

MS / HS LUNCH MENU of SEPTEMBER 2019

Date	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
9/2/2019	Fish Fillet + Mashed Potatoes	Noodle Soup with Stewed Pork	Stir-Fried Bok Choy in Oyster Sauce	Spicy Minced Pork Salad	Salad	Fruit
9/3/2019	Spinach Lasagna	Roast Chicken with Red Sauce	Stir-Fried Sweet Gourd with Egg	Fried Boiled Egg with Tamarind Sauce	Salad	Fruit
9/4/2019	Ham and Cheese Sandwich+ Pumpkin Soup	Khao Moo Daeng (Thai Red Pork on Rice)	Stir-Fried Broccoli + Mixed Mushroom	Stir-Fried Chicken with Curry Powder	Salad	Fruit
9/5/2019	Spaghetti Sauce with Chicken	Green Curry With pork	Fried Cabbage with Fish Sauce	Salt and Chilli Chicken	Salad	Fruit
9/6/2019	Pork Burger + French Fries	Clear Soup with Tofu and Minced Pork	Stir-Fried basil with Bamboo Shoots	Panaeng Curry with Chicken	Salad	Fruit
9/7/2019					Salad	Fruit
9/8/2019					Salad	Fruit
9/9/2019	Spaghetti with Bacon and Sausage	Chicken in Coconut Soup (Tom Kha Gai)	Stir - Fried Glass Noodles with Salted Egg	Fried Pork with Garlic	Salad	Fruit
9/10/2019	Pork Steak + Baked Potato	Stir - Fried Pork with Tom yum sauce	Stir Fried Pumpkin with Egg	Steamed Fish with Soy Sauce	Salad	Fruit
9/11/2019	Pork Osso Bucco+ Mashed Potatoes	Fried Fish with Spicy Sauce	Stir-Fried Broccoli + Mixed Mushroom	Steamed Chicken on Rice	Salad	Fruit
9/12/2019	Spaghetti Sauce with Chicken	Steamed Egg with Pork	Fried Cabbage with Fish Sauce	Spicy Minced Pork Salad	Salad	Fruit
9/13/2019	Ham and Cheese Sandwich + Corn Soup	Noodle Soup with Minced Pork and Meatballs	Stir-Fried Bamboo Shoot with Egg	Chicken Teriyaki	Salad	Fruit
9/14/2019					Salad	Fruit
9/15/2019					Salad	Fruit
9/16/2019	Stir-Fired Macaroni with Ham and Sausage	Noodles in Thick Gravy with Pork	Stir-Fried Cauliflower in Oyster Sauce	Stir-Fried Chicken with Curry Powder	Salad	Fruit
9/17/2019	Spaghetti Sauce with Chicken	Khao Moo Daeng (Thai Red Pork on Rice)	Stir - Fried Snow Peas + Baby Corn + Mushroom	Spicy Minced Chicken Salad	Salad	Fruit
9/18/2019	Fettuccine Carbonara	Green Curry With Chicken	Stir -Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit
9/19/2019	Hawaiian Pizza	Pad Thai with Egg (Shrimp)	Stir Fried Angled Gourd with Egg	Spicy Chicken Salad	Salad	Fruit
9/20/2019	Chicken Steak + Baked Potato	Fried Fish with Tamarind Sauce	Stir - Fried Mixed Vegetable	Stir - Fried Pork with Tom yum sauce	Salad	Fruit
9/21/2019					Salad	Fruit
9/22/2019					Salad	Fruit
9/23/2019	Roasted Pork with BBQ Sauce	Chicken Khao Soi	Stir-Fried Cabbage with Egg and Glass Noodle	Fried Fish with Spicy Sauce	Salad	Fruit
9/24/2019	Chicken Lasagna	Fried Pork with Garlic	Stir-Fried Kale + Shiitake	Red Curry Chicken	Salad	Fruit
9/25/2019	Pork Stuffed with Spinach + Baked Potato	Spicy Tom Yam Pork Noodle Soup	Stir-Fried Bean Sprout with Tofu	Stir-Fried Chicken with Cashew Nuts	Salad	Fruit
9/26/2019	Fried Fish with Spaghetti in Pesto Sauce	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit
9/27/2019	Penne Pasta with Chicken	Herbs Roasted Pork	Stir - Fried Mixed Vegetable	Egg and Pork in sweet Brown Sauce	Salad	Fruit
9/28/2019					Salad	Fruit
9/29/2019					Salad	Fruit
9/30/2019	Fish Fillet + Mashed Potatoes	Noodle Soup with Stewed Pork	Stir-Fried Bok Choy in Oyster Sauce	Spicy Minced pork Salad	Salad	Fruit