



September 4-8, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL			Wok Fried Beef with vegetables Bò xào rau củ	Roasted Chicken with Hoisin Sauce gà nướng sốt hoisin	Pork rib Lagu with Rice sườn heo nấu lagu
2) WESTERN MEAL			Roast Pork Belly with potato wedges thịt ba rọi quay ăn kèm khoai tây múi cau	Beef Stronganoff with spaghetti bò nấu nấm sốt kem và mỳ ý	Roast Chicken Thighs with vegetables gà nướng bột cajun ăn với rau củ nướng
3) VEGETARIAN MEAL			Cheese Omelets trứng cuộn	Braised Tofu with Vegetables nấm kho rau củ	Vegetarian Curry with Steamed Rice cà ri chay
4) GLO BOWLS (RICE AND NOODLE BOWLS)			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
5) SALAD OPTION			Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
6) MORNING SNACK			Baguettes with ham and cheese, Fruit and Milk	Vietnamese Thick Noodle Soup and Milk Bánh canh thịt heo	Egg and Cheese Burrito Bites with Milk
7. AFTERNOON SNACK			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

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September -09-13, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Caramel Braised Fish Cá kho tiêu	Vietnamese Meatball in Tomato Sauce with Rice Thịt nhồi cà chua	Vietnamese Lemongrass Chicken gà chiên sả	Braised Fish Cake with Pineapple cá kho thơm	Deep Fried Pork with Salt seasoning Thịt heo rang muối
2) WESTERN MEAL	Spaghetti Bolognese mỳ ý bò băm	Battered Fried Fish Fingers with Tartar Sauce Cá chiên giòn ăn với tartar	Beef Goulash and Mashed Potato Bò hầm rau củ ăn với khoai tây nghiền	Macaroni Ham and Cheese Nui đúc lò	BBQ Chicken thighs and Potatoes au Gratin Gà nướng sốt BBQ ăn kèm khoai tây nhiều lớp đúc lò
3) VEGETARIAN MEAL	Pancakes and Berry Sauce bánh pancakes .sốt dâu	Grilled Vietnamese Eggplant with Rice [f, sb]	Mushroom Eggs Loaf. Chả trứng chay	Stewed Tofu with caramel đậu hủ kho tiêu	Veggie Sichuan Tofu đậu hủ sốt Tứ Xuyên
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 Thit Nuong 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 and Milk	Nui xào bò Sauteed penne with beef Fresh Fruit and Milk	meatball-Bread Fruit and Milk Bánh mì xí mai	Nam vang noodle with Fruit and Milk Hủ tiếu nam vang	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
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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SEPTEMBER 16-20, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Caramel Braised Duck with ginger Vịt kho gừng	Grilled prok with honey sauce Thịt heo nướng mật ong	Stir-Fried Beef and Vegetables, Rice Bò xào rau củ	Fried Chicken Wings with Fish Sauce, Rice cánh gà chiên nước mắm	Braised pork belly Wwith cabbage pickles Thịt kho cải chua
2) WESTERN MEAL	Creamy tomao sausage Penne Mì ống sốt kem cà chua xúc xích	Herb-crusted fish with potato baby Cá file nướng bột giòn ăn kèm khoai tây bi	Pork Schnitzel with Gravy and Mashed Potatoes Sườn heo nướng cháy cạnh với sốt nâu và khoai nghiền	Margherita and salami Pan Pizza Bánh pizza và xúc xích khô	Chicken Quesadilla Bánh kẹp thịt gà và sốt petto
3) VEGETARIAN MEAL	Stir fried noodle & mushroom Mì vàng xào nấm	Fried tofu with lemongrass Đậu hủ chiên sả	Grille Pork chops With fish sauce Sườn nướng chay	Stuffed tofu with tomato sauce Đậu hủ nhồi sốt cà	Vegetable Lasagna mỳ ý lá đúc lò với rau củ
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 Thit Nuong	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	Egg and Cheese Burrito Bites with Milk	Chicken pho with Milk Phở gà	Beef and pork leg noodle soup with Fresh Fruit Bún giò heo	Baguettes with ham and cheese, Fruit and Milk	Nui Xao Thit Diced Fruit and Milk
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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SEPTEMBER 23-27, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Stir-Fried Beef with Green Bean and Rice bò xào đậu que	Grille chicken Teriyaky sauce gà nướng tương nhật	Braised Pork with soya sauce Thịt heo hầm tàu xì	Braised chicken with Vietnamese Basil Gà kho lá quế	Deep Frice red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt
2) WESTERN MEAL	Honey Garlic Chicken Legs And Pasta đùi gà nướng ăn với mì ý	Spiced Blackened Fish with Rice Pilaf cá nướng ăn với cơm	Cheeseburger with Curly Fries bánh mì burger khoai tây chiên xoắn	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây	Macaroni Chicken and Cheese Sauce Nui đứclò với thịt gà
3) VEGETARIAN MEAL	Deep frice Pork with sesoning sườn heo chiên và gia vị	Sweet and Sour Vegetable tofu rau củ đậu hủ 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
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 Thit Nuong 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 and Milk	Noodle with Duck Fruit and milk mì vịt tiềm	Hue style beef noodlesFruit and milk bún bò	Ssteamed thin rice pancake Fruit and Milk bánh ướt	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
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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