



Oct 05-9, 2020

MONDAY (10-5-20)

TUESDAY (10-6-20)

WEDNESDAY (10-7-20)

THURSDAY (10-8-20)

FRIDAY (10-9-20)

## GENERAL SNACKS

Toffy cake/ Fresh milk

Tuna sandwich/ Fresh milk

Pizza / Fresh milk

Porridge,cereal / Fresh milk

Sausage bread roll /Fresh milk

## PRIMARY SCHOOL MENU

### MAIN LUNCH OPTION

Pasta carbonara chicken  
Fried chicken

Grilled chicken with spaghetti  
Fried chicken ball

Maccaroni in red sauce  
Fried egg

Stir-fried spiral pasta topped with  
chicken ball and red sauce  
Chicken nuggets

Lasagna  
KFC

### SIDE DISH - VEGETABLES AND SALAD

Papaya salad

Mushroom soup

Stir-fried ramen noodle with  
vegetable

Stir-fried vermicelli with vegetable

Seafood salad  
French fries

### SOUP

Winter melon soup

Vermicelli soup

Kangsom

Tom yum soup

Mushroom clear soup

## SECONDARY SCHOOL MENU

### ASIAN SELECTIONS

Thai spicy fish with coconut  
Stir-fried mixed vegetable with  
shrimp  
Kraprao chicken  
Stir-fried spicy fish

Adobo chicken  
Stir-fried sweet and sour vegetable  
with shrimp  
Stir-fried spicy fish  
Kraprao chicken

Stir-fried spicy meatball sliced  
Stir-fried mix vegetable with shrimp  
Steamed sour fish  
Ground chicken with chili

Thai style red curry with chicken  
and eggplant  
Stir-fried asparagus with carrot  
and shrimp  
Stir-fried sweet ground chicken  
Beef spicy

Stir-fried chicken with cashews  
Stir-fried spicy fish  
Stir-fried cabbage in soy sauce  
Chicken with basil leaf

### INTERNATIONAL CUISINE

Kufta beef & chicken with mashed  
potato

Hip chicken baked

Sweet chili insert beef and chicken

Chicken & beef kebab with mixed  
salad

Burger fish, chicken and french fries

### VEGETARIAN DIET SELECTIONS

Lentil soup  
Winter melon soup  
Stir-fried mixed vegetable  
Fried cauliflower  
Thai spicy vegetarian

Mushroom soup  
Stir-fried spaghetti  
Potato adobo  
Stir-fried sweet and sour vegetable  
Fried potato ball  
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

Mushroom clear soup  
Corn 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

Mix vegetable salad with lemon  
and salt

Tuna salad with vegetable

Potato salad with cream

Coleslaw 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.



Oct12-16, 2020

MONDAY (10-12-20)	TUESDAY (10-13-20)	WEDNESDAY (10-14-20)	THURSDAY (10-15-20)	FRIDAY (10-16-20)
-------------------	--------------------	----------------------	---------------------	-------------------

## GENERAL SNACKS

Banana cake/ Fresh milk	HOLIDAY	Pan cake/ Fresh milk	Porridge,cereal / Fresh milk	Choco ball / Fresh milk
-------------------------	---------	----------------------	------------------------------	-------------------------

## PRIMARY SCHOOL MENU

MAIN LUNCH OPTIONS				
Spaghetti red sauce Fried chicken	HOLIDAY	Penne with chicken white sauce Fish cake	Lasagna Boiled egg	Stir-fried spiral pasta topped with chicken ball and red sauce
SIDE DISH - VEGETABLES AND SALAD				
French fries	HOLIDAY	Stir-fried ramen noodle with vegetable	Stir-fried vermicelli with vegetable	Papaya salad French fries
SOUP				
Winter melon soup	HOLIDAY	Vermicelli soup	Tom yum soup	Sour chicken soup with potatoes

## SECONDARY SCHOOL MENU

ASIAN SELECTIONS				
Musman chicken Stir-fried mixed vegetable with shrimp Chicken spicy with basil leaf Stir-fried spicy fish	HOLIDAY	Chicken wing teriyaki Stir-fried mix vegetable with shrimp Steam sour fish Ground chicken spicy	Stir-fried chicken with cashew nuts Thai green curry with chicken Stir-fried sweet ground chicken Beef spicy	Beef and chicken salad Stir-fried spicy fish Stir-fried cabbage with soy sauce Kraprao chicken
INTERNATIONAL CUISINE				
Chicken on a skewer	HOLIDAY	Steamed beef and chicken with potatoes	Chicken & beef kebab with mixed salad	Pizza and french fries
VEGETARIAN DIET SELECTIONS				
Lentil soup Winter melon soup Stir-fried mixed vegetable Fried cauliflower Panang vegetarian	HOLIDAY	MixED vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets	Tom yum vegetarian Stir-fried asparagus Thai style red curry with eggplant Fried carrot	Mushroom clear soup Potato steak with boiled vegetable
CARBO AND ITS ALTERNATIVES				
Steam rice with boiled chicken Yellow noodle	HOLIDAY	Fried rice with shrimp paste Radna Potato creamy salad	Fried rice with eggs Knway tieaw	Yellow rice Kaw soi
SALAD VARIETY OF THE DAY				
Chopped tomatoes and cucumber salad	HOLIDAY	chopped tomatoes and cucumber salad	Broccoli salad with salt and lemon Diced tomato and cucumber salad	Mixed vegetable 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.



Oct 19-23, 2020

MONDAY (10-19-20)

TUESDAY (10-20-20)

WEDNESDAY (10-21-20)

THURSDAY (10-22-20)

FRIDAY (10-23-20)

## GENERAL SNACKS

HOLIDAY

## PRIMARY SCHOOL MENU

HOLIDAY

## SIDE DISH - VEGETABLES AND SALAD

HOLIDAY

## SOUP

HOLIDAY

## SECONDARY SCHOOL MENU

### ASIAN SELECTIONS

HOLIDAY

### INTERNATIONAL CUISINE

HOLIDAY

### VEGETARIAN DIET SELECTIONS

HOLIDAY

### CARBO AND ITS ALTERNATIVES

HOLIDAY

### SALAD VARIETY OF THE DAY

HOLIDAY

#### 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.



Oct 26-30, 2020

MONDAY (10-26-20)	TUESDAY (10-27-20)	WEDNESDAY (10-28-20)	THURSDAY (10-29-20)	FRIDAY (10-30-20)
-------------------	--------------------	----------------------	---------------------	-------------------

## GENERAL SNACKS

Orange cake/ Fresh milk	Chicken bread/ Fresh milk	Doughnut / Fresh milk	Porridge, cereal / Fresh milk	Cupcake /Fresh milk
-------------------------	---------------------------	-----------------------	-------------------------------	---------------------

## PRIMARY SCHOOL MENU

MAIN LUNCH OPTION				
Pasta chicken in red sauce Fried chicken	Stir-fried spiral pasta topped with chicken ball and red sauce Todmon	Maccaroni red sauce Omelette	Penne chicken with spinach Fried fish	Grilled chicken with spaghetti Fried chicken
SIDE DISH - VEGETABLES AND SALAD				
French fries	Baked crispy potato wedges	Stir-fried ramen noodle with vegetable	Stir-fried vermicelli with vegetable	Rameng salad
SOUP				
Winter melon soup	Sour soup	Kangsom	Tom yum soup	Mushroom clear soup

## SECONDARY SCHOOL MENU

ASIAN SELECTIONS				
Red curry chicken with eggplant Stir-fried mixed vegetable with shrimp Ground chicken with basil leaf Stir fried ginger with chicken	Adobo chicken Stir-fried sweet and sour vegetable with shrimp Stir-fried spicy fish Stir fried chicken chili	Boiled beef with vegetable Stir-fried mix vegetable with shrimp Steamed sour fish Kraprao chicken	Klang tung beef Cauliflower stir fry Stir-fried sweet ground chicken Chicken spicy	Stir-fried beef chili with garlic Stir-fried spicy fish Stir-fried cabbage in soy sauce Chicken basil with chili sauce
INTERNATIONAL CUISINE				
Stewed beef and chicken	Grilled chicken with cream sauce	Rolled chicken with boiled vegetable	Chicken & beef kebab with mixed salad	Kubta beef and chicken with potatoes
VEGETARIAN DIET SELECTIONS				
Winter melon soup Stir-fried mixed vegetable Deep fried cauliflower Red curry vegetarian	Sour soup Stir-fried spaghetti Potato adobo Stir-fried sweet and sour vegetable Fried potato ball	Lentil soup Mix vegetable soup Baked eggplant stuffed with mashed potato Fried vegetarian nuggets	Tom yum Stir-fried cauliflower Thai style red curry with eggplant Fried carrot	Mushroom clear soup Potato with boiled vegetable French fries
CARBO AND ITS ALTERNATIVES				
Steamed rice with boiled chicken Yellow noodle	Kebsa rice Clear soup noodle	Macluba rice Kwyteiyw	Fried rice with shrimp paste Yentafo seafood	Yellow rice Kwy jub
SALAD VARIETY OF THE DAY				
Chopped tomato and cucumber with lemon juice	6 leafy green salad Diced tomato and cucumber salad	Mixed vegetable salad	Lettuce in tuna salad	Potato cream 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.