

Name:.....

Class :.....

November 03-07, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASIAN MEAL	Grille chicken Teriyaky sauce gà nướng tương nhạt ✕	Bò lagu với cơm Beef ragu with Rice	Fried Fish Ball with Sweet & Sour Sauce ✕ Cá viên chiên sốt chua ngọt	Deep Price red tilapia with fish sauce ✕ cá diêu hồng chiên nước mắm chua ngọt	Braised chicken with Vietnamese Gà kho lá quế U6 Basil Bcs1 ✕
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 Thần heo chiên kiểu Ý ✕
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
GLO BOWLS ICE 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 ✕ Ham/salami Cheddar cheese	Pasta Bar with Spaghetti/Penne, Cream/Tomato Sauce, Chicken/Ground Beef/Bacon ✕	Assorted Sushi Rolls [e]
SALAD OPTION	Mixed Italian Salad ✕	Asian/Vietnamese Salad	Mediterranean Salad ✕	Middle Eastern Themed Salad	Tex Mex Salad
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	Steamed thin rice pancake Fruit ✕ bánh ướt U6 Croissant 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
AFTERNOON SNACK	Fresh Tropical Fruit Trái cây theo mùa	Matcha Roll Bánh bông lan trà xanh U6 Toast with Jam Bánh mì nướng với mứt	Bacon Roll Bánh cuộn thịt nguội	Veggy Quiche Bánh quiche rau củ	Fresh Tropical Fruit Trái cây theo mùa

u have any allergy concerns please inform canteen manager

canteen is completely nut free

[g]-contains gluten

[s]-contains sesame

[e]-contains eggs

[f]-contains fish

[sb]-contains soybean

[m]-contains milk

[sf]-contains seafood

November 10-14, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
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 băm sốt cà phô mai dứt lò	Panko Crusted Fish Fillet & Lemon Cream Sauce, Roasted Potatoes Cá chiên xù sốt kem chanh, khoai tây nướng
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
GLO BOWLS (ICE 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 Wasabi 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
SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
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 Brioché	Banh Canh (Vietnamese Udon Noodle Soup) U6 Pancake	Egg and Cheese Sandwich Sandwich trứng và cheese
AFTERNOON SNACK	Fresh Tropical Fruit Trái cây theo mùa	Mini Swiss Bánh mì nhân sô cô la	Sausage Roll Bánh cuộn nhân thịt	Banana Bread Bánh chuối	Fresh Tropical Fruit Trái cây theo mùa

u have any allergy concerns please inform canteen manager

canteen is completely nut free

[g]-contains gluten

[s]-contains sesame

[e]-contains eggs

[f]-contains fish

[sb]-contains soybean

[m]-contains milk

[sf]-contains seafood

Global Cafe

Eat well, Live well

Name:

Class:

November 17-21, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 With Egg Thịt kho trứng
WESTERN MEAL	no bagel for U6 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 nghiền	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
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
GLO BOWLS ICE AND NOODLE BOWLS)	Vietnamese Grilled pork broken rice with sunny side egg and pig skin Cơm tấm sườn nướng, bì, trứng ốp la	Beef Lasagna/Vegetarian Lasgana Lasagna bò/Lasgana chay	Chicken Katsu/Tonkatsu Bowl with Rice Cơm Gà/Hèo chiên xù sốt Tonkatsu kiểu Nhật	Chicken Tikka Rice Bowl and Yogurt Corriander Sauce, Naan Bread Cơm gà sốt ngò sữa chua, bánh Naan	Pad Thai with Chicken/Pork Pad Thai thịt gà/thịt heo
SALAD OPTION	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
MORNING SNACK	Katsu Breaded Chicken Wrap [g] Wrap gà chiên	Mì Quang Gà (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
AFTERNOON SNACK	Fresh Tropical Fruit Trái cây theo mùa	Muffin Carrot Muffin cà rốt	Croissant with strawberry jam Bánh con cua với mứt dâu	Cake Orange Bánh cam	Fresh Tropical Fruit Trái cây theo mùa

u have any allergy concerns please inform canteen manager

canteen is completely nut free

[g]-contains gluten

[s]-contains sesame

[f]-contains fish

[m]-contains milk

[sb]-contains soybean

[sf]-contains seafood

Name:

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 Cơm Thịt Heo/Gà xào lá hương nhu kiêu 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	Pork Ball vermicelli soup Bún mọc U6 Egg and cheese burrito	Fried Spring Roll Noodles Bún chả giò U6 Croissant with jam	Mì Trung (Egg Noodles Soup) U6 Sandwich with Scrambled Eggs	Pulled Chicken Baguette with Side Veggies Bánh mì gà xé
7. AFTERNOON SNACK	Fresh Tropical Fruit Trái cây theo mùa	Energy Bar Thanh năng lượng	Mini Pain au chocolat Bánh ngàn lớp nhân socola	Open face grilled cheese with tomato Bánh mì nướng phô mai và cà chua	Fresh Tropical Fruit Trái cây theo mùa

If you have any allergy concerns please inform canteen manager

Our canteen is completely nut free

[g] -contains gluten

[s] -contains sesame

[e] -contains eggs

[f] -contains fish

[sb] -contains soybean

[m] -contains milk

[sf] -contains seafood