



December 1-5, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Baked Fish Fillet with Teriyaki Marinade Cá nướng sốt tương nhạt	Stewed Pork with Radish, Rice Thịt kho củ cải, Cơm	Stir-Fried Beef with Onion & Celerry, Rice [m] Bò xào hành cần	Vietnamese Chicken Ragout Ragu gà	Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] Mì xào singapore, thịt xá xíu
<b>2) WESTERN MEAL</b>	Roasted Chicken Thigh with Herb, Rice Gà nướng rau mùi, Cơm	Spaghetti and Grilled Chicken with Pesto Cream Sauce and Vegetables [g,e,m] Mỳ ý gà nướng sốt kem pesto	Sausages and Tomato Pasta [g] Nui xúc xích sốt cà	Breaded Beef Cutlets and Gravy, Smash Potatoes Bò chiên sốt nâu, khoai tây nghiền	Pan Fried Lemon Butter Fish with Roasted Potatoes[d,f] Cá áp chảo bơ chanh, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Meditereanean Chick Pea Pasta with Sauteed Vegetables [g] Nui đậu gà Địa trung hải	Braised Tofu with Vegetables [v, sb] Đậu hũ kho rau củ	Fried Eggs w/t Vegetables [v ] Trứng chiên rau củ	Fresh Tofu with Mushroom Sauce [v, sb] Đậu hũ non sốt nấm	Vegan Jambalaya with Beans Cơm xào đậu Nam Mỹ
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	Roasted Duck with Chinese Steam Buns Vịt quay bánh bao	Gà/Héo xiên với rau củ áp chảo Chicken/Pork skewer with vegetables	Hawaiian Pizza Magharita Pizza	1. Beef Kofta, Tzatziki, Beetroot, Greek Salad, Rice Pilaf, Pickled Vegetables 2. Falafel Bowl, Hummus, Roast Vegetable, Thịt bò viên/Đậu gà chiên	Assorted Sushi Rolls [e] Cơm cuộn Nhật
<b>5) SALAD OPTION</b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Burrito Bánh cuộn trứng, thịt nguội, phô mai U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Hu Tieu Bo Kho (Beef stew with Vermicelli Noodles) U6 Toast with jam	Stir-fried Vietnamese Macaroni with Pork Nui xào thịt heo U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Mì Xá xíu (Char siu Pork Noodles Soup) U6 Rice Milk Gạo nấu sữa	Egg & Bacon English Muffin Bánh mì kẹp thịt nguội và trứng U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce	Chocolate Chip Cookie Bánh quy U6 Fresh Fruit and Vegetables Sticks with Sauce	Brioche with seeds Bánh mì hoa cúc với hạt U6 Fresh Fruit and Vegetables Sticks with Sauce	Pate Chaud Bánh ngàn lớp nhân thịt U6 Fresh Fruit and Vegetables Sticks with Sauce	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce

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



December 8-12, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Hoisin-Glazed Roast Chicken, Rice Gà nướng sốt Hoisin, Cơm trắng	Crispy Pork Belly with Soy Sauce, Rice [sb] Thịt heo quay da giòn sốt nước tương	Ginger and Lemongrass Chicken Stir Fry with Rice and Vegetables Gà rang gừng xả	Braised Fish with Pineapple [f] Cá kho thơm	Deep Fried Pork with Salted Egg Sauce, Rice Thịt heo chiên sốt trứng muối, Cơm
<b>2) WESTERN MEAL</b>	Battered Fried Fish Fingers with Tartar Sauce, Rice [f,e,g] Cá chiên bột với sốt Tartar, Cơm	American Cheese Burger with French Fries Burger bò phô mai, khoai tây chiên	Beef Stroganoff Mỳ ý thịt bò sốt kem nấm	BBQ Grill Pork Tenderloin Thịt heo nướng sốt BBQ	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà nướng sốt BBQ, khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Braised Vegetable Loaf with Soy Sauce [m,sb] Chả chay kho nước tương	Hoisin Tofu with Rice Đậu hũ sốt tương ngọt	Stir-fried chicken leg mushrooms with vegetables [sb] Nấm đùi gà xào rau củ	Stir-Fried Rice Noodle with Tofu [v] Mỳ xào đậu hũ	Classic Bean Soup, Rice Đậu hũ, Cơm
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	Waterfall Fried Chicken Rice Cơm gà xối mỡ	Chinese Crispy Noodles with Pork (Chow Mein) Mì xào giòn thịt heo	Vietnamese vermicelli with fried spring rolls/Grilled meat Bún chả giò/Bún thịt nướng	1. Chicken Tikka Rice Bowl and Yogurt Corriander Sauce, Naan Bread Cơm gà sốt ngò sữa chua, bánh Naan 2. Chickpea Curry with Naan	DIY Deli Sandwich with Wrap/hotdog bun Ham/Chicken Cheddar cheese
<b>5) SALAD OPTION</b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	Sandwiches with Chicken and Cheese Sandwich kẹp gà chiên phô mai U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Bún Gà Lá É Chicken Noodle Soup with Perilla Leaves U6 Pancake with jam	Ssteamed thin rice with Pork Loaf Bánh ướt chả lụa U6 Muesli with Fruit and yogurt	Pho Bo (Beef Noodle Soup) U6 Sandwich with Scramble Eggs (ko kẹp, để riêng)	Ham cheese Croissant Bánh sừng trâu kẹp phô mai thịt nguội U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit Trái cây theo mùa U6 Fresh Fruit and Vegetables Sticks with Sauce	Energy Bar Thanh năng lượng U6 Fresh Fruit and Vegetables Sticks with Sauce	Cheese Croissant Bánh con cua nhân phô mai U6 Fresh Fruit and Vegetables Sticks with Sauce	Hamcheese roll Bánh mì cuộn Ham cheese U6 Fresh Fruit and Vegetables Sticks with Sauce	Fresh Tropical Fruit Trái cây theo mùa

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