

## MS/HS LUNCH MENU of February 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
1/2/2019	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Dumplings + Vegetable	Panang Curry with pork + Boiled Egg	Stir-Fired Macaroni with Chicken	Fried Pork with Garlic	Stir - Fried Mixed Vegetable	Fried Fish with Spicy Sauce	Salad	Fruit	Bacon Wrapped Sausage
<b>2/2/2019</b>											
<b>3/2/2019</b>											
4/2/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Thai Fried Wonton with sausage	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
5/2/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Fried Fish with Chili Sauce	Chicken Burger + French Fries	Boiled Eggs Fried with Tamarind Sauce	Stir-Fried Kale + Shiitake	Spicy Minced pork Salad	Salad	Fruit	BBQ Chicken Skewers
6/2/2019	Grilled Ham and Cheese Sandwich	Fried Rice with Pork and Fried Egg	Steamed Dumplings + Vegetable	Fried Rice with Egg and Sausage	Roasted Sliced Pork + Roasted Potato	Stir-Fried Chicken with Chili	Stir - Fried Snow Peas + Baby Corn	Green Curry With pork	Salad	Fruit	Grilled Pork and Sticky Rice
7/2/2019	Croissant + Sausage + Fried Egg	Congee with Pork + Soft-Boiled Egg	Steamed Cream Bun / Minced Pork Bun	Khao Moo Daeng (Thai Red Pork on Rice) + Boiled Egg	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
8/2/2019	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	Stir - Fried Mixed Vegetable	Egg and Pork in sweet Brown Sauce	Salad	Fruit	Bread Pizza
<b>9/2/2019</b>											
<b>10/2/2019</b>											
11/2/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Steamed 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
12/2/2019	Chicken Ham Croissant + Fried Egg	Congee with Chicken + Soft-Boiled Egg	Gyoza	Fried Noodle with Pork	Roasted Pork with BBQ Sauce	Chicken Khao Sol	Stir-Fried Cabbage with Egg and Glass Noodle	Steamed Fish with Soy Sauce	Salad	Fruit	French Fries
13/2/2019	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
14/2/2019	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
15/2/2019	Toast + Sausage + Soft-Boiled Egg	Grilled Pork and Sticky Rice + Red Chili Dip	Hash Browns	Panang Curry with pork + Boiled Egg	Pork Stew	Grilled Chicken and Sticky Rice	Papaya Salad	Spicy Mushroom and Tofu salad	Salad	Fruit	Bread Pizza
<b>16/2/2019</b>											
17/2/2019	Toast + Sausage + Fried Egg	Rice Porridge with Pork	Thai Fried Wonton with sausage	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
<b>18/2/2019</b>					<b>School Closed - Maka Bucha Day</b>						
20/2/2019	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
21/2/2019	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	Hash Browns
22/2/2019	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
<b>23/2/2019</b>											
<b>24/2/2019</b>											
25/2/2019	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
26/2/2019	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
27/2/2019	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	Fried Chicken and Sticky Rice
28/2/2019	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