



PAIS MENU

Aug3-7, 2020

MONDAY (Aug.3'20)	TUESDAY (Aug.4'20)	WEDNESDAY (Aug.5'20)	THURSDAY (Aug.6'20)	FRIDAY (Aug.7'20)
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GENERAL SNACKS

Brownie cake	Sausage roll	Doughnut	Porridge and cereal	Tuna sandwich
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PRIMARY SCHOOL MENU

MAIN LUNCH OPTION

- Spaghetti - Chicken red - Sauce - Fried chicken	- Stir fried - macaroni with shrimp - Fish cake	- Penne with - bologna white - sauce - Omelette	- Spaghetti with - grilled chicken - Chicken nugget	- Oven beef - pasta - Grill chicken
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SIDE DISH - VEGETABLES AND SALAD

- Ramen salad - with chicken	- Papaya salad	- Vermicelli - salad with shrimp	- Fried big - noodle with beef	- Chinese stir - fried noodle with chicken
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SOUP

- Winter melon soup (GF)	- Tomyum chicken	- Kangsom tuna with vegetable	- Vermicelli soup	- Tom kha gai
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SECONDARY SCHOOL MENU

ASIAN SELECTIONS

- Spicy chicken in coconut soup - Mix vegetable with squid - Kra prow chicken	- Chicken in tomato sauce - Stir fried cabbage with egg - Kra prow beef	- Chicken Musman - Green bean with shrimp - Kra prow chicken	- Fish sushi - Cauliflower with shrimp - Kra prow beef	- Stir fried catfish - Stir fried beef with broccoli - Kra prow chicken
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INTERNATIONAL CUISINE

- Chicken / beef stew	- Kufta with carrot & potato	- Chicken / beef sweet chili	- Chicken skewer	- Steak beef /chicken
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VEGETARIAN DIET SELECTIONS

- Lentil soup - Potato and carrot stew - Mix vegetable and winter melon soup	- Mushroom soup - Stir fried cabbage - Kufta potato and tomyum vegetarian	- Spinach soup - Stir fried green bean - Potato with sweet chili and tomjeud	- Corn soup - Butternut squash and potato curry - Vegetable skewer and vermicelli soup	- Lentil soup - Stir fried broccoli - Vegetarian steak and yomka mushroom
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CARBO AND ITS ALTERNATIVES

- Steam rice with boiled chicken - Egg noodle with light soup	- Fried rice with egg - Radna	- Macluba rice with chicken - Kraprow pla	- Stir fried beef with rice - Kwyteiyw	- Yellow rice - Kwyteiyw numkon
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SALAD VARIETY OF THE DAY

Chopped vegetable salad with garlic sauce	Vegetable salad with yoghurt and honey mixture	Vegetable salad with homemade dressing	Diced tomatoes and cucumber with lemon	Potato salad with dill
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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.



PAIS MENU

Aug 10-14, 2020

MONDAY (Aug 10'20)	TUESDAY (Aug 11'20)	WEDNESDAY (Holiday)	THURSDAY (Aug 13'20)	FRIDAY (Aug.14'19)
GENERAL SNACKS				
- Cinnamon bread roll	- Banana cake		- Porridge / cereal	- Chicken sandwich
PRIMARY SCHOOL MENU				
MAIN LUNCH OPTIONS				
- Chicken spaghetti - Fried scrambled egg	- Spiral pasta with beef skillet - Fried chicken		- Easy penne chicken pasta - Easy penne chicken pasta	- Pasta with shrimp - Fried chicken
SIDE DISH - VEGETABLES AND SALAD				
- Vermicelli chicken salad	- Big noodle with chicken		- Ramen seafood salad	- Papaya salad
SOUP				
- Winter chicken	- Soup Tomklong fish		- Tomyum chicken	- Tom kha kai
SECONDARY SCHOOL MENU				
ASIAN SELECTIONS				
- Red curry chicken bamboo shoot - Stir fried vegetable with shrimp - Kraprow beef	- Musman beef - Stir fried mix vegetable - Kraprow chicken		- Yellow curry with chicken - Green bean with seafood - Kraprow beef	- Chicken teriyaki - Beef with kale - Kraprow chicken
INTERNATIONAL CUISINE				
- Chicken and beef with milk	- Chicken vegetable skewer		- Chicken /beef stew with garlic sauce	- Chicken / Beef burger
VEGETARIAN DIET SELECTIONS				
- Lentil soup - Winter soup and red curry - Fried longbean	- Spinach soup - Musman and tomklong - Steamed carrot		- Broccoli soup -Yellow curry and tomyum - French fries	- Lentil soup - Potato teriyaki and Deep fried cauliflower
CARBO AND ITS ALTERNATIVES				
- Stream rice - Kwyteiyw chicken	- Fried rice with egg - Egg noodle chicken		- Yellow rice - Kao soi chicken	- Shrimp paste fried rice - Light noodle chicken ball
SALAD VARIETY OF THE DAY				
- Chopped vegetable with lemon sauce	- Diced tomato and cucumber salad		- Potato with mix vegetable salad	- Green bean salad

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5. Rice is always served depending to ones preference.



PAIS MENU

Aug. 17-21, 2020

MONDAY (Aug. 17'20)	TUESDAY (Aug. 18'20)	WEDNESDAY (Aug. 19'20)	THURSDAY (Aug. 20'20)	FRIDAY (Aug. 21'20)
GENERAL SNACKS				
- Fried sausage	- Cake	- Chocolate ball	- Porridge/Cereal	- Sandwich yam
PRIMARY SCHOOL MENU				
- Spaghetti chicken - Fried chicken	- Macaroni beef - Baked fish with cream sauce	- Penne bologna in white sauce - Grilled chicken breast with lemon	- Spaghetti beef - K F C	- Pasta chicken oven baked - Mix seafood stir fry
SIDE DISH - VEGETABLES AND SALAD				
- Egg salad	- Papaya salad - Boiled egg	- Vermicelli seafood salad	- Fried big noodle with chicken	- Seafood salad - French fries
SOUP				
- Winter Melon soup chicken	- Tomyom chicken	- Kangsom tuna with vegetable	- Vermicelli chicken soup	- Tom kha kai with coconut
SECONDARY SCHOOL MENU				
ASIAN SELECTIONS				
- Chicken grilled with sauce - Mix vegetable with squid - Kraprow beef	- Chicken teriyaki - Stir fried mushroom with chicken - Kraprow chicken	- Green curry chicken - Bean tow with minced chicken - Kraprow seafood	- Beef/chicken with sweet chili - Stir fried broccoli with seafood - Kraprow chicken	- Beef/chicken salad - Assorted fried vegetable - Kraprow beef
INTERNATIONAL CUISINE				
- Kubta grilled beef/chicken	- Beef kebab	- Baked chicken hip	- Chicken with mix vegetable oven	- Mushroom pizza with shredded chicken
VEGETARIAN DIET SELECTIONS				
- Lentil soup - Mushroom stir fried /winter melon soup - Vegetarian Musman	- corn soup - Fried cabbage/tomyum - Teriyaki Potatoes	- Broccoli soup - Fried asparagus in tomato soup - Red curry with potato and cauliflower	- Mushroom soup - Stir fried broccoli with vermicelli soup - Yellow curry vegetarian	- Lentil soup - Stir fried vegetarian - Vegetarian Pizza
CARBO AND ITS ALTERNATIVES				
- Steam rice - Kwyteiyw	- Fried rice - Keawjup	- Fried rice with salted beef - Noodle dark soup	- Kabsa rice - Radna	- Macluba rice - Noodle light soup
SALAD VARIETY OF THE DAY				
- Chopped vegetable salad	- Cauliflower salad	- Diced tomato and cucumber salad	- Lettuce and carrot salad	- Diced tomato and cucumber salad

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MONDAY (Aug. 24'20)	TUESDAY (Aug. 25'20)	WEDNESDAY (Aug. 26'20)	THURSDAY (Nov.27'19)	FRIDAY (Aug. 28'20)
GENERAL SNACKS				
- Fried chicken meat ball	- Breadb chicken roll	- Pancake	- Porridge/Cereal	- Cookies
PRIMARY SCHOOL MENU				
MAIN LUNCH OPTION				
- Lasagna minced beef	- Spaghetti chicken in tomato sauce	- Penne bologna carbonara	- Pasta with chicken red sauce	- Maccaroni chicken fry
SIDE DISH - VEGETABLES AND SALAD				
- Chicken kwyteiyw pud	- Papaya salad	- Ramen shrimp salad	- Seafood salad	- Big noodle beef stir fry
SOUP				
- Winter melon chicken soup	- Maccaroni chicken soup	- Sour chicken soup	- Tomka kai	- Tomyum seafood
SECONDARY SCHOOL MENU				
ASIAN SELECTIONS				
- Beef green curry - Stir fried chicken with mix vegetable - Kraprow chicken	- Red curry shell with coconut - Stir fried broccoli with seafood - Kraprow beef	- Steamed chicken with kale - Stir fried green bean with seafood - Kraprow chicken	- Stir fried chicken with ginger - Pralo chicken with egg - Kraprow seafood	- Stir fried liver with long bean - Stir fried Chicken with mix vegetable - Kraprow chicken
INTERNATIONAL CUISINE				
- Kufta with mash potatoes	- Badinjan muffrum	- Grilled chicken	- Chicken kebab	- Beef / chicken shawarma
VEGETARIAN DIET SELECTIONS				
- Mushroom soup - Thai green curry with crispy tofu and vegetables - Mix vegetable	- Lentil soup - Thai red curry with cauliflower and potatoes - Kraprow vegetarian	- Pumpkin soup - Roasted vegetable/sour soup - Zucchini Pattics	- Lentil soup - Broccoli cheese casserole/tomka - Fried potatoes ball	- Spinac soup - Stir fried green beans with garlic /tomyom - ball French fries
CARBO AND ITS ALTERNATIVES				
- Steam rice - Thai noodle	- Kraprow fried rice - Radna	- Makluba rice - Chicken noodle	- Yellow rice - Sukiyaki	- Butter rice with salted beef - Ramen light soup
SALAD VARIETY OF THE DAY				
- Chopped mix vegetable	- Diced tomato and Cucumber salad	- Broccoli salad	- Diced tomato and Cucumber salad	- Potatoes cream salad

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