



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

**WEEK 1, 07-09/8/2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	PD DAY	ORIENTATION 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 sốt cà chua [f]
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	PD DAY	ORIENTATION DAY	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>	PD DAY	ORIENTATION DAY	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>	PD DAY	ORIENTATION 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]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	PD DAY	ORIENTATION 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
<b>6) FRESH JUICE-Nước ép tươi</b>	PD DAY	ORIENTATION DAY	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

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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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**WEEK 2, 12-16/8/2024**

Name:.....

Class:.....

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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 lếch 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 hũ 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 [e] - Bánh mì gà nướng và sốt Mayo [e]	Bacon and cheese Burritos with Lettuce - Bánh cuốn 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]
<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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**WEEK 3, 19-23/8/2024**

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>	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 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 [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]
<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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**WEEK 4, 26-30/8/2024**

	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]	Braised Pork Belly & Eggs with Coconut Water and steamed rice Cơm Thịt Kho Trứng
<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]	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]
<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]	Ratatouille Pasta Pasta Rau Củ Kiểu Ý
<b>4) DELI OPTIONS</b>	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]
<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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**WEEK 5, 04-06/9/2024**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	NATIONAL HOLIDAY	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 ragu kiểu Việt Nam dùng với rau xào	Braised Fish with Tomato with steamed rice Cơm Cá Kho Cà
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	NATIONAL HOLIDAY	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]
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	NATIONAL HOLIDAY	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
<b>4) DELI OPTIONS</b>	NATIONAL HOLIDAY	NATIONAL HOLIDAY	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]
<b>5) SALAD BAR - MÓN RAU TRỘN</b>	NATIONAL HOLIDAY	NATIONAL HOLIDAY	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	NATIONAL HOLIDAY	Pineapple/THOM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	Lime Juice/CHANH ÉP
<b>FOOD ORDER NUMBER</b>	#	#	#	#	#
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**WEEK 6, 09-13/9/2024**

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	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 lã 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 hũ 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 [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]
<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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**WEEK 7, 16-19/9/2024**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1) ASIAN OPTION - MÓN CHÂU Á</b>	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	NON-STUDENT DAY
<b>2) WESTERN OPTION - MÓN CHÂU ÂU</b>	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 đút lò ăn kèm cơm chiên	Penne Pasta with Pork Ragout served with Side Salad - Nui heo Lagu [g,m]	NON-STUDENT DAY
<b>3) VEGETARIAN OPTION - MÓN CHAY</b>	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	Ratatouille Pasta Pasta Rau Củ Kiểu Ý	NON-STUDENT DAY
<b>4) DELI OPTIONS</b>	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]	NON-STUDENT DAY
<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	NON-STUDENT DAY
<b>6) FRESH JUICE-Nước ép tươi</b>	Watermelon/ DƯA HẦU ÉP	Orange/CAM ÉP	Pineapple/THƠM ÉP	Tropical Punch/TRÁI CÂY NHIỆT ĐỚI	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

[s]-contains sesame

[e]-contains eggs

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[sf]-contains seafood

[g]-contains gluten



**WEEK 8, 23-27/9/2024**

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 Ấp 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 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 [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]
<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 9, 30/9-04/10/2024**

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 [g,m]	Beef rolled with cheese served with Mashed Potatoes and Vegetables - Bò cuộn phomai 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 [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]
<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>	#	#	#	#	#
<b>TOTAL=</b>					

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**WEEK 10, 07-11/10/2024**

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 hũ 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 hũ 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 [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]
<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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**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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