



Name:.....

Class :.....

August 28-September 1, 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|----------------|
| 1) ASIAN MEAL | Fried Fish with Tamarind Sauce | Vietnamese Meatball in Tomato Sauce with Rice | Green Thai Beef Curry with Rice | Orange Chicken with Rice | Public Holiday |
| 2) WESTERN MEAL | Macaroni and Cheese with Chicken [m,e,g] | Panko Crusted Fish Fillet & Lemon Cream Sauce, Smash Potatoes | Fusilli Pasta with Ground Pork, Vegetables and Tomato Sauce [e,g] | Macaroni and Cheese with Ground Beef [m,e,g] | Public Holiday |
| 3) VEGETARIAN MEAL | Caramelized Vegetarian Loaf with Soy (Chả chay) [m,sb] | Grilled Vietnamese Eggplant with Rice [f,sb] | Mushroom Eggs Loaf. | Tofu Teriyaki with Rice [s] | Public Holiday |
| 4) GLO BOWLS (RICE AND NOODLE BOWLS) | 1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole | 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 | Public Holiday |
| 5) SALAD OPTION | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Public Holiday |
| 6) MORNING SNACK | Egg and Cheese Sandwich with Fruit and Milk | Ham and Cheese Baguette Bite with Fresh Fruit and Milk | Toasted Granola with Yogurt, Diced Fruit and Milk (U6) | Banh Uot with Fruit and Milk | Public Holiday |
| 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 | Public Holiday |

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 :.....

September 4-8, 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|----------------|--|--|---|--|
| 1) ASIAN MEAL | Public Holiday | Slow-Cook Pork Belly & Eggs in Coconut Water | Stir-Fried Beef with Onion & Celerry, Rice [m] | BBQ Chicken Leg with Rice | Braised Fish Cake with Dill, Rice |
| 2) WESTERN MEAL | Public Holiday | Pan Seared Fish with Passion Fruit Sauce, Smash Potatoes | Pork Schnitzel with Roasted Potatoes and Vegetables [e,g] | Spaghetti and Meatballs with Tomato Sauce [g] | Roasted Chicken Thigh with Honey |
| 3) VEGETARIAN MEAL | Public Holiday | Pumpkin Alfredo with Chickpea Pasta | Braised Tofu with Vegetables [v, sb] | Fried Eggs with Bean [v, sb] | Spaghetti aglio e olio [g] |
| 4) GLO BOWLS (RICE AND NOODLE BOWLS) | Public Holiday | 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 Vegetables, 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, |
| 5) SALAD OPTION | Public Holiday | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |
| 6) MORNING SNACK | Public Holiday | Egg and Cheese Burrito Bites with Milk | Hu Tieu with Fresh Fruit | Baguettes with ham and cheese, Fruit and Milk | Nui Xao Thit Diced Fruit and Milk |
| 7. AFTERNOON SNACK | Public Holiday | 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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Name:.....

Class :.....

September 11-15, 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|--|
| 1) ASIAN MEAL | Pan Seared Fish with Passionfruit Sauce, Spiced Pumpkin and Greens [g] | Braised Caramel Pork with Rice | Stir-Fried Beef with Baby Corn, Green Bean and Rice | Hainanese Chicken Rice | Fried Fish w/ Lemongrass Salt, Rice |
| 2) WESTERN MEAL | Roasted Chicken Thighs with Herbs | Heb Marinated Roast Fish with Roasted Potatoes | Breaded and Spiced Pork Cutlets, Smash Potatoes | Beef Lagsana | Sweet & Spicy Orange BBQ Chicken Thigh, Rice |
| 3) VEGETARIAN MEAL | Creamy (Vegan) Pasta with Pesto. | Mushroom Risotto | Tofu and Sweet Potato Curry with Rice [sb] | Tofu Stuffed with Mushroom and Tomato Sauce, Rice | Sicilian Spaghetti alla Norma. |
| 4) GLO BOWLS (RICE AND NOODLE BOWLS) | 1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole | 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, |
| 5) SALAD OPTION | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |
| 6) MORNING SNACK | Bun Thit Nuong with Fruit and Milk | Ham and Cheese Baguette Bite with Fresh Fruit and Milk | Toasted Granola with Yogurt, Diced Fruit and Milk (U6) | Banh Uot with Fruit and Milk | 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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Class :.....

September 18-22, 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|--|
| 1) ASIAN MEAL | Baked Fish with Teriyake Sauce, Rice (f) | Roasted Pork Char-siu, Singapore Fried Noodles with Egg [e] | Stir-Fried Beef Chinese Style, Rice | Fried Chicken Wings with Fish Sauce, Rice | Cajun Spiced Basa Fish with Corn Bread [g,e,f,m] |
| 2) WESTERN MEAL | Chicken Jambalaya with Rice | White Fish in a Herb Cream Sauce with Pasta | Herb Crusted Pork Tenderloin with Smash Potatoes | Mexican Beef with Fried Rice | Roasted Chicken Thighs with Green Pepper, Roasted Potatoes |
| 3) VEGETARIAN MEAL | Stir-Fried Rice Noodle with Tofu [v] | Tamarind Tofu with Onions, Rice [sb] | Pumpkin and Chick Pea Curry with Steamed Rice | Roasted Ratatouille Pasta. | Vegetable Lasagna |
| 4) GLO BOWLS (RICE AND NOODLE BOWLS) | 1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole | 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, |
| 5) SALAD OPTION | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |
| 6) MORNING SNACK | Chao Thi Bam Diced Fruit and Milk | Egg and Cheese Burrito Bites with Milk | Hu Tieu with Fresh Fruit | 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 25-29, 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|--|
| 1) ASIAN MEAL | Indonesian Fish Kebab with Nasi Goreng Rice [f,e,g] | Honey Glazed Pork Ribs with Rice | Sitr-Fried Shaking Beef | Braised Chicken with Ginger | Braised Fish Cake with Pineapple. |
| 2) WESTERN MEAL | Creamy Chicken and Mushroom Pasta [m,g] | Crusted Parmesan Fish, Roasted Potatoes | American BBQ Pork Ribs with Hearty Vegetables and Smash Potatoes | Beef Stroganoff | Roasted Chicken with Garlic Butter |
| 3) VEGETARIAN MEAL | Japanese Tofu & Eggplant Ginger Stir Fry [sb] | Vegetables Eggs Loaf with Rice | Honey Soy Tofu with Rice | Vietnamese Vegetables Curry with Rice [m] | Mushroom Florentine Pasta. |
| 4) GLO BOWLS (RICE AND NOODLE BOWLS) | 1. Mexican Chicken with grilled pineapple, Blackbean/Roast Corn Salsa 2. Mexican Beef, Pico, Guacamole | 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, |
| 5) SALAD OPTION | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |
| 6) MORNING SNACK | Bun Thit Nuong with Fruit and Milk | Ham and Cheese Baguette Bite with Fresh Fruit and Milk | Toasted Granola with Yogurt, Diced Fruit and Milk (U6) | Banh Uot with Fruit and Milk | 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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