



Name:.....

Class :.....

September 01 - 05, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	NO SCHOOL	NO SCHOOL	Stirfried Pork Korean style Thịt heo xào kiểu Hàn Quốc	Crispy Chicken with Basil Honey Mayo, Rice Gà chiên giòn sốt Mayo mật ong	Pork Ragu and Potatoes, Carrots, Rice Thịt heo hầm ragu với khoai tây, cà rốt
2) WESTERN MEAL	NO SCHOOL	NO SCHOOL	Baked Chicken Thigh with BBQ, Smashed Potatoes, Gravy Gà nướng sốt BBQ, khoai tây nghiên, sốt nâu	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Fish & Chips Cá chiên giòn và khoai tây chiên
3) VEGETARIAN MEAL	NO SCHOOL	NO SCHOOL	Fried Eggs [v] Trứng chiên	Braised Tofu with Vegetables Nấm kho rau củ	Vegetarian Curry with Steamed Rice Cà ri chay
4) GLOBAL FOOD	NO SCHOOL	NO SCHOOL	Korean Fried Mandu/Steamed Chinese Dumplings Mandu chiên/Há cảo hấp	Vietnamese vermicelli with fried spring rolls/Grilled meat Bún chả giò/Bún thịt nướng	Pasta Bar with Spaghetti/Penne, Cream/Tomato Sauce, Chicken/Ground Beef/Bacon
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	Vietnamese Thick Noodle Soup Bánh canh thịt heo U6 Pancake with jam	Ham and Cheese Burrito Bites Bánh cuộn Ham cheese
7. AFTERNOON SNACK (along with yogurt, milk or juice)	NO SCHOOL	NO SCHOOL	Chocolate Chip Cookie Bánh quy	Brioche with seeds Bánh mì hoa cúc với hạt	Fresh Tropical Fruit Trái cây theo mùa

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Name:

Class :

September 08-12, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Stewed Pork with Radish, Rice Thịt kho củ cải, Cơm	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	Braised Chicken with Ginger, Rice Gà kho gừng
2) WESTERN MEAL	Chicken Carbonara with Spaghetti Mỳ ý gà sốt kem	Pork Schnitzel with Gravy, Mashed Potatoes [e,g] Thịt heo chiên sốt nâu, khoai tây nghiền	Nui sốt thịt viên Minced Pork macaroni	Ham & Cheese Pizza	Fried fish with cocktail sauce [e,f,g] Cá chiên xù sốt Cocktail
3) VEGETARIAN MEAL	Stir fried Tofu & mushroom đậu hũ xào nấm	Fried tofu with lemongrass Đậu hũ chiên sả ớt	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Margherita Pizza Pizza sốt cà chay	Caramelised Mushroom, tofu Carrots and Vegetables with Rice nấm rơm kho đậu hũ
4) GLOBAL FOOD	Korean Spicy Tokbokki with Fish Cake and Boiled Egg Bánh gạo cay Hàn Quốc với chả cá và trứng luộc	Vietnamese Grilled pork broken rice with sunny side egg Cơm tấm sườn nướng, trứng ốp la	DIY Deli Sandwich with Wrap/hotdog bun/baguette Ham/salami/Pepporoni Cheddar cheese/Shredded Mozarella	Japanese Stir-fired Udon Noodles with Pork/Chicken Mì Udon xào thịt heo/thịt gà	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
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 Brown Sandwich Sandwich trứng và cheese	Chicken pho Phở gà U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Meatball-Bread Bánh mì xù mại U6 Crepe	Bun Rieu (Rice Noodles in Tomato Broth) U6 hotdog bun with ham cheese	Katsu Breaded Chicken Wrap [g] Wrap gà chiên Bánh cuộn gà chiên
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Pate Chaud Bánh ngàn lớp nhân thịt	Energy Bar Thanh năng lượng	Cheese Croissant Bánh con cua nhân phô mai	Fresh Tropical Fruit Trái cây theo mùa

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September 15-19, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Chicken and Sweet Potato Curry with Rice Cà ri gà khoai lang	Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] Mì xào singapore, thịt xá xíu	Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt tương nhật	Braised chicken with Vietnamese Basil Gà kho lá quế	Deep Friced red tilapia with fish sauce cá diêu hồng chiên nước mắm chua ngọt
2) WESTERN MEAL	Cajun Spiced Fish Fillet with Rice[g,e,f,m] Cá basa nướng Cajun	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Chicken Casserole with pasta Nui gà phô mai dứt lò	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây nướng	Porchetta (Italian Pork Roast), Smashed potatoes Thăn heo chiên kiểu Ý, khoai tây nghiền
3) VEGETARIAN MEAL	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Sweet and Sour Vegetable tofu Rau củ đậu hũ chua ngọt	Sunny Side Fried Egg Trứng ốp la	Braised Vegetable Loaf with Soy Sauce [m,sb] Chả chay kho nước tương	Sicilian Spaghetti alla Norma. Mỳ ý rau củ chay
4) GLOBAL FOOD	Pad Thai with Chicken/Pork Pad Thai thịt gà/thịt heo	Teriyaki Salmon with Wasabi Mayo, Rice Cơm cá hồi nướng Teriyaki với sốt Wasabi Mayo	Taco Shell with Ground Beef/Grilled Chicken Bánh taco với bò xay/gà nướng	Chickpea Curry with Naan Bread Cà ri đậu gà với bánh Naan	Chicken Katsu/Tonkatsu Bowl with Rice Cơm Gà/Heo chiên xù sốt Tonkatsu kiểu Nhật
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)	Pulled Chicken Sourdough Baguette with Side Veggies Bánh mì gà xé U6 Pancake with jam	Hu Tieu Thịt Heo (Sliced Pork Noodle Soup) [g] U6 Sandwich with Scramble Eggs	Ssteamed thin rice pancake Fruit bánh ướt U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Bun Bo Hue (Vietnamese Hue's Style Noodle Soup) U6 Crossant	Brown Bread Sandwiches with ham and Cheese Sandwich kẹp ham cheese
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Hamcheese roll Bánh mì cuộn Ham cheese	Open face grilled cheese with tomato Bánh mì nướng phô mai và cà chua	Chocolate Roll Bánh cuộn sô cô la	Fresh Tropical Fruit Trái cây theo mùa

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Class :

September 22-26, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried Fish Ball with Sweet & Sour Sauce [f] Cá viên chiên sốt chua ngọt	Vietnamese Meatball in Tomato Sauce with Rice Xú mại sốt cà	Vietnamese Stir-fried Lemongrass Chicken Gà xào sả	Braised Fish Cake with Pineapple cá kho thơm	Assorted Sushi Rolls [e]
2) WESTERN MEAL	Spaghetti Bolognese [g] Mỳ ý sốt Bolognese	Crispy Western Fried Chicken with French Fries [g,e] Gà chiên giòn và khoai tây chiên	Healthy American Goulash [m, e,g] Nui sốt bò băm rau củ	BBQ Chicken thighs and Potatoes nướng Gà nướng sốt BBQ ăn kèm khoai tây	Breaded and Spiced Pork Cutlets with Gravy, Smash Potatoes Thịt heo chiên với sốt nâu, khoai tây nghiền
3) VEGETARIAN MEAL	Spaghettu aglio e olio. Mỳ ý sốt olive và tỏi	Grilled Vietnamese Eggplant with Rice [f, sb]	Stewed Tofu with caramel đậu hũ kho tiêu	Mushroom Eggs Loaf. Chả trứng chay	Veggie Sichuan Tofu đậu hũ sốt tứ xuyên
4) GLOBAL FOOD	Korean Bibimbap-korean mixed rice bowl Cơm trộn Hàn quốc	Germany Sausages with Rosemary and Garlic Baked Potato Wedges Xúc xích Đức với khoai tây muối cau nướng	Ha noi Style Grilled pork with noodles Bún chả Hà Nội	Korean Gochuchang Chicken Rice with miso Dressing Cơm thịt gà chiên giòn sốt Gochuchang Hàn quốc và sốt Miso	Thai Stir-fried Pork/Chicken with Basil Leaves, Rice Cơm Thịt Heo/Gà xào lá hương nhu kiểu Thái
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)	Hot dog with Pork Sausage Bánh kẹp xúc xích	Mi Quang (Quang Noodles Soup) U6 Crossant	Stir-fried Vietnamese Macaroni with Pork Nui xào thịt heo U6 French Toasted with Jam	Pork Ball vermicelli soup Bún mọc U6 Crepe	Roasted Pork Bread Bánh mì thịt nướng U6 hotdog bun with egg
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Beef Puff Bánh nhân thịt bò	Veggie Cup with Tatziki Ly rau củ với sốt sữa chua	Apple Turnover Bánh nhân táo nướng	Fresh Tropical Fruit Trái cây theo mùa

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September 29- October 03, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN MEAL	Fried fish with Frish garlic sauce Cá chiên mắm tỏi	Salty Fried Pork Chops, Rice Cốt lết ram mặn, Cơm	Roasted Chicken Drumstick Rôtissoire Đùi gà nướng Rô ti	Stir-fried beef with Pickle Bò xào cải chua	NO SCHOOL
2) WESTERN MEAL	Spaghetti and Grilled Chicken with Pesto Cream Sauce and Vegetables [g,e,m] Mỳ ý gà nướng sốt kem pesto	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà	Breaded Fish with Smashed Potatoes and Vegetables [e,f,g] Cá chiên xù, Khoai tây nghiền	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g, d] Mỳ ý thịt heo sốt kem nấm	NO SCHOOL
3) VEGETARIAN MEAL	Spaghetti a with Pesto Mỳ ý sốt kem pesto chay	Fried Eggs w/t Vegetables [v] Trứng chiên rau củ	Lemongrass Tofu with Rice [sb] đậu hũ chiên sả	Caramelised Mushroom, Carrots and Vegetables with Rice Nấm kho rau củ	NO SCHOOL
4) GLOBAL FOOD	Korean Fried Mandu/Steamed Chinese Dumplings Mandu chiên/Há cảo hấp	Vietnamese vermicelli with fried spring rolls/Grilled meat Bún chả giò/Bún thịt nướng	Pasta Bar with Spaghetti/Penne, Cream/Tomato Sauce, Chicken/Ground Beef/Bacon	Vietnamese Grilled pork broken rice with sunny side egg Cơm tấm sườn nướng, trứng ốp la	NO SCHOOL
5) SALAD BAR	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	NO SCHOOL
6) MORNING SNACK (along with yogurt, milk or juice)	Egg & Bacon English Muffin Bánh mì trứng thịt nguội	Pho Ga (Chicken Noodle Soup) [g] U6 Crossant	Fried Spring Roll Noodles Bún chả giò U6 hotdog bun with ham cheese	Mi Hoanh Thanh (Wonton soup with Noodles) U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	NO SCHOOL
7. AFTERNOON SNACK (along with yogurt, milk or juice)	Fresh Tropical Fruit Trái cây theo mùa	Hotdog Roll Bánh cuộn xúc xích	Open face egg salad sandwich Bánh mì nướng salad trứng	Orange Chia Seed Muffin Bánh muffin cam hạt Chia	NO SCHOOL

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