



Aug 30 - Sep 4, 2020

MONDAY (Aug.30'20)	TUESDAY (Sep.1'20)	WEDNESDAY (Sep.2'20)	THURSDAY (Sep.3'20)	FRIDAY (Sep.4'20)
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GENERAL SNACKS

Pancake / fresh milk	Banana cake / fresh milk	Pizza / fresh milk	Porridge / fresh milk	Choco ball / fresh milk
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PRIMARY SCHOOL MENU

MAIN LUNCH OPTION

- Spaghetti with chicken red sauce - Fried chicken	- Stir-fried penne with sausage - Fried potato ball	- Macaroni chicken red sauce - Star fried egg	- Baked pasta with beef in red sauce - Chicken nuggets	- Chicken / Beef lasagna - Potato fries
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SIDE DISH - VEGETABLES AND SALAD

- Papaya salad	- Yellow noodle with chicken fried	- Stir-fried ramen noodle with vegetable	- Stir-fried vermicelli with vegetable	- Seafood salad
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SOUP

- Winter melon chicken soup	- Vermicelli chicken soup	- Kangsom tuna	- Tom yum seafood soup	- Mushroom chicken sour soup
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SECONDARY SCHOOL MENU

ASIAN SELECTIONS

- Panang chicken - Stir-fried mix vegetable with shrimp - Kraprao chicken - Stir-fried spicy fish	- Adobo chicken - Stir-fried sweet and sour vegetable with shrimp - Stir-fried spicy beef with Long Bean -Kraprao beef	- Stir-fried spicy meatball slice - Stir-fried mix vegetable with shrimp - Steam sour fish - Kraprao chicken	- Thai-style red curry with chicken and eggplant - Stir-fried asparagus with carrot and shrimp - Stir-fried sweet ground chicken - Chicken Chili Fried	- Stir-fried chicken with cashew nuts - Stir-fried spicy fish - Stir-fried cabbage with soy sauce - Chicken spicy with basil
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INTERNATIONAL CUISINE

- Chicken skewer	- 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 mix vegetable melon soup - Stir-fried mix vegetable - Fried cauliflower - Panang vegetarian	- Spinach soup - Stir-fried spaghetti - Potato adobo - Stir-fried sweet and sour vegetable - Fried potato ball	- Corn soup - Mix vegetable soup - Baked eggplant stuffed with mashed potato - Fried vegetarian nuggets - Vermicelli soup	- Lentil soup - Tom yum - Stir-fried asparagus - Thai-style red curry with eggplant - Steamed carrot	- Mushroom soup - Mushroom clear soup - Potato steak with boiled vegetable - Garlic bread - Oven-baked potato wedges
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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	- Kabsa rice with chicken - Stir-fried rice noodle with chicken
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SALAD VARIETY OF THE DAY

Chopped lettuce and carrot with salt	Diced tomato and cucumber salad	Frozen mixed vegetable salad with mayonnaise	- Diced tomato and cucumber salad	- Broccoli salad with lemon
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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.



Sep 7-11, 2020

MONDAY (Sep.7'20)	TUESDAY (Sep 8'20)	WEDNESDAY (Sep.9'20)	THURSDAY (Sep.10'20)	FRIDAY (Sep.11'20)
GENERAL SNACKS				
Cake / fresh milk	Chicken bread grilled / fresh milk	Brownie / fresh milk	Porridge / cereal / fresh milk	Mini sausage bun / fresh milk
PRIMARY SCHOOL MENU				
MAIN LUNCH OPTIONS				
- Chicken / Beef lasagna - Fried chicken	- Grilled chicken with spaghetti - Grilled chicken	- Macaroni chicken in red sauce - Egg omelette	- Stir-fried spiral pasta topped with chicken ball and red sauce - Chicken / Fish nuggets	- Penne with bologna white sauce - Potato fries
SIDE DISH - VEGETABLES AND SALAD				
Small noodle egg fried	Kanumjean salad	Stir-fried ramen noodle with vegetable	Stir-fried vermicelli with vegetable	Seafood salad
SOUP				
Winter melon chicken soup	Light chicken soup	Macaroni chicken soup	Tom yum seafood soup	Keaw soup chicken
SECONDARY SCHOOL MENU				
ASIAN SELECTIONS				
- Fried catfish with chili - Stir-fried mix vegetable with shrimp - Kraprao chicken	- Fried chicken with ginger - Chicken red sauce with kale - Stir-fried chicken with chili sauce	- Chili fried tofu fish - Green bean and mushroom fried with seafood - Beef chili with kraprow leaf	- Beef / chicken oyster sauce - Broccoli and carrot fried with chicken - Padped chicken	- Yellow chicken curry - Stir-fried spicy fish - Fried minced chicken with chili
INTERNATIONAL CUISINE				
Chicken / Beef kebab stick	Chicken / Beef chic pea with bread	Hip chicken bake with boiled potato	Kufta beef / chicken with mashed potato	Chicken shawarma with salad
VEGETARIAN DIET SELECTIONS				
- Mushroom soup - Winter melon soup - Potato stick with sauce - Blanched cauliflower	- Lentil soup - Stir-fried spaghetti - Potato with chic pea sauce - Fried carrot	- Corn soup - Mix vegetable soup - Steamed potatoes - Yogurt	- Bean soup - Tom yum - Tofu kubta with potato - Chicken nugget	- Lentil soup - Mushroom clear soup - Shawarma vegetarian - Baked potato wedges
CARBO AND ITS ALTERNATIVES				
- Steamed rice with boiled chicken - Yellow noodle	- Rice with red chicken sauce - Clear soup noodle	- Steamed rice with minced beef - Sukiyaki	- Krapao fried rice - Radna	- Yellow rice - Keasoi
SALAD VARIETY OF THE DAY				
Diced tomato and cucumber salad	- Chopped vegetable salad	- Potato with cream sauce salad	- Diced tomato and cucumber salad	- Mixed vegetable salad

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5. Rice is always served depending to ones preference.



Sep 14-18, 2020

MONDAY (Sep.14'20)	TUESDAY (Sep.15'20)	WEDNESDAY (Sep.16'20)	THURSDAY (Sep.17'20)	FRIDAY (Sep.18'20)
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GENERAL SNACKS

Creamy bread / Fresh milk	Banana cake/ Fresh milk	Pizza / Fresh milk	Porridge / cereal / Fresh milk	Choco ball / Fresh milk
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PRIMARY SCHOOL MENU

Spaghetti chicken red sauce Fried chicken	Grilled chicken with Penne Fried potato ball	Macaroni white sauce Egg omelette	Stir-fried spiral pasta topped with chicken ball and red sauce Nuggets	Chicken / Beef lasagna KFC / Potato fries
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SIDE DISH - VEGETABLES AND SALAD

Stir-fried big noodle with egg	Yellow noodle with red chicken	Stir-fried ramen noodle with vegetable	Stir-fried vermicelli with vegetable	Seafood salad
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SOUP

Winter melon soup	Vermicelli soup	- Kangsom	Tom yum soup	Mushroom clear soup
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SECONDARY SCHOOL MENU

ASIAN SELECTIONS

- Panang chicken - Stir-fried mix vegetable with shrimp - Kraprao chicken - Stir-fried spicy fish	- Adobo wing chicken - Srie-fried sweet and sour cucumber and carrot with shrimp - Stir-fried spicy fish - Chicken with chili	- Stir-fried spicy meatball slice - Stir fried broccoli with seafood - Steamed sour fish - Kraprao chicken	- Thai-style red curry with chicken and eggplant - Stir-fried asparagus with carrot and shrimp - Stir-fried sweet ground chicken - Spicy chicken stew	- Stir-fried chicken with cashew nuts - Stir-fried spicy fish - Stir-fried cabbage with soy sauce - Kraprao
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INTERNATIONAL CUISINE

Chicken skewer	Kufta beef / chicken with mashed potato	Baked eggplant stuffed with beef & chicken	Chicken / beef kabab with mixed salad	Fish / chicken steak with boiled mix vegetables
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VEGETARIAN DIET SELECTIONS

- Bean soup - Winter melon soup - Stir-fried mix vegetable - Fried cauliflower - Panang vegetarian	- Lentil soup - Stir-fried spaghetti - Potato adobo - Stir-fried sweet and sour vegetable - Fried potato ball - Vermicelli soup	- Yellow bean soup - Mix vegetable soup - Baked eggplant stuffed with mashed potato - Deep-fried vegetarian nuggets	- Lentil soup - Tom yum - Stir-fried asparagus - Thai-style red curry with eggplant - Fried carrot	- Bean soup - Mushroom 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	- Keba rice with chicken - Stir-fried rice noodle with chicken
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SALAD VARIETY OF THE DAY

Chopped mixed vegetable salad with lemon	Diced cucumber and tomato with lemon	Chopped tomato and lettuce salad	Potato and onion salad with cream sauce	Mixed vegetable salad
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5. Rice is always served depending to ones preference.



Sep 21-25, 2020

MONDAY (Sep.21'20)	TUESDAY (Sep.22'20)	WEDNESDAY (Sep.23'20)	THURSDAY (Sep.24'19)	FRIDAY (Sep.25'20)
GENERAL SNACKS				
Brownie/ Fresh milk	Pancake/ Fresh milk	Jam Sandwich/ Fresh milk	Porridge / cereal / Fresh milk	Choco ball / Fresh milk
PRIMARY SCHOOL MENU				
MAIN LUNCH OPTION				
- Chicken pasta with red sauce Fried chicken	- Chicken spaghetti with white sauce - Sunny- side up fried egg	- Stir-fried beef macaroni - Fried fish cake	- Stir-fried spiral pasta topped with chicken ball and red sauce - KFC	- Baked chicken macaroni - Potato fries
SIDE DISH - VEGETABLES AND SALAD				
Vermicelli salad	Papaya salad	Seafood salad	Sausage salad	Ramen
SOUP				
Winter melon soup	Kangsom	Chicken tom ka in coconut milk	Sour soup	Tom yum soup
SECONDARY SCHOOL MENU				
ASIAN SELECTIONS				
- Spicy pineapple curry with shrimp - Stir-fried cauliflower with shrimp - Sunny side-up fried egg salad - Spicy chicken	- Garlic chicken - Stir-fried sweet and sour vegetable with shrimp - Stir-fried spicy liver - Kraprao chicken	- Stir fried cashew chicken - Stir-fried luffa with egg - Stir-fried ginger with chicken - Basil beef	- Thai-style red curry with chicken and eggplant - Stir-fried broccoli with chicken - Meat ball - Stir-fried chicken with chili	- Beef green curry - Stir-fried pumpkin with egg - Stir-fried cabbage with egg - Shrimp Kraprao
INTERNATIONAL CUISINE				
Baked Chicken Hip	Beef / Chicken stew	Barbecue	Chicken & beef kabab with mixed salad	Pizza
VEGETARIAN DIET SELECTIONS				
- Lentil soup - Winter melon soup - Spicy pineapple curry - Stir-fried cauliflower - Sunny side-up fried egg salad	- Bean soup - Kangsom - Garlic potato - Stir-fried sweet and sour vegetable - Stir-fried mixed vegetable	- Vermicelli soup - Tom ka in coconut soup - Stir-fried cashew with broccoli - Stir-fried luffa with egg - Stir-fried ginger with vegetable	- Lentil soup - Sour Soup - Thai-style red curry with eggplant - Stir-fried broccoli - Stir-fried potato	- Yellow bean soup - Vegetarian tom yum - Green curry - Stir-fried pumpkin with egg - Stir-fried cabbage with egg
CARBO AND ITS ALTERNATIVES				
- Steamed rice with boiled chicken - Knway Tieaw	- Fried rice with egg - Knway Jub	- Kraprao fried rice - Radna	- Fried rice with shrimp paste - Yentafo seafood	- Yellow rice - Stir-fried rice noodle with chicken
SALAD VARIETY OF THE DAY				
Diced tomato and cucumber with lemon salad	Potato with beans and cream salad	Mixed vegetable salad	Broccoli sour salad	Green bean salad

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- 4 Green salad with different dressings to choose from are served.
5. Rice is always served depending to ones preference.