



Name:.....
 Class:.....
 Phone:.....
 Email:.....

WEEK 1, 08-10/01/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	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 xốt cà chua [f]
2) WESTERN OPTION - MÓN CHÂU ÂU	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	Baked Pork Ribs in Gravy served with Roasted Potatoes and Vegetables [g] - Sườn heo xốt 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]
3) VEGETARIAN OPTION - MÓN CHAY	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	Stir Fried Tofu with Asian Tomato Sauce served with Rice and Vegetables - Cơm đậu hủ chiên xốt 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 hủ chiên [sb,e]
4) DELI OPTIONS	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	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
6) FRESH JUICE-Nước ép tươi	SCHOOL HOLIDAY	PD DAY (NON-STUDENT DAY)	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
TOTAL=					

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)

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WEEK 2, 13-17/01/2025

Name:.....
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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
2) WESTERN OPTION - MÓN CHÂU ÂU	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]
3) VEGETARIAN OPTION - MÓN CHAY	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]
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
TOTAL=					

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WEEK 3, 20-24/01/2025

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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
2) WESTERN OPTION - MÓN CHÂU ÂU	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 - Mi Ý Xúc Xích Xông Khói Sốt Cà
3) VEGETARIAN OPTION - MÓN CHAY	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]	Sichuan Tofu served with Steamed Rice and Vegetables Cơm đậu hũ Tứ Xuyên [sb]	Egg Noodle and Vegetable Stir Fry with Golden Tofu Cubes - Mỳ trứng xào đậu hũ và rau củ [sb,e]
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
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WEEK 4, 10-14/02/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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]	Sauteed pork ribs with sweet and sour sauce and steamed rice Cơm Sườn heo xào chua ngọt
2) WESTERN OPTION - MÓN CHÂU ÂU	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]	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]
3) VEGETARIAN OPTION - MÓN CHAY	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]	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tẩm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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WEEK 5, 17-21/02/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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
2) WESTERN OPTION - MÓN CHÂU ÂU	Spaghetti Pasta Meatballs with Traditonal 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 lán 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]
3) VEGETARIAN OPTION - MÓN CHAY	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]	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hủ chiên giòn sốt nước tương [g,sb]
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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WEEK 6, 24-28/02/2025

Name:.....
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	Coconut Ginger Braised Duck served with Rice and Vegetables - Cơm vịt kho gừng	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	Braised Pork Belly & Eggs with Coconut Water and steamed rice Cơm Thịt Kho Trứng
2) WESTERN OPTION - MÓN CHÂU ÂU	Grill seabass fish with garlic butter sauce with fried rice [f] Cá chẽm nướng bơ tỏi dùng với cơm chiên	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	Baked Chicken Lasagna served with Steamed Vegetables - Bánh gà nướng kiểu Ý [m,g]
3) VEGETARIAN OPTION - MÓN CHAY	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]	Sichuan Tofu served with Steamed Rice and Vegetables - Cơm đậu hủ Tứ Xuyên [sb]	Vegetarian Fried Rice Salad with Chick Peas - Cơm chiên đậu gà và rau củ	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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WEEK 7, 03-07/03/2025

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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
2) WESTERN OPTION - MÓN CHÂU ÂU	Baked Penne Pasta with Creamy Chicken and Cheese served with Vegetables - Nui dùng với sốt kem gà ớt 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
3) VEGETARIAN OPTION - MÓN CHAY	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 hũ sốt cà chua [sb]	Vegetables Curry with steamed rice (V) Cơm Cà ry Chay	Egg Noodle and Vegetable Stir Fry with Golden Tofu Cubes - Mỳ trứng xào đậu hũ và rau củ [sb,e]
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
TOTAL=					

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WEEK 8, 11-14/03/2025

Name:.....
 Class:.....
 Phone:.....
 Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	PD DAY (NON-STUDENT DAY)	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
2) WESTERN OPTION - MÓN CHÂU ÂU	PD DAY (NON-STUDENT DAY)	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]
3) VEGETARIAN OPTION - MÓN CHAY	PD DAY (NON-STUDENT DAY)	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]
4) DELI OPTIONS	PD DAY (NON-STUDENT DAY)	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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	Tex Mex with Spiced Ground Beef and Daily Salad Bar Selection - Salad kiểu Mexico
6) FRESH JUICE-Nước ép tươi	PD DAY (NON-STUDENT DAY)	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
TOTAL=					

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WEEK 9, 17-21/03/2025

Name:.....
 Class:.....
 Phone:.....
 Email:.....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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]	Crispy Chicken Bites with Onions, Capsicum, Rice and Vegetables - Cơm Gà Popcorn với củ hành và ớt chuông [g,e]
2) WESTERN OPTION - MÓN CHÂU ÂU	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]	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]
3) VEGETARIAN OPTION - MÓN CHAY	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]	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hủ chiên giòn sốt nước tương [g,sb]	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]
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tẩm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
TOTAL=					

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WEEK 10, 17-21/02/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	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]	Baked Fish Marinated with Lemongrass and Curry Powder with Rice and Vegetables - Cơm cá chiên sả [f]	Sauteed pork ribs with sweet and sour sauce and steamed rice Cơm Sườn heo xào chua ngọt
2) WESTERN OPTION - MÓN CHÂU ÂU	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 lán 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]
3) VEGETARIAN OPTION - MÓN CHAY	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 hũ chiên sốt cà chua [sb]	Grilled Eggplant Parmesan Served with Steam rice - Cơm cà tím nướng mỡ hành [g,e]	Vegetables Curry with steamed rice (V) Cơm Cà ry Chay
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
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WEEK 11, 31/03-04/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) ASIAN OPTION - MÓN CHÂU Á	Coconut Ginger Braised Duck served with Rice and Vegetables - Cơm vịt kho gừng	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	Braised Pork Belly & Eggs with Coconut Water and steamed rice Cơm Thịt Kho Trứng
2) WESTERN OPTION - MÓN CHÂU ÂU	Grill seabass fish with garlic butter sauce with fried rice [f] Cá chẽm nướng bơ tỏi dùng với cơm chiên	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	Baked Chicken Lasagna served with Steamed Vegetables - Bánh gà nướng kiểu Ý [m,g]
3) VEGETARIAN OPTION - MÓN CHAY	Claypot Caramelised Mushrooms with Sauteed Vegetables and Steamed Rice - Cơm nấm kho rau củ [sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing - Bún gạo xào dùng kèm chả giò chay [sb,g]	Sichuan Tofu served with Steamed Rice and Vegetables - Cơm đậu hủ Tứ Xuyên [sb]	Crispy Tofu with Mixed Vegetables and Soy Sauce Served with Rice - Cơm đậu hủ chiên giòn sốt nước tương [g,sb]	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
4) DELI OPTIONS	BBQ Shredded Chicken Baguette with Lettuce, Tomatoes, Cucumber and Mayo [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuộn trứng, thịt xông khói và cheese dùng kèm với salad [g,e]	Chicken Burger with Lettuce and Cucumber - Hamburger Gà tấm bột xù và salad, dưa leo [e,g,m]	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]
5) SALAD BAR - MÓN RAU TRỘN	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
6) FRESH JUICE-Nước ép tươi	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
FOOD ORDER NUMBER	#	#	#	#	#
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