



Name:.....

Class :.....

December 02-06, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Vịt nấu tiêu & bánh mì Duck braised ,pepper and bread	Deep Friced tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt	Braised Pork with radish Thịt heo củ cải	Cá kho cà Braised fish with tomato sauce	Braised chicken with ginger gà kho gừng
2) WESTERN MEAL	Grilled Chicken fillet And Pasta ức gà nướng ăn với mì ý	Fried pork Italy style and Mashpotato Thịt heo chiên kiểu Ý khoai tây nghiền	Macaroni Chicken and Cheese Sauce Nui đúc lò với thịt gà	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây	Beef Burger with french friced burger bò với khoai tây chiên
3) VEGETARIAN MEAL	Đậu hũ Tứ Xuyên chay Veggie Sichuan tofu	Sweet and Sour Vegetable tofu rau củ đậu hũ chua ngọt	Friced seitan with fish sauce mì căn chiên mắm chay	Tofu Stuffed with Mushroom and Tomato Sauce, Rice cà chua nhồi nấm	Braised tofu with mushroom. Đậu hũ kho nấm
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 Thịt Nướng Vietnamese sausage noodles	1. Hawaiian Salmon Kale, Mango Salsa, Avocado endamame 2. Hawaiian Steak Grilled Pineapple, Endamame, Quinoa, Kale
5) SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK	Ham and Cheese Baguette Bite with Fresh Fruit U6 hotdog bun with ham cheese	Noodle with Duck Fruit mì vịt tiềm U6 Sandwich with Scramble Eggs.	Hue style beef noodles Fruit bún bò U6 Crossant with jam and cream.	Steamed thin rice pancak Fruit bánh ướt U6 Muesli with Fruit and yogurt	Sandwiches with Chicken and Cheese, Fruit and Milk
7. AFTERNOON SNACK	Fresh Tropical Fruit and Bánh gà with Juice	Fresh Tropical Fruit and Strawberry Roll with Juice	Fresh Tropical Fruit with Bánh xếp and Juice	Fresh Tropical Fruit and Cookie with Juice	Fresh Tropical Fruit with Muffin 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 :.....

December 09-13, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Pork Braised with tofu Thịt kho đậu	Braised meat boll with tomato sauce xí mại ăn bánh mì	Shaking beef with rice Bò lúc lắc ăn kèm cơm trắng	Deep -fried Chicken leg with fish sauce Gà chiên nước mắm	Fried -rice with meat Cơm chiên Dương Châu
2) WESTERN MEAL	Chicken Nuggets with BBQ Sauce ,frenh fried Gà chiên xù ăn với khoai tây chiên	Gà xiên với rau củ và cơm Chicken skewer with vegetables , Steam rice	<i>Beef Lasanage</i> <i>Mì ý lá với sốt bò hầm</i>	Pizza with ham bánh pizza ham	Ức gà áp chảo ăn với Khoai tây bi kèm sốt kem mù tạt Pan-frica chicken with potato & Dijon mustard creamy sauce
3) VEGETARIAN MEAL	Đậu hũ chiên sả ớt Fried tofu with lemongrass	Stir-Fried Noodle with Tofu [v]	Cheese Omelets trứng cuộn	Braised Tofu with Vegetables nấm kho rau củ	Vegetable Lasagna mỳ ý lá đúc lò với 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 Thit 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
6) MORNING SNACK	Ham and Cheese Burrito Bites with Milk	Cháo bò lá chít Minced Beef Porridge U6 Stuffed Crepe	Bún Thái Thai noodle U6 Crossant with cheese	Mì Quảng Quang Nam chicken noodle U6 Pancake with jam	Chicken Caesar Baguette [g,e], U6 Chicken Caesar Hot dog
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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