



Nov 02-06, 2020

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

Banana cake/ Fresh milk	Cupcake/ Fresh milk	Grilled chicken bread / Fresh milk	Porridge,cereal / Fresh milk	Chocolate balls /Fresh milk
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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
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SIDE DISH - VEGETABLES AND SALAD

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

Winter melon soup	Vermicelli soup	Tomka kai	Tom yum soup	Kangsom
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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
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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
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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
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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
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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
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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)
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GENERAL SNACKS

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

Winter melon soup	Vegetable soup	Spicy soup with vegetable	Mushroom clear soup	Pumpkin soup
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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
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INTERNATIONAL CUISINE

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

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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

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