sauce Sườn heo nướng mỡ hành, nước mắm chua ngọt	Fried Fish Ball with Garlic & Fish Sauce [f] Cá viên sốt mắm tỏi
2) WESTERN MEAL	Sausages and Tomato Pasta Nui xúc xích sốt cà	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng	Chicken Broccoli Casserole with pasta Nui gà bông cải xanh phô mai đút lò
3) VEGETARIAN MEAL	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Lemongrass Tofu with Rice [sb] Đậu hũ chiên sả	Pumpkin Alfredo with Chickpea Pasta Mỳ ý sốt bí đỏ đậu gà	"Stir-Fried Tofu with Sweet & Sour Sauce, Rice Đậu hũ xào sốt chua ngọt	Veggie Sichuan tofu Đậu hũ tứ xuyên chay"
4) GLOBAL FOOD	Chinese Crispy Noodles with Pork (Chow Mein) Mì xào giòn thịt heo	Pan Seard Chilean Sea Bass with Lemon Butter Sauce and Roasted Potatoes Cá chẽm Chi lê nướng sốt bơ chanh, khoai tây nướng	Stir-fried Beef and sunny side egg noodles Nui/Mì xào bò trứng ốp la	Chickpea Curry with Naan Bread Cà ri đậu gà với bánh Naan	Roasted Duck with Chinese Steam Buns Vịt quay bánh bao
5) SALAD BAR	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK (along with yogurt, milk or juice)	Egg and cheese burrito Bánh cuộn trứng cheese	Bun Bo Vien (Noodles Soup with Beef Ball) U6 Sandwich with Eggs	"Stir-fried Noodles with Pork bún thịt nướng" U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Súp nui (Maccaroni Vegetables Soup with Slice Pork) U6 Crossant	Baguettes with ham cheese Bánh mì với ham cheese
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Madeleine Bánh con sò	Hotdog roll Bánh cuộn xúc xích	Toast Sandwich with jam and fruit Bánh mì nướng với mứt và trái cây	Fresh Tropical Fruit Trái cây theo mùa

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