

MS/HS LUNCH MENU of AUGUST 2019

Date	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
14/8/2019	Pork Osso Bucco+ Mashed Potatoes	Fried Fish with Spicy Sauce	Stir-Fried Broccoli + Mixed Mushroom	Steamed Chicken on Rice	Salad	Fruit
15/8/2019	Spaghetti Sauce with Chicken	Steamed Egg with Pork	Fried Cabbage with Fish Sauce	Spicy Minced Pork Salad	Salad	Fruit
16/8/2019	Ham and Cheese Sandwich + Corn Soup	Noodle Soup with Minced Pork and Meatballs	Stir-Fried Bamboo Shoot with Egg	Chicken Teriyaki	Salad	Fruit
17/8/2019						
18/8/2019						
19/8/2019	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
20/8/2019	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
21/8/2019	Fettuccine Carbonara	Green Curry With Chicken + Boiled Egg	Stir -Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit
22/8/2019	Hawaiian Pizza	Pad Thai with Egg (Shrimp)	Stir Fried Angled Gourd with Egg	Spicy Chicken Salad	Salad	Fruit
23/8/2019	Chicken Steak + Baked Potato	Fried Fish with Tamarind Sauce	Stir - Fried Mixed Vegetable	Stir - Fried Pork with Tomyum sauce	Salad	Fruit
24/8/2019						
25/8/2019						
26/8/2019	Roasted Pork with BBQ Sauce	Chicken Khao Soi	Stir-Fried Cabbage with Egg and Glass Noodle	Fried Fish with Spicy Sauce	Salad	Fruit
27/8/2019	Chicken Lasagna	Spicy Tom Yam Pork Noodle Soup	Stir-Fried Kale + Shiitake	Red Curry Chicken	Salad	Fruit
28/8/2019	Pork Stuffed with Spinach + Baked Potato	Fried Pork with Garlic	Stir-Fried Bean Sprout with Tofu	Stir-Fried Chicken with Cashew Nuts	Salad	Fruit
29/8/2019	Fried Fish with Spaghetti in Pesto Sauce	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit
30/8/2019	Penne Pasta with Chicken	Herbs Roasted Pork	Stir - Fried Mixed Vegetable	Egg and Pork in sweet Brown Sauce	Salad	Fruit
31/8/2019						