

MIDDLE SCHOOL & HIGH SCHOOL

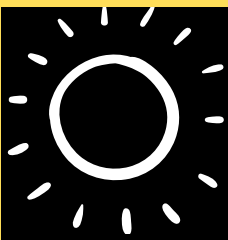
Lunch Menu: August 2022



DATE THAI MENU I THAI MENU II INTERNATIONAL MENU NOODLES MENU SALAD & FRUITS

9-Aug-22	Stir-Fried Pork and Basil on Rice	Fried Boiled Egg in Tamarind Sauce on Rice	Fish and Chips	Pad Thai with Fried Chicken	Salad	Fruit
10-Aug-22	Khao Moo Daeng (Thai Red Pork on Rice) & Soup	Stir-Fried Broccoli on Rice	Mac and Cheese	Chicken Ramen Noodle Soup & Boiled Egg	Salad	Fruit
11-Aug-22	Chicken and Cashew Stir-Fry on Rice	Stir-Fried Cabbage with Glass Noodle and Egg on Rice	Ham and Cheese Sandwich & Corn Soup	Thai Tom Yum Noodles with Minced Pork and Boiled Egg	Salad	Fruit
12-Aug-22	-	Mother's Day	-	-	-	-
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15-Aug-22	Tonkatsu (Deep Fried Breaded Pork) on Rice	Stir-Fried Bok Choy	Japanese Curry on Rice	Thai Boat Noodles Soup with Pork	Salad	Fruit
16-Aug-22	Pork with Yellow Curry Paste (Klua Gling Mu) and Fresh Vegetables	Stir-Fried Bamboo Shoot with Egg	Chicken Carbonara	Noodle with Minced Pork and Meatballs	Salad	Fruit
17-Aug-22	Sichuan-Style Stir-Fried Chicken	Scrambled Eggs with Tomato on Rice	Fried Fish with Spaghetti in Pesto Sauce	Khao Soi with Chicken	Salad	Fruit
18-Aug-22	Stir Fried Pork with Black Pepper on Rice	Stir-Fried Mixed Vegetable on Rice	Korean Fried Chicken with Creamy Onion Sauce	Braised Chicken with Bitter Gourd Noodle	Salad	Fruit
19-Aug-22	Spicy Minced Pork Salad on Rice and Fresh Vegetables	Sweet and Sour Fish on Rice	Club Sandwich & French Fries	Yen Ta Fo "Pink Noodle Soup"	Salad	Fruit



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22-Aug-22	Stir-Fried Pork and Basil on Rice	Tofu and Egg in Sweet Brown Sauce on Rice	Mac and Cheese	Thai Sukiyaki Soup with Pork	Salad	Fruit
23-Aug-22	Spicy Chicken Salad on Rice	Tofu and Long Green Beans Stir Fry in Oyster Sauce	Pork Barbecue & Baked Potato	Fried Chicken Yakisoba	Salad	Fruit
24-Aug-22	Spicy Minced Pork Salad	Stir-Fried Broccoli on Rice	Ham&Cheese Sandwich & French Fries	Flat Rice Noodle in Thick Gravy with Pork	Salad	Fruit
25-Aug-22	Stir-Fried Chicken with Roasted Chili Paste	Vegetable Omelette	Spaghetti with Ham	Chicken Ramen Noodle Soup	Salad	Fruit
26-Aug-22	Teriyaki Chicken on Rice	Stir-Fried Cabbage with Glass Noodle and Egg on Rice	Pork Burger & Fried Potatoes	Thai Tom Yum Noodles with Minced Pork and Boiled Egg	Salad	Fruit

29-Aug-22	Panang Curry with Pork on Rice & Fried Egg	Fried Cabbage with Fish Sauce on Rice	Chicken and Mushroom Carbonara	Yen Ta Fo "Pink Noodle Soup"	Salad	Fruit
30-Aug-22	Salt and Chilli Chicken	Stir-Fried Broccoli on Rice	Chicken Baked with Spinach & Sauté Potatoes	Stir-Fried Noodle with Black Soy Sauce and Pork	Salad	Fruit
31-Aug-22	Hainanese Chicken Rice & Soup	Stir-Fried Mixed Vegetable on Rice	Deep Fried Fish Fillet with Pesto Fettuccine	Braised Chicken with Bitter Gourd Noodle	Salad	Fruit
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