

MS / HS LUNCH MENU of NOVEMBER 2019

Date	MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
11/1/2019	Tuna Sandwich+ Pumpkin soup	Fried Fish with Spicy Sauce	Stir-Fried Sweet Gourd with Egg	Fried Pork with Garlic	Salad	Fruit
11/2/2019						
11/3/2019						
11/4/2019	Fish Fillet + Mashed Potatoes	Noodle Soup with Stewed Pork	Stir-Fried Bok Choy in Oyster Sauce	Spicy Minced Pork Salad	Salad	Fruit
11/5/2019	Spinach Lasagna	Roast Chicken with Red Sauce	Stir-Fried Sweet Gourd with Egg	Fried Boiled Egg with Tamarind Sauce	Salad	Fruit
11/6/2019	Ham and Cheese Sandwich+ Pumpkin soup	Khao Moo Daeng (Thai Red Pork on Rice)	Stir-Fried Broccoli + Mixed Mushroom	Stir-Fied Chicken with Curry Powder	Salad	Fruit
11/7/2019	Spaghetti Sauce with Chicken	Green Curry With pork	Fried Cabbage with Fish Sauce	Salt and Chilli Chicken	Salad	Fruit
11/8/2019	Pork Burger + French Fries	Grilled Chicken + Papaya Salad + Sticky Rice	Stir-Fried Bamboo Shoot with Egg	Panaeng Curry with Chicken	Salad	Fruit
11/9/2019						
11/10/2019						
11/11/2019	Chicken Steak + Baked Potato	Tom Yum Noodle Soup with Minced Pork	Stir - Fried Glass Noodles with Salted Egg	Fried Pork with Garlic	Salad	Fruit
11/12/2019	Spaghetti with Bacon and Sausage	Stir - Fried Pork with Tomyum sauce	Stir Fried Pumpkin with Egg	Seafood Tom Yum	Salad	Fruit
11/13/2019	Pork Osso Bucco+ Mashed Potatoes	Pork with Yellow Curry Paste (Klua Gling Mu)	Stir-Fried Broccoli + Mixed Mushroom	Steamed Chicken on Rice	Salad	Fruit
11/14/2019	Spaghetti Sauce with Chicken	Steamed Egg with Pork	Fried Cabbage with Fish Sauce	Spicy Minced Pork Salad	Salad	Fruit
11/15/2019	Tuna Sandwich + Corn Soup	Noodle Soup with Minced Pork and Meatballs	Stir-Fried Bamboo Shoot with Egg	Chicken Teriyaki	Salad	Fruit
11/16/2019						
11/17/2019						
11/18/2019	Pork Stew	Noodles in Thick Gravy with Pork	Stir-Fried Cauliflower in Oyster Sauce	Stir-Fried Chicken with Curry Powder	Salad	Fruit
11/19/2019	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
11/20/2019	Fettuccine Carbonara	Green Curry With Chicken	Stir -Fried Celery with Mixed Mushroom	Grilled Pork with Korean Sauce	Salad	Fruit
11/21/2019	Hawaiian Pizza	Pad Thai with Egg (Shrimp)	Stir Fried Angled Gourd with Egg	Spicy Chicken Salad	Salad	Fruit
11/22/2019	Pork Steak + Baked Potato	Fried Chicken + Papaya Salad + Sticky Rice	Stir - Fried Mixed Vegetable	Stir - Fried Pork with Tomyum sauce	Salad	Fruit
11/23/2019						
11/24/2019						
11/25/2019	Roasted Pork with BBQ Sauce	Chicken Khao Soi	Stir-Fried Cabbage with Egg and Glass Noodle	Fried Fish with Spicy Sauce	Salad	Fruit
11/26/2019	Chicken Lasagna	Fried Pork with Garlic	Stir-Fried Kale + Shiitake	Sour Soup with Shrimp and Mixed Veggies	Salad	Fruit
11/27/2019	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
11/28/2019	Fried Fish with Spaghetti in Pesto Sauce	Chicken in Coconut Soup (Tom Kha Gai)	Stir-Fried Broccoli	Sliced Grilled Pork Salad	Salad	Fruit
11/29/2019	Penne Pasta with Chicken	Roasted Pork with Black Pepper	Stir - Fried Mixed Vegetable	Egg and Pork in sweet Brown Sauce	Salad	Fruit
11/30/2019						