



Nov 02-06, 2020

| MONDAY (11-02-20) | TUESDAY (11-03-20) | WEDNESDAY (11-04-20) | THURSDAY (11-05-20) | FRIDAY (11-06-20) |
|-------------------|--------------------|----------------------|---------------------|-------------------|
|-------------------|--------------------|----------------------|---------------------|-------------------|

GENERAL SNACKS

| | | | | |
|-------------------------|---------------------|------------------------------------|------------------------------|-----------------------------|
| Banana cake/ Fresh milk | Cupcake/ Fresh milk | Grilled chicken bread / Fresh milk | Porridge,cereal / Fresh milk | Chocolate balls /Fresh milk |
|-------------------------|---------------------|------------------------------------|------------------------------|-----------------------------|

PRIMARY SCHOOL MENU

MAIN LUNCH OPTION

| | | | | |
|--|--|----------------------------------|--|--|
| Chicken spaghetti in tomato sauce Fried chicken | Pasta cabonara with chicken Baked chicken | Maccaroni red sauce Fried egg | Stir-fried spiral pasta in red sauce topped with chicken balls Chicken nuggets | Lasagna KFC-style with potato fries |
|--|--|----------------------------------|--|--|

SIDE DISH - VEGETABLES AND SALAD

| | | | | |
|-------------------|------------------|---|--------------------------------------|---------------|
| Fried cauliflower | Fried big noodle | Stir-fried ramen noodle with vegetable | Stir-fried vermicelli with vegetable | Seafood salad |
|-------------------|------------------|---|--------------------------------------|---------------|

SOUP

| | | | | |
|-------------------|-----------------|-----------|--------------|---------|
| Winter melon soup | Vermicelli soup | Tomka kai | Tom yum soup | Kangsom |
|-------------------|-----------------|-----------|--------------|---------|

SECONDARY SCHOOL MENU

ASIAN SELECTIONS

| | | | | |
|---|---|--|---|---|
| Thai green curry with fish balls Stir-fried mixed vegetable with shrimp Kraprao chicken Stir-fried spicy fish | Stir-fried spicy meatball slice Stir-fried sweet and sour vegetable with shrimp Stir-fried spicy fish Kraprao chicken | Chicken adobo Stir-fried mixed vegetable with shrimp Steam sour fish Spicy chicken with basil leaf | Thai-style red curry with chicken and eggplant Stir-fried asparagus with carrot and shrimp Stir-fried sweet ground chicken Stir-fried chicken with chili | Stir-fried chicken with cashew nuts Stir-fried spicy fish Stir-fried cabbage in soy sauce |
|---|---|--|---|---|

INTERNATIONAL CUISINE

| | | | | |
|------------------|--|---|--|--|
| Chicken barbecue | Kufta beef & chicken with mashed potato | Baked eggplant stuffed with beef & chicken | Chicken & beef kebab with mixed salad | Fish & chicken steak with boiled mix vegetables |
|------------------|--|---|--|--|

VEGETARIAN DIET SELECTIONS

| | | | | |
|--|---|--|--|--|
| Lentil soup Winter melon soup Stir-fried mixed vegetable Fried cauliflower Panang vegetarian | Corn soup Stir-fried spaghetti Potato adobo Stir-fried sweet and sour vegetable Fried potato balls Vermicelli soup | Spinach soup Mix vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets | Lentil soup Tom yum Stir-fried asparagus Thai-style red curry with eggplant Fried carrot | Clear soup Potato steak with boiled vegetable |
|--|---|--|--|--|

CARBO AND ITS ALTERNATIVES

| | | | | |
|---|--|--|---|--|
| Steamed rice with boiled chicken Yellow noodle | Fried rice with egg Clear soup noodle | Steamed rice with minced beef Radna | Fried rice with shrimp paste Yentafo seafood | Kebsa rice with chicken Stir-fried rice noodle with chicken |
|---|--|--|---|--|

SALAD VARIETY OF THE DAY

| | | | | |
|--|------------------------------|-------------------------|---------------------------|---|
| 6 leafy green salad Diced tomato and cucumber salad | Boiled potato in white sauce | Tomato salad with sauce | Broccoli salad with lemon | Mixed vegetable salad with lemon juice |
|--|------------------------------|-------------------------|---------------------------|---|

NOTE:

1. Freshly cooked food is served daily.
2. A change of menu for the day may be served without prior notice depending on resources.
3. Sliced fruits are available at all times.
- 4 Green salad with different dressings to choose from are served.
5. Rice is always served depending to ones preference.



Nov 09-13, 2020

| MONDAY (11-09-20) | TUESDAY (11-10-20) | WEDNESDAY (11-11-20) | THURSDAY (11-12-20) | FRIDAY (11-13-20) |
|-------------------|--------------------|----------------------|---------------------|-------------------|
|-------------------|--------------------|----------------------|---------------------|-------------------|

GENERAL SNACKS

| | | | | |
|-------------------------------|--------------------------|--------------------|-------------------------------|----------------------|
| Creamy bread cup / Fresh milk | Brownie cake/ Fresh milk | Pizza / Fresh milk | Porridge, cereal / Fresh milk | Cookies / Fresh milk |
|-------------------------------|--------------------------|--------------------|-------------------------------|----------------------|

PRIMARY SCHOOL MENU

MAIN LUNCH OPTIONS

| | | | | |
|--------------------------|--|--|----------------------------|---|
| Lasagna Fried chicken | Grilled chicken with spaghetti Todmon | Spaghetti chicken in red sauce Omelette | Pasta carbonara Nuggets | Penne with beef balls in red sauce Crispy chicken and potato fries |
|--------------------------|--|--|----------------------------|---|

SIDE DISH - VEGETABLES AND SALAD

| | | | | |
|--------------------------------------|--------------|--------------------------------------|--------------|------------------------------|
| Stir fried red small noodle with egg | Rameng salad | Stir-fried big noodle with vegetable | Papaya salad | Seafood and vermicelli salad |
|--------------------------------------|--------------|--------------------------------------|--------------|------------------------------|

SOUP

| | | | | |
|-------------------|----------------|---------------------------|---------------------|--------------|
| Winter melon soup | Vegetable soup | Spicy soup with vegetable | Mushroom clear soup | Pumpkin soup |
|-------------------|----------------|---------------------------|---------------------|--------------|

SECONDARY SCHOOL MENU

ASIAN SELECTIONS

| | | | | |
|---|--|---|--|--|
| Red curry with coconut milk Stir-fried shrimp with mixed vegetable Kraprao chicken Stir-fried spicy fish | Chicken teriyaki Stir-fried chicken with broccoli Stir-fried chicken with long beans Stir-fried chicken with basil leaf | Stir-fried spicy meatball slices Stir-ried cabbage with egg Steam sour fish | Thai-style red curry with chicken and eggplant Stir-fried Shrimp with carrots and asparagus Stir-fried sweet minced chicken Chicken kraprao | Stir-fried chicken with cashews nuts Stir-fried chicken with cauliflower Stir-fried cabbage in soy sauce Beef kraprao |
|---|--|---|--|--|

INTERNATIONAL CUISINE

| | | | | |
|-----------------------|------------------------------|-------------|--------------------------|-------|
| Beed and chicken stew | Kufta beef and chicken stick | Chicken BBQ | Grilled chicken and fish | Pizza |
|-----------------------|------------------------------|-------------|--------------------------|-------|

VEGETARIAN DIET SELECTIONS

| | | | | |
|--|---|--|--|---|
| Yellow bean soup Winter melon soup Stir-fried mixed vegetable Fried cauliflower Red curry vegetarian | Vermicelli soup Stir-fried spaghetti Potato adobo Stir-fred sweet and sour vegetable Fried potato balls | Corn soup Mixed vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets Fried long beans | Mushroom soup Tom yum Stir-fried asparagus Thai style red curry with eegplant Steamed carrot | Lentil soup Mushroom clear soup Pizza French fries |
|--|---|--|--|---|

CARBO AND ITS ALTERNATIVES

| | | | | |
|---|---------------------------------|----------------------------|--------------------------------|--|
| Steamed rice with boiled chicken Yellow noodle | Fried rice with tomato Radna | Muccaluba rice klwyteaw | Yellow rice Yentafo seafood | Minced beef fried rice Keaw noodle klwyteaw |
|---|---------------------------------|----------------------------|--------------------------------|--|

SALAD VARIETY OF THE DAY

| | | | | |
|-----------------------------|-------------------------|-----------------------|---|--|
| Chopped tomato and cucumber | Potato salad with onion | Mixed vegetable salad | Chopped lettuce and carrot with lemon juice | 6 leafy green salad Diced tomato and cucumber salad |
|-----------------------------|-------------------------|-----------------------|---|--|

NOTE:

1. Freshly cooked food is served daily.
2. A change of menu for the day may be served without prior notice depending on resources.
3. Sliced fruits are available at all times.
4. Green salad with different dressings to choose from are served.
5. Rice is always served depending to ones preference.

Nov 16-20, 2020

| MONDAY (11-16-20) | TUESDAY (11-17-20) | WEDNESDAY (11-18-20) | THURSDAY (11-19-20) | FRIDAY (11-20-20) |
|---|--|---|---|---|
| GENERAL SNACKS | | | | |
| Potato bread / Fresh milk | Butter cake / Fresh milk | Cookies / Fresh milk | Porridge,cereal / Fresh milk | Brownie / Fresh milk |
| PRIMARY SCHOOL MENU | | | | |
| MAIN LUNCH OPTION | | | | |
| Maccaroni red sauce Fried chicken | Grilled chicken with spaghetti Fried potato balls | Chicken spaghetti Fried egg | Stir-fried spiral pasta in red sauce topped with chicken balls Nuggets | Lasagna KFC, Fench fried |
| SIDE DISH - VEGETABLES AND SALAD | | | | |
| Roasted squash | Tuna vegetable salad | Stir-fried vermicelli | Papaya salad | Maccaroni salad |
| SOUP | | | | |
| Winter melon soup | Chicken noodle soup | Mushroom sour soup | Potato soup | Dark soup with vegetable |
| SECONDARY SCHOOL MENU | | | | |
| ASIAN SELECTIONS | | | | |
| Thai-style red curry with chicken and eggplant Broccoli mixed carrot Stir-fried spicy chicken | Chicken and beef salad Stir-fried sweet and sour shrimp with vegetables Stir-fried spicy fish Chicken with chili | Stir-fried spicy meatball slices Stir-fried spicy fish Steamed sour fish Chicken with ginger | Beef green curry Stir-fried shrimp with asparagus Stir-fried sweet minced chicken Kraprao | Musman chicken Stir-fried spicy fish Stir-fried cabbage with soy sauce Chicken spicy with bamboo |
| INTERNATIONAL CUISINE | | | | |
| Kufta with mashed potatoes | Chicken and beef with sweet chilli | Chicken and beef balls in tomato sauce | Chicken & beef kabab with mixed salad | Kufta beef and chicken |
| VEGETARIAN DIET SELECTIONS | | | | |
| Yellow bean soup Winter melon soup Stir-fried mixed vegetable Fried cauliflower Panang vegetarian | Mushroom soup Stir-fried spaghetti Potato adobo Stir-fried sweet and sour vegetable Fried potato ball Vermicelli soup | Corn soup Mixed vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets | Clear soup Tom yum Stir-fried asparagus Thai-style red curry with eggplant Fried carrot | Lentil soup Mushroom clear soup Potato steak with boiled vegetable |
| CARBO AND ITS ALTERNATIVES | | | | |
| Steam rice with boiled chicken Yellow noodle | Spicy fried rice Clear soup noodle | Steam rice with mice beef Radna | Yellow rice Big noodle light soup | Kebsa rice with chicken Kaow soi |
| SALAD VARIETY OF THE DAY | | | | |
| Chopped tomatoes and cucumber | Mixed vegetable salad | Potato salad | 6 leafy green salad Diced tomato and cucumber salad | Chopped vegetable mixed salad |

NOTE:

1. Freshly cooked food is served daily.
2. A change of menu for the day may be served without prior notice depending on resources.
3. Sliced fruits are available at all times.
- 4 Green salad with different dressings to choose from are served.
5. Rice is always served depending to ones preference.



Nov 23-27, 2020

| MONDAY (11-23-20) | TUESDAY (11-24-20) | WEDNESDAY (11-25-20) | THURSDAY (11-26-20) | FRIDAY (11-27-20) |
|---|--|--|--|---|
| GENERAL SNACKS | | | | |
| HOLIDAY | Banana cake/ Fresh milk | Doughnut / Fresh milk | Porridge,cereal / Fresh milk | Pancake / Fresh milk |
| PRIMARY SCHOOL MENU | | | | |
| MAIN LUNCH OPTION | | | | |
| HOLIDAY | Grilled chicken with spaghetti Fried fish | Lasagna Keaw tod | Maccaroni red sauce Todmon | Pasta cabonara KFC- style, potato fries |
| SIDE DISH - VEGETABLES AND SALAD | | | | |
| HOLIDAY | Big noodle Fried | Stir-fried ramen noodle with vegetable | Tuna salad | Rice noodle stir fried |
| SOUP | | | | |
| HOLIDAY | Vermicelli soup | Beef sour suop | Chili soup | Winter soup |
| SECONDARY SCHOOL MENU | | | | |
| ASIAN SELECTIONS | | | | |
| HOLIDAY | Adobo chicken Stir-fried sweet and sour shrimp with vegetables Stir-fried spicy fish Chicken with chili | Stir-fried spicy meatball slice Stir-fried mix vegetable with shrimp Steamed sour fish Ground spicy chicken | Thai-style red curry with chicken and eggplant Stir-fried shrimp with asparagus Stir-fried sweet ground chicken Stir-fried chicken basil leaf | Stir-fried chicken with cashews nuts Stir-fried spicy fish Stir-fried cabbage in soy sauce Kraprao |
| INTERNATIONAL CUISINE | | | | |
| HOLIDAY | Kufta beef & chicken with mashed potato | Baked eggplant stuffed with beef & chicken | Chicken & beef kebab with mixed salad | Fish & chicken steak with boiled mix vegetables |
| VEGETARIAN DIET SELECTIONS | | | | |
| HOLIDAY | Yellow bean soup Stir-fried spaghetti Potato adobo Stir-fried sweet and sour vegetable Fried potato balls Vermicelli soup | Lentil soup Mixed vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets | Spinach soup Tom yum Stir-fried asparagus Thai-style red curry with eggplant Fried carrot | Mushroom soup Mushroom clear soup Patato steak with boiled vegetable |
| CARBO AND ITS ALTERNATIVES | | | | |
| HOLIDAY | Fried rice with egg Clear soup noodle | Steamed rice with minced beef Radna | Fried rice with shrimp paste Yentafo seafood | Kebsa rice with chicken Stir-fried rice noodle with chicken |
| SALAD VARIETY OF THE DAY | | | | |
| HOLIDAY | Potato salad with onion | Chopped tomatoes and cucumber | Mixed vegetable salad | 6 leafy green salad Diced tomato and cucumber salad |

NOTE:

1. Freshly cooked food is served daily.
2. A change of menu for the day may be served without prior notice depending on resources.
3. Sliced fruits are available at all times.
- 4 Green salad with different dressings to choose from are served.
5. Rice is always served depending to ones preference.