

เมนูมัธยมเดือน มกราคม 2562 LUNCH MENU of January 2019

DATE	BREAKFAST (7.00.a.m.)	BREAKFAST (7.00.a.m.)	SNACK	MORNING BREAK	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	Afternoon Break
1/1/2019											
1/2/2019											
1/3/2019											
1/4/2019											
1/5/2019											
1/6/2019											
1/7/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Steamed Sausage + Vegetable	Fried Chicken and Sticky Rice	Stir-Fired Macaroni with Ham and Sausage	Noodles in Thick Gravy with Pork	Stir-Fried Cauliflower in Oyster Sauce	Massa Man Curry with Chicken	Salad	Fruit	Fried Wontons
1/8/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Fried Fish with Chili Sauce	Roasted Sliced Pork + Roasted Potato	Pad Thai with Shrimp	Stir-Fried Kale + Shiitake	Spicy Minced Pork Salad	Salad	Fruit	BBQ Chicken Skewers
1/9/2019	Grilled Ham and Cheese Sandwich	Fried Rice with Pork and Fried Egg	Steamed Dumplings + Vegetable	Fried Rice with Egg and Sausage	Chicken Burger + French Fries	Stir-Fried Chicken with Chili	Stir - Fried Snow Peas + Baby Corn	Green Curry With pork	Salad	Fruit	Grilled Pork and Sticky Rice
1/10/2019	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Khao Moo Daeng (Thai Red Pork on Rice) + B	Tuna Sandwich+ Carrot Soup	Noodle Soup with Minced Pork and Meatballs	Stir-Fried Bamboo Shoot with Egg	Panaeng Curry with Chicken	Salad	Fruit	Steamed Meatballs
1/11/2019	Toast + Sausage + Soft-Boiled Egg	Fried Chicken and Sticky Rice + Green Chili Dip	Bacon Wrapped Sausages	Thai Sausage Fried Rice+ Fried Egg	Penne Pasta with Chicken	Herbs Roasted Pork	Roasted Mixed Vegetables	Egg and Pork in sweet Brown Sauce	Salad	Fruit	Bread Pizza
1/12/2019											
1/13/2019											
1/14/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Fried Sausage + Vegetable	Fried Rice with Egg + Chicken Nuggets	Fried Fish with Spaghetti in Pesto Sauce	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit	Steamed Pork Dumplings
1/15/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Fried Noodle with Pork	Roasted Pork with BBQ Sauce	Chicken Khao Soi	Stir-Fried Cabbage with Egg and Glass Noodle	Steamed Fish with Soy Sauce	Salad	Fruit	French Fries
1/16/2019	Grilled Ham and Cheese Sandwich	Fried Pork with Garlic on Rice + Fried Egg	Cheese Balls	Fried Pork and Sticky Rice	Chicken Lasagna	Spicy Tom Yam Pork Noodle Soup	Stir-Fried Kale + Shiitake	Red Curry Chicken	Salad	Fruit	Fried Chicken and Sticky Rice
1/17/2019	Croissant + Sausage + Fried Egg	Rice Porridge with Pork	Steamed Cream Bun / Minced Pork Bun	Stir-FriedChicken and Basil + Fried Egg	Pork Stuffed with Spinach + Baked Potato	Sukiyaki Soup / Tofu / Pork	Stir-Fried Bean Sprout with Tofu	Stir-Fried Chicken with Cashew Nuts	Salad	Fruit	Deep Fried Spring Rolls
1/18/2019	Toast + Sausage + Soft-Boiled Egg	Grilled Pork and Sticky Rice + Red Chili Dip	Deep Fried Spring Rolls	Panang Curry with pork + Boiled Egg	Pork Stew	Grilled Chicken and Sticky Rice	Papaya Salad	Spicy Mushroom and Tofu salad	Salad	Fruit	Bread Pizza
1/19/2019											
1/20/2019											
1/21/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Steamed Sausage + Vegetable	Fried Chicken Wings + Sticky Rice	Fish Fillet + Mashed Potatoes	Yentafo Noodle with Pork	Stir-Fried Bok Choy in Oyster Sauce	Thai Pork Salad With Lemongrass	Salad	Fruit	Fried Wontons
1/22/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Chicken Teriyaki on Rice	Ham and Cheese Sandwich+ Pumpkin Soup	Khao Moo Daeng (Thai Red Pork on Rice)	Stir-Fried Sweet Gourd with Egg	Red Curry with Pork	Salad	Fruit	BBQ Chicken Skewers
1/23/2019	Grilled Ham and Cheese Sandwich	Fried Rice with Pork and Fried Egg	Fried Wontons	Pad Thai with Chicken	Spinach Lasagna	Noodle Soup with Stewed Pork	Stir-Fried Broccoli + Mixed Mushroom	Steamed Chicken on Rice	Salad	Fruit	Grilled Pork and Sticky Rice
1/24/2019	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Pork Tom Yum Fried Rice + Boiled Egg	Spaghetti Sauce with Chicken	Steamed Egg with Pork	Fried Cabbage with Fish Sauce	Spicy Minced Pork Salad	Salad	Fruit	Chicken Nugget
1/25/2019	Toast + Sausage + Soft-Boiled Egg	Fried Chicken and Sticky Rice + Green Chili Dip	Steamed Meatballs + Vegetable	Roast Chicken with Red Wine	Pork Burger + French Fries	Noodle Soup with Minced Pork and Meatballs	Stir-Fried basil with Bamboo Shoots	Chicken Teriyaki	Salad	Fruit	Bread Pizza
1/26/2019											
1/27/2019											
1/28/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Gyoza	Ham and Sausage Fried Rice+ Fried Egg	Oven-Roasted Pork and Vegetables	Stewed Pork Khao Soi	Stir - Fried Glass Noodles with Salted Egg	Stir-Fried Chicken and Basil	Salad	Fruit	Fried Wontons
1/29/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Bread Pizza	Fried Chicken and Sticky Rice	Chicken Steak + Baked Potato	Fried Noodle with Egg	Stir - Fried Snow Peas + Baby Corn + Mushroom	Spicy Minced Chicken Salad	Salad	Fruit	Deep Fried Spring Rolls
1/30/2019	Grilled Ham and Cheese Sandwich	Fried Rice with Pork and Fried Egg	Hash Browns	Salmon Fried Rice	Fettuccine Carbonara	Green Curry With Chicken + Boiled Egg	Stir -Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit	Grilled Chicken and Sticky Rice
1/31/2019	Toast + Sausage + Soft-Boiled Egg	Rice Porridge with Pork	Steamed Cream Bun / Minced Pork Bun	Fried Noodle with Chicken	Hawaiian Pizza	Pad Thai with Egg (Shrimp)	Stir Fried Angled Gourd with Egg	Spicy Chicken Salad	Salad	Fruit	Steamed Meatballs

WINTER BREAK