

MS / HS LUNCH MENU of OCTOBER 2019

Date	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
10/1/2019	Spinach Lasagna	Roast Chicken with Red Sauce	Stir Fried Cabbage with Glass Noodle	Fried Boiled Egg with Tamarind Sauce	Salad	Fruit
10/2/2019	Ham and Cheese Sandwich+ Pumpkin soup	Khao Mao Daeng (Thai Red Pork on Rice)	Stir-Fried Broccoli + Mixed Mushroom	Stir-Fied Chicken with Curry Powder	Salad	Fruit
10/3/2019	Spaghetti Sauce with Pork	Green Curry With pork	Stir-Fried Sweet Gourd with Egg	Salt and Chilli Chicken	Salad	Fruit
10/4/2019	Pork Burger + French Fries	Steamed Egg with Pork	Fried Cabbage with Fish Sauce	Panaeng Curry with Chicken	Salad	Fruit
10/5/2019						
10/6/2019						
10/7/2019	Pork Osso Bucco+ Mashed Potatoes	Chicken in Coconut Soup (Tom Kha Gai)	Stir - Fried Glass Noodles with Salted Egg	Fried Pork with Garlic	Salad	Fruit
10/8/2019	Pork Steak + Baked Potato	Chicken Khao Soi	Stir-Fried Pumpkin with Egg	Stir - Fried Pork with Tomyum sauce	Salad	Fruit
10/9/2019	Ham and Cheese Sandwich + Corn Soup	Stir Fried Sweet Basil with Minced Pork	Stir-Fried Broccoli + Mixed Mushroom	Steamed Chicken on Rice	Salad	Fruit
10/10/2019	Macaroni and Cheese with Sausage	Fried Fish with Spicy Sauce	Fried Cabbage with Fish Sauce	Spicy Minced Pork Salad	Salad	Fruit
10/11/2019	Spaghetti with Bacon and Sausage	Stir Fried Pork and Long Beans with Red Curry Paste	Stir-Fried Bamboo Shoot with Egg	Chicken Teriyaki	Salad	Fruit
10/12/2019						
10/13/2019						
10/14/2019	King Bhumibol Memorial Day (substitution day)					
10/15/2019	Spaghetti Sauce with Chicken	Khao Mao Daeng (Thai Red Pork on Rice)	Stir - Fried Snow Peas + Baby Corn + Mushroom	Spicy Minced Chicken Salad	Salad	Fruit
10/16/2019	Fettuccine Carbonara	Green Curry With Chicken	Stir -Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit
10/17/2019	Hawaiian Pizza	Pad Thai with Egg (Shrimp)	Stir Fried Angled Gourd with Egg	Spicy Chicken Salad	Salad	Fruit
10/18/2019	Chicken Steak + Baked Potato	Fried Fish with Tamarind Sauce	Stir - Fried Mixed Vegetable	Stir - Fried Pork with Tomyum sauce	Salad	Fruit
10/19/2019						
10/20/2019						
10/21/2019	OCTOBER BREAK					
10/22/2019						
10/23/2019						
10/24/2019						
10/25/2019						
10/26/2019						
10/27/2019						
10/28/2019	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
10/29/2019	Fried Fish with Spaghetti in Pesto Sauce	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit
10/30/2019	Penne Pasta with Chicken	Herbs Roasted Pork	Stir - Fried Mixed Vegetable	Egg and Pork in sweet Brown Sauce	Salad	Fruit
10/31/2019	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