

MIDDLE SCHOOL & HIGH SCHOOL LUNCH MENU of October 2018

เมนูอาหารเดือน ตุลาคม 2561

DATE	BREAKFAST (7.00 a.m.)	BREAKFAST (7.00 a.m.)	SNACK	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	Afternoon Break	
1.10.2018	Chicken Ham Croissant + Fried Egg	Rice Porridge with Pork	Steamed Sausage + Vegetable	Fried Fish with Spaghetti in Pesto Sauce	Noodles in Thick Gravy with Pork	Stir-Fried Cauliflower in Oyster Sauce	Massa Man Curry with Chicken	Salad	Fruit	Bread Pizza	
2.10.2018	Toast + Sausage + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Chicken Steak + Baked Potato	Pad Thai with Shrimp	Omelet Soup + Carrot + Onion	Spicy Minced Pork Salad	Salad	Fruit	Grilled Pork and Sticky Rice	
3.10.2018	Grilled Ham and Cheese Sandwich	Rice Porridge	Steamed Dumplings + Vegetable	Chicken Lasagna	Noodle Soup with Stewed Pork	Stir - Fried Snow Peas + Baby Corn	Green Curry With Fish	Salad	Fruit	Steamed Sausage + Vegetable	
4.10.2018	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Ham and Cheese Sandwich+ Pumpkin Soup	Noodle Soup with Minced Pork and Meatballs	Stir-Fried Bamboo Shoot with Egg	Panaeng Curry with Chicken + Boiled Egg	Salad	Fruit	Steamed Cream Bun	
5.10.2018	Toast + Sausage + Soft-Boiled Egg	Dip	Steamed Meatballs + Vegetable	Pork Stew + Mashed Potatoes	Stir-Fried Noodles with Chicken	Roasted Mixed Vegetables	Rice Mixed with Shrimp Paste + Vegetable + Soup	Salad	Fruit	Pork/Chicken BBQ	
6.10.2018											
7.10.2018											
8.10.2018	Chicken Ham Croissant + Fried Egg	Rice Porridge with Pork	Steamed Sausage + Vegetable	Macaroni and Cheese + Carrot + Snow Peas	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit	Steamed Sausage + Vegetable	
9.10.2018	Toast + Sausage + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Roasted Sliced Pork + Roasted Potato	Chicken Khao Soi	Stir-Fried Cabbage with Egg and Glass Noodle	Steamed Fish with Soy Sauce	Salad	Fruit	Fried Chicken and Sticky Rice	
10.10.2018	Grilled Ham and Cheese Sandwich	Rice Porridge	Steamed Dumplings + Vegetable	Chicken Burger + French Fries	Spicy Tom Yam Pork Noodle Soup	Stir-Fried Kale + Shiitake	Red Curry Chicken with Bamboo Shoot	Salad	Fruit	Chicken Burger	
11.10.2018	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Tuna Sandwich+ Corn Soup	Noodle Soup with Stewed Pork	Stir-Fried Bean Sprout with Tofu	Stir-Fried Chicken with Cashew Nuts	Salad	Fruit	Steamed Dumplings	
12.10.2018	Toast + Sausage + Soft-Boiled Egg	Fried Chicken and Sticky Rice + Red Chili Dip	Steamed Meatballs + Vegetable	Spaghetti with Tomato Sauce + Bread	Grilled Chicken and Sticky Rice	Papaya Salad	Spicy Mushroom and Tofu salad	Salad	Fruit	Pork/Chicken BBQ	
13.10.2018											
14.10.2018											
15.10.2018				School Closed - King Bhumipol Memorial Day (substitution day)							
16.10.2018	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Steamed Dumplings + Vegetable	Fish Fillet + Mashed Potatoes	Yentafo Noodle with Pork	Stir-Fried Bok Choy in Oyster Sauce	Thai Pork Salad With Lemongrass	Salad	Fruit	Bread Pizza	
17.10.2018	Croissant + Sausage + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Ham and Cheese Sandwich+ Taro Soup	Pad Thai with Egg (Shrimp)	Stir-Fried Sweet Gourd with Egg	Red Curry with Pork	Salad	Fruit	Grilled Pork and Sticky Rice	
18.10.2018	Toast + Sausage + Soft-Boiled Egg	Rice Porridge	Steamed Meatballs + Vegetable	Baked Spinach with Cheese	Sukiyaki Soup / Tofu / Pork	Winter Melon Soup	Steamed Chicken on Rice	Salad	Fruit	Steamed Minced Pork Bun	
19.10.2018				Parent-Teacher Conferences							
20.10.2018											
21.10.2018											
22.10.2018											
23.10.2018											
24.10.2018				OCTOBER BREAK - NO SCHOOL							
25.10.2018											
26.10.2018											
27.10.2018											
28.10.2018											
29.10.2018	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Steamed Dumplings + Vegetable	Chicken Stew + Mashed Potatoes	Stewed Pork Khao Soi	Stir - Fried Glass Noodles with Salted Egg	Stir-Fried Chicken and Basil	Salad	Fruit	Steamed Sausage + Vegetable	
30.10.2018	Croissant + Sausage + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Chicken Steak + Baked Potato	Fried Noodle with Egg	Stir - Fried Snow Peas + Baby Corn + Mushroom	Thai Red Curry with Pork and Pumpkin	Salad	Fruit	Fried Chicken and Sticky Rice	
31.10.2018	Toast + Sausage + Soft-Boiled Egg	Rice Porridge	Steamed Meatballs + Vegetable	Fettuccine Carbonara	Green Curry With Chicken + Boiled Egg	Stir - Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit	Chicken BBQ	