



International School  
SAIGON PEARL  
Elementary & Early Years

# Global Cafe

Eat well, Live well

WEEK 1, 08-11/8/2023

Name:.....

Class:.....

Phone:.....

Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	ORIENTATION DAY	Coconut Water Braised Pork with Quail Eggs - Cơm Thịt heo kho trứng cút [e]	Fish Sauce Glazed Boneless Chicken leg - Cơm đùi gà nướng [f]	Wok Fried Dice Beef with Capsicum Cơm Bò Luk Lak	Herbed Fish Ball Skewers Served with Tomato Sauce - Cơm cá viên sốt cà chua [f]
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	ORIENTATION DAY	Breaded Fish Cutlet served with Mashed Potatoes and Vegetables [m,g,e] - Cá lăn bột dùng với khoai tây nghiền	Baked Pork Ribs in Gravy served with Roasted Potatoes and Vegetables [g] - Sườn heo sốt Gravy dùng với khoai tây nướng	Roasted Pork Tenderloin with Apple Sauce, Fried Rice - Thăn heo đốt lò ăn kèm cơm chiên	Baked Beef Lasagna served with Steamed Vegetables - Bánh nướng thịt bò băm [m,g]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	ORIENTATION DAY	Crispy Seitan with Lemongrass served with Steamed Rice and Vegetables - Cơm dùng với Chả chay xào sả [sb,g]	Stir Fried Tofu with Asian Tomato Sauce served with Rice and Vegetables - Cơm đậu hũ chiên sốt cà chua [sb]	Vegetarian Fried Rice Salad with Chick Peas - Cơm chiên đậu gà và rau củ	Egg Noodle and Vegetable Stir Fry with Golden Tofu Cubes - Mì trứng xào rau củ và đậu hũ chiên [sb,e]
<b>4) DELI OPTIONS</b>	ORIENTATION DAY	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuốn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	ORIENTATION DAY	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	ORIENTATION DAY	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
<b>TOTAL=</b>					

Canteen manager: Ms. Linh- 02822201881 email: linhnguyen.globalcafe@gmail.com

If you have any allergy concerns please inform canteen manager

Our canteen is completely nut free

Money Transfer: G.C LIMITED COMPANY, ACCT: 116002680044, NGÂN HÀNG CÔNG THƯƠNG VIỆT NAM (VIETINBANK) - CHI NHÁNH 7 (BRANCH NO.7)

Please include your child's name and class with the transfer

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WEEK 2, 14-18/8/2023

Name:.....  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Crispy Chicken Bites with Onions, Capsicum, Rice and Vegetables - Cơm Gà Popcorn với củ hành và ớt chuông [g,e]	Vietnamese Pork Cutlet with Spring Onions, Steamed Rice and Vegetables - Cơm thịt heo cốt lết nướng	Mild Spiced Baked Fish Filet with Steamed Rice and Wok Tossed Bok Choy - Cơm cá nướng dùng với rau xào [f]	Braised chicken with mushroom sauce and steamed rice Cơm Đùi gà hầm sốt nấm	Sauteed pork ribs with XO sauce and steamed rice Cơm Sườn heo xào sốt XO
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	Penne Pasta with a Carbonara Sauce served with Sauteed Vegetables - Nui ống sốt Carbonara [g,m]	Grill seabass fish with garlic butter sauce with fried rice [f] Cá chẽm nướng bơ tỏi dùng với cơm chiên	Honey Glazed Chicken Leg served with Mashed Potatoes and Seasonal Vegetables - Đùi gà nướng mật ong dùng với khoai nghiền [m]	American Style BBQ Pork Ribs served with Roasted Potatoes and Vegetables - Sườn heo kiểu Mỹ ăn kèm khoai nướng	Spaghetti Bolognese with Steamed Vegetables - Mì Ý sốt cà chua thịt bò băm [g]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hủ chiên giòn sốt nước tương [g, sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Claypot Caramelised Mushrooms with Sauteed Vegetables and Steamed Rice Cơm nấm kho rau củ [sb]	Grilled Eggplant Parmesan Served with Steam rice - Cơm cà tím nướng mỡ hành [g,e]	Suon Chay with Rice and Vegetables - Cơm sườn non chay xào [sb]
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise [f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
<b>TOTAL=</b>					

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**WEEK 3, 21-25/8/2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Braised Pork Rib with Caramelize with steamed rice Cơm Sườn Non Ram mặn	Baked Fish Marinated with Lemongrass and Curry Powder with Rice and Vegetables - Cơm cá chiên sả [f]	Omelette with Egg, Minced Pork and Spring Onions served with Steamed Rice and Asian Greens [e]- Cơm chả trứng thịt băm dùng với rau xào [e]	Roasted Char-Siu Pork - Cơm Xá Xiu Nướng	Fried Waterfall Chicken with steamed rice - Cơm Gà Xối Mỡ
<b>2) WESTERN OPTION MÓN CHÂU ÂU</b>	Baked Penne Pasta with Creamy Chicken and Cheese served with Vegetables - Nui dùng với sốt kem gà đút lò [e,g,m]	Baked Meatballs in Gravy served with Mashed Potatoes and Vegetables - Thịt viên sốt Gravy dùng với khoai nghiền [g]	Sliced Beef Tenderloin Topped with Chimichurri Sauce served with Roasted Potatoes and Vegetables - Bò nướng dùng với khoai nướng	Seared Fish with Lemon Creamy Sauce with steamed rice [f] Cơm Cá Áp Chảo Sốt Kem Chanh	Smoked Sausage Spaghetti in Tomato Sauce - Mì Ý Xúc Xích Xông Khói Sốt Cà
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Baked Vegetarian Lasagna served with Mixed Vegetables - Bánh nướng rau củ kem phô mai [g,m]	Spaghetti with creamy mushroom sauce with Steamed Vegetables - Mỳ Ý chay sốt kem nấm [g]	Stir Fried Tofu with Asian Tomato Sauce served with Rice and Vegetables - Cơm đậu hũ sốt cà chua [sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Egg Noodle and Vegetable Stir Fry with Golden Tofu Cubes - Mỳ trứng xào đậu hũ và rau củ [sb,e]
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
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WEEK4, 28-31/8/2023

Name:.....

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Steamed Basa fish with mushroom & soya sauce and steamed rice Cơm cá basa hấp nấm và xì dầu	Coconut Ginger Braised Chicken Leg served with Rice and Vegetables - Cơm gà kho gừng	Wok Fried Beef with Onion & Cilantro Cơm Bò Xào Hành Cần	Korean Style Pork Filet Marinated in Ginger Sesame Soya served with Steamed Rice and Vegetables - Cơm thịt heo kiểu Hàn Quốc [g]	NATIONAL HOLIDAY
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	Chicken Pesto Cream Sauce With Spaghetti - Mì Ý dùng với kem gà sốt Pesto	Pork Schnitzel served with a Mushroom Cream Sauce, Mashed Potatoes and Vegetables - Heo nướng sốt kem nấm dùng với khoai nghiền [g,m]	Braised pork rib with white bean with baked potato Sườn heo non hầm đậu trắng dùng với khoai nướng [e,g,m]	Crumbed Fish and Chips with Side Salad - Cá tẩm bột chiên giòn ăn kèm khoai chiên [f,g,e]	NATIONAL HOLIDAY
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Fried Rice with Egg and Vegetables - Cơm chiên trứng và rau củ	Egg Noodle Stir Fry with Mixed Mushrooms, Carrots and Mustard Greens - Mỳ trứng xào rau củ [g,e]	Vegetables Curry with steamed rice ( V ) Cơm Cà ry Chay	Baked Vegetarian Lasagna served with Mixed Vegetables - Bánh nướng rau củ kem phô mai [g,m]	NATIONAL HOLIDAY
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo - Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	NATIONAL HOLIDAY
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	NATIONAL HOLIDAY
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	NATIONAL HOLIDAY
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#

TOTAL=

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WEEK5, 05-08/9/2023

Name:.....

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Phone:.....

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	NATIONAL HOLIDAY	Coconut Ginger Braised Duck served with Rice and Vegetables - Cơm vịt kho gừng	Vietnamese Pork Ragu with Potatoes, Carrots and Served with Steamed Rice [e,m] - Cơm thịt heo lagu kiểu Việt Nam dùng với rau xào	Braised Fish with Tomato with steamed rice Cơm Cá Kho Cà	Braised Pork Belly & Eggs with Coconut Water and steamed rice Cơm Thịt Kho Trứng
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	NATIONAL HOLIDAY	Grill seabass fish with garlic butter sauce with fried rice [f] Cá chẽm nướng bơ tỏi dùng với cơm chiên	Beef Meatloaf served with Roasted Potatoes and Vegetables - Thịt bò xay phủ Sốt nướng dùng kèm Khoai Tây Nướng và Rau Củ	Baked Chicken Lasagna served with Steamed Vegetables - Bánh gà nướng kiểu Ý [m,g]	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	NATIONAL HOLIDAY	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Pan Fried Tofu with Minced Lemongrass served with Steamed Rice and Vegetables - Cơm đậu hủ xào sả nghệ [sb]	Vegetarian Fried Rice with vegetables - Cơm chiên rau củ	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
<b>4) DELI OPTIONS</b>	NATIONAL HOLIDAY	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	NATIONAL HOLIDAY	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	NATIONAL HOLIDAY	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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## WEEK6, 11-15/9/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Caramelized Fish served with Steamed Rice - Cơm cá kho tộ [f]	Coconut Water Braised Pork with Quail Eggs - Cơm Thịt heo kho trứng cút [e]	Fish Sauce Glazed Boneless Chicken leg - Cơm đùi gà nướng [f]	Braised chicken with mushroom sauce and steamed rice Cơm Đùi gà hầm sốt nấm	Sauteed pork ribs with XO sauce and steamed rice Cơm Sườn heo xào sốt XO
<b>2) WESTERN OPTION MÓN CHÂU ÂU</b>	Spaghetti Pasta Meatballs with Traditional Napoli Sauce and Sauteed Vegetables - Mi Spaghetti thịt viên với sốt Napoli truyền thống và Rau củ xào [g]	Buffalo Style Chicken with Roasted Potatoes and Vegetables [g,m] - Gà rán kiểu Mỹ dùng với khoai tây nướng và rau xào	Breaded Fish Cutlet served with Mashed Potatoes and Vegetables [m,g,e] - Cá lăn bột dùng với khoai tây nghiền	American Style BBQ Pork Ribs served with Roasted Potatoes and Vegetables - Sườn heo kiểu Mỹ ăn kèm khoai nướng	Spaghetti Bolognese with Steamed Vegetables - Mi Ý sốt cà chua thịt bò băm [g]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Fried Eggs with Mushroom with rice( V) Cơm Trứng Chiên Nấm	Crispy Seitan with Lemongrass served with Steamed Rice and Vegetables - Cơm dùng với Chả chay xào sả [sb,g]	Stir Fried Tofu with Asian Tomato Sauce served with Rice and Vegetables - Cơm đậu hủ chiên sốt cà chua [sb]	Grilled Eggplant Parmesan Served with Steam rice - Cơm cà tím nướng mỡ hành [g,e]	Suon Chay with Rice and Vegetables - Cơm sườn non chay xào [sb]
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo - Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
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WEEK7, 19-21/9/2023

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	PD DAY ( NON-STUDENT DAY)	Ginger Stewed Chicken Quarters served with Steamed Rice and Medley of Veg - Cơm gà hấp lá chanh dùng với rau xào	Herbed Fish Ball Skewers Served with Tomato Sauce - Cơm cá viên sốt cà chua[f]	Wok Fried Dice Beef with Capsicum Cơm Bò Luk Lak	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	PD DAY ( NON-STUDENT DAY)	Penne Pasta with a Carbonara Sauce served with Sauteed Vegetables - Nui ống sốt Carbonara [g,m]	Honey Garlic Roast Duck served with Steamed Rice and Vegetables - Cơm thịt vịt nướng mật ong	Roasted Pork Tenderloin with Apple Sauce, Fried Rice - Thăn heo đốt lò ăn kèm cơm chiên	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	PD DAY ( NON-STUDENT DAY)	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hũ chiên giòn sốt nước tương [g, sb]	Sichuan Tofu served with Steamed Rice and Vegetables - Cơm đậu hũ Tứ Xuyên [sb]	Vegetarian Fried Rice Salad with Chick Peas - Cơm chiên đậu gà và rau củ	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>4) DELI OPTIONS</b>	PD DAY ( NON-STUDENT DAY)	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cùlòn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	PD DAY ( NON-STUDENT DAY)	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>6) FRESH JUICE-Nước ép tươi</b>	PD DAY ( NON-STUDENT DAY)	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	PARENT-TEACHER CONFERENCES (NON-STUDENT DAY)
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
<b>TOTAL=</b>					

Canteen manager: Ms. Linh- 02822201881 email: linhnguyen.globalcafe@gmail.com

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Our canteen is completely nut free

Money Transfer: G.C LIMITED COMPANY, ACCT: 116002680044, NGÂN HÀNG CÔNG THƯƠNG VIỆT NAM (VIETINBANK) - CHI NHÁNH 7 (BRANCH NO.7)

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[f]-contains fish

[sb]-contains soybean

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[g]-contains gluten



International School  
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**WEEK8, 25/29/9/2023**

Name:.....

Class:.....

Phone:.....

Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Braised Pork Rib with Caramelize with steamed rice Cơm Sườn Non Ram mặn	Baked Fish Marinated with Lemongrass and Curry Powder with Rice and Vegetables - Cơm cá chiên sả [f]	Omelette with Egg, Minced Pork and Spring Onions served with Steamed Rice and Asian Greens [e]- Cơm chả trứng thịt băm dùng với rau xào [e]	Roasted Char-Siu Pork - Cơm Xá Xíu Nướng	Fried Waterfall Chicken with steamed rice - Cơm Gà Xối Mỡ
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	Baked Penne Pasta with Creamy Chicken and Cheese served with Vegetables - Nui dùng với sốt kem gà đút lò [e,g,m]	Baked Meatballs in Gravy served with Mashed Potatoes and Vegetables - Thịt viên sốt Gravy dùng với khoai nghiền [g]	Sliced Beef Tenderloin Topped with Chimichurri Sauce served with Roasted Potatoes and Vegetables - Bò nướng dùng với khoai nướng	Seared Fish with Lemon Creamy Sauce with steamed rice [f] Cơm Cá Áp Chảo Sốt Kem Chanh	Smoked Sausage Spaghetti in Tomato Sauce - Mì Ý Xúc Xích Xông Khói Sốt Cà
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Claypot Caramelised Mushrooms with Sauteed Vegetables and Steamed Rice [sb] - Nấm kho tộ dùng với cơm và rau xào	Spaghetti with creamy mushroom sauce with Steamed Vegetables - Mỳ Ý chay sốt kem nấm [g]	Stir Fried Tofu with Asian Tomato Sauce served with Rice and Vegetables - Cơm đậu hủ sốt cà chua [sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Egg Noodle and Vegetable Stir Fry with Golden Tofu Cubes - Mỳ trứng xào đậu hủ và rau củ [sb,e]
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo - Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
<b>TOTAL=</b>					

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WEEK9, 02-06/10/2023

Name:.....

Class:.....

Phone:.....

Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Steamed Basa fish with mushroom & soya sauce and steamed rice Cơm cá basa hấp nấm và xì dầu	Coconut Ginger Braised Chicken Leg served with Rice and Vegetables - Cơm gà kho gừng	Wok Fried Dice Beef with Capsicum Cơm Bò Luk Lak	Korean Style Pork Filet Marinated in Ginger Sesame Soya served with Steamed Rice and Vegetables - Cơm thịt heo kiểu Hàn Quốc [g]	Fried Fish Cakes with a Sweet Japanese BBQ Sauce served with Steamed Rice and Vegetables - Cơm chả cá sốt BBQ Nhật [g, sb]
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	Chicken Pesto Cream Sauce With Spaghetti - Mì Ý dùng với kem gà sốt Pesto	Pork Schnitzel served with a Mushroom Cream Sauce, Mashed Potatoes and Vegetables - Heo nướng sốt kem nấm dùng với khoai nghiền [g,m]	Braised pork rib with white bean with baked potato Sườn heo non hầm đậu trắng dùng với khoai nướng [e,g,m]	Crumbed Fish and Chips with Side Salad - Cá tẩm bột chiên giòn ăn kèm khoai chiên [f,g,e]	Honey Garlic Roast Duck served with Steamed Rice and Vegetables - Cơm thịt vịt nướng mật ong
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Fried Rice with Egg and Vegetables - Cơm chiên trứng và rau củ	Egg Noodle Stir Fry with Mixed Mushrooms, Carrots and Mustard Greens - Mỳ trứng xào rau củ [g,e]	Vegetables Curry with steamed rice ( V ) Cơm Cà ry Chay	Baked Vegetarian Lasagna served with Mixed Vegetables - Bánh nướng rau củ kem phô mai [g,m]	Sichuan Tofu served with Steamed Rice and Vegetables Cơm đậu hủ Tứ Xuyên [sb]
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo - Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	Italian Salad with Shredded Mozzarella and Daily Salad Bar Selection - Salad kiểu Ý	Asian Salad with BBQ Pork Chops and Daily Salad Bar Selection - Salad kiểu Á với thịt nướng	Mediterranean with Grilled Chicken and Daily Salad Bar Selection - Salad kiểu Địa Trung Hải	Middle Eastern with Creamy Hummus and Daily Salad Bar Selection - Salad kiểu Trung Đông	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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WEEK10, 09-13/10/2023

Name:.....

Class:.....

Phone:.....

Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	Wok Fried Beef with Onion & Cilantro with rice Cơm Bò Xào Hành Cần	Coconut Ginger Braised Duck served with Rice and Vegetables Cơm vịt kho gừng	Vietnamese Pork Ragu with Potatoes, Carrots and Served with Steamed Rice [e,m] - Cơm thịt heo lagu kiểu Việt Nam dùng với rau xào	Braised Fish with Tomato with steamed rice Cơm Cá Kho Cà	Braised Pork Belly & Eggs with Coconut Water and steamed rice Cơm Thịt Kho Trứng
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	Penne Pasta with a Carbonara Sauce served with Sauteed Vegetables - Nui ống sốt Carbonara [g,m]	Grill seabass fish with garlic butter sauce with fried rice [f] Cá chẽm nướng bơ tỏi dùng với cơm chiên	Beef Meatloaf served with Roasted Potatoes and Vegetables - Thịt bò xay phủ Sốt nướng dùng kèm Khoai Tây Nướng và Rau Củ	Baked Chicken Lasagna served with Steamed Vegetables - Bánh gà nướng kiểu Ý [m,g]	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hủ chiên giòn sốt nước tương [g, sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Pan Fried Tofu with Minced Lemongrass served with Steamed Rice and Vegetables - Cơm đậu hủ xào sả nghệ [sb]	Vegetarian Fried Rice with vegetables - Cơm chiên rau củ	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
<b>4) DELI OPTIONS</b>	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo - Bánh mì gà nướng và sốt Mayo	Grilled Chicken Caesar Wrap with Lettuce, Tomatoes and Bacon Bits - Cuộn gà nướng xé với thịt xông khói và rau [g,e]	Tuna Salad Baguette with Dijon Mayonaise - Bánh mì với cá tuna và sốt Mayonaise[f,g,e]	Pepperoni or Cheese Pizza Slices [g,m]	Toasted Ham and Cheddar Cheese Sandwich with salad, Sliced Tomatoes - Bánh mì sandwich ham và cheese [e,g,m]
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