



Name:.....

Class :.....

**September 30 - October 04, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Baked Fish with Teriyaki Sauce (f)	Roasted Pork Char-siu	<b>Thịt xào kiểu Hàn Quốc</b> Stirfried meat Korean style	Roasted Chicken with lemon leaves gà nướng lá chanh	Pork rib Lagu with Rice sườn heo nấu lagu
<b>2) WESTERN MEAL</b>	Chicken Nuggets with BBQ Sauce, Roasted Vegetables	Fish and chips	<b>Ức gà áp chảo ăn với khoai tây nghiền</b> Pan-fried chicken with mashes potato	Bò hầm kiểu pháp với baguette Beef Bourguignon	Cordon Bleu Chicken Rolls,with potato Gà cuộn ham và khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Chả kho nấm chay veggie pork bologna & mushroom	Stir-Fried Noodle with Tofu [v] bún gạo xào đậu hũ	Cheese Omelets trứng cuộn	Braised Tofu with Vegetables nấm kho rau củ	Vegetarian Curry with Steamed Rice cà ri chay
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	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. pasta Bar -Penne , Spaghetti, -Tomato sauc, Cream sauce,petto sauce -Broccoli,tomato cherry, mushroom,
<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>	Muesli with Fruit and yogurt	Chao Thit Bam Diced Fruit U6 Crossant with cheese	Bún riêu cua Fresh noodle with crab U6 Stuffed Crepe	Vietnamese Thick Noodle Soup Bánh canh thịt heo U6 Pancake with jam	Egg and Cheese Burrito Bites
<b>7. AFTERNOON SNACK</b>	Fresh Tropical Fruit and Cuộn Socola with Juice	Fresh Tropical Fruit and Bánh xé with Juice	Fresh Tropical Fruit with a Cookie and Juice	Fresh Tropical Fruit and Bánh xé with Juice	Fresh Tropical Fruit with a Muffin and Juice

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Our canteen is completely nut free

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**October 07-11, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	Tôm rim thịt Braised pork with shrimp	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 tỏi	Braised pork belly Wtith EGG Thịt kho trứng
<b>2) WESTERN MEAL</b>	<b>Spaghetti beef slice with vegetables</b> Mì ý ăn kèm bò cắt lát và rau củ	Grilled prok with apple sauce Thịt heo nướng sốt táo Khoai tây nướng	<b>Nui sốt thịt viên</b> <b>Minced beef macaroni</b>	Margherita and salami Pan Pizza Bánh pizza và xúc xích khô	<b>Gà hầm sốt kem nấm với pasta</b> <b>Braised chicken creamy mushroom</b>
<b>3) VEGETARIAN MEAL</b>	<b>Stir fried Tofu &amp; mushroom đậu hũ xào nấm</b>	<b>Fried tofu with lemongrass Đậu hũ chiên sả ớt</b>	Grille Pork chops With fish sauce Sườn nướng chay	<b>Bún chả giò chay</b> <b>Vegetables spring roll and fresh noodle</b>	Caramelised Mushroom, tofu Carrots and Vegetables with Rice nấm rơm kho đậu hũ
	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
	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad
<b>6) MORNING SNACK</b>	"Egg and Cheese Sandwich Sandwich trứng và cheese"	Chicken pho Phở gà U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây	Beef and pork leg noodle soup with Fresh Fruit Bún giò heo U6 hotdog bun with ham cheese	<b>Mi Ramen</b> <b>Japanese Ramen U6 French Toasted with Jam</b>	"Katsu Breaded Chicken Wrap [g] Wrap gà chiên" bánh mì kẹp gà chiên
<b>7. AFTERNOON SNACK</b>	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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**October 14-18, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	<b>Bò lagu bánh mì Beef ragu and bread</b>	Grille chicken Teriyaky sauce gà nướng tương nhạt	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
<b>2) WESTERN MEAL</b>	Honey Garlic Chicken Legs And Pasta đùi gà nướng ăn với mì ý	Spiced Blackened Fish with Rice Pilaf cá nướng ăn với cơm	Macaroni Chicken and Cheese Sauce Nui đúc lò với thịt gà	Pork Ribs and Roast Potatoes sườn heo nướng kèm khoai tây	Fried pork Italy style and potato Thăn heo chiên kiểu Ý khoai tây nghiền
<b>3) VEGETARIAN MEAL</b>	Deep frice Pork with sesoning sườn chay 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
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	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
<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>	Ham and Cheese Baguette Bite with Fresh Fruit U6 hotdog bun with ham cheese	Noodle with Duck Fruit mì vịt tiềm U6 Sandwich with Scramble Eggs	Hue style beef noodles Fruit bún bò U6 Crossant with jam and cream	Ssteamed thin rice pancake Fruit bánh ướt "U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
<b>7. AFTERNOON SNACK</b>	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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**October 21-25, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	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
<b>2) WESTERN MEAL</b>	Spaghetti Bolognese mỳ ý bò bằm	Battered Fried Fish Fingers with Tartar Sauce Cá chiên giòn ăn với tartar, khoai tây chiên	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
<b>3) VEGETARIAN MEAL</b>	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 hũ kho tiêu	Veggie Sichuan Tofu đậu hũ sốt Tứ Xuyên
<b>4) GLO BOWLS (RICE AND NOODLE BOWLS)</b>	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
<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>	Muesli with Fruit and yogurt	Nui xào bò Sauteed penne with beef Fresh Fruit U6 Crossant with cheese	meatball-Bread Fruit and Milk Bánh mì xí mại U6 Stuffed Crepe	Nam vang noodle with Fruit and Milk Hủ tiếu nam vang U6 Pancake with jam	Ham and cheese Burritos
<b>7. AFTERNOON SNACK</b>	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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**October 28-November 01, 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN MEAL</b>	<b>Cá chiên mắm tỏi</b> Fried fish with Frish garlic sauce	Sườn non kho củ cải Braised pork ribs with white radish	"Chicken and Sweet Potato Curry with Rice Cà ri gà	"Fried Fish w/t Lemongrass Salt, Rice Cá chiên muối sả	<b>Assorted Sushi Rolls [e]</b>
<b>2) WESTERN MEAL</b>	<b>Mỳ Ý sốt kem ba rọi xông khói</b> Spaghetti Carbonara	Crispy Chicken Burger with Honey Mustard Coleslaw, French Fries [g, d] Burger gà	Baked Fish Fillet & cherry tomato Sauce, Mashed Potatoes Cá file đúc lò và sốt cà chua bi nướng	Pork Tenderloin in Creamy Mushroom Sauce and Pasta [g, d] phi lê heo nướng và sốt kem nấm	Baked Chicken Thigh with BBQ, Roasted Potatoes Gà bó lò sốt BBQ ,khoai tây nướng
<b>3) VEGETARIAN MEAL</b>	Meditereanean Chick Pea Pasta with Sauteed Vegetables [g] Mì ý chay và các loại rau	Fried Eggs w/t Vegetables [v ] Trứng chiên rau củ	Lemongrass Tofu with Rice [sb] đậu hũ chiên sả	Vegan Bolognese mì ý sốt cà rau củ chay	"Stir-Fried Tofu with Sweet & Sour Sauce, Rice đậu hũ xào chua ngọt
<b>4) GLO BOWLS</b> <b>(RICE AND NOODLE BOWLS)</b>	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
<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>	"Ham and Cheese Sandwich Sandwich Ham và cheese" bánh mì sandwich kẹp ham và phomai	Bún chả cá Nha Trang Nha Trang fish noodle with Fresh Fruit U6 Crossant with jam and cream	Hu Tieu Thịt Heo (Sliced Pork Noodle Soup) [g] U6 hotdog bun with ham cheese	Mi Quang (Quang Noodles Soup) "U6 Muesli with Fruit and yogurt sữa chua ngũ cốc trộn trái cây"	"Pulled Chicken Baguette with Side Veggies Bánh mì gà xé" U6 French Toasted with Jam
<b>7. AFTERNOON SNACK</b>	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