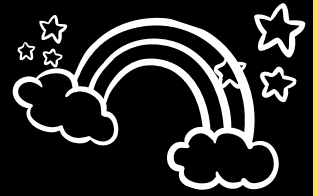


MIDDLE SCHOOL & HIGH SCHOOL

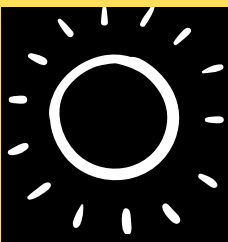
Lunch Menu: September 2022



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

1-Sep-22	Stir-Fried Pork Meatballs and Long Green Beans in Red Curry Paste	Stir-Fried Glass Noodles with Salted Egg	Pizza	Khao Soi with Chicken	Salad	Fruit
2-Sep-22	Spicy Minced Pork Salad on Rice and Fresh Vegetables	Stir-Fried Chayote with Egg on Rice	Chicken Barbecue & Baked Potato	Thai Tom Yum Noodles with Minced Pork and Boiled Egg	Salad	Fruit

5-Sep-22	Fried Chicken on Rice	Stir-Fried Bok Choy	Chicken Carbonara	Thai Boat Noodles Soup with Pork	Salad	Fruit
6-Sep-22	Pork with Yellow Curry Paste (Klua Gling Mu) and Fresh Vegetables	Stir-Fried Bamboo Shoot with Egg	Japanese Curry with Chicken Katsu	Noodle with Minced Pork and Meatballs	Salad	Fruit
7-Sep-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
8-Sep-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
9-Sep-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



MIDDLE SCHOOL & HIGH SCHOOL

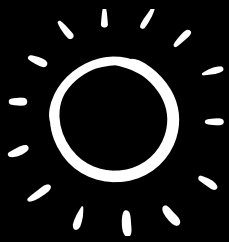
Lunch Menu: September 2022



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

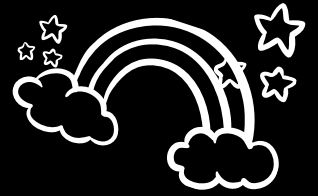
12-Sep-22	Stir-Fried Pork and Basil on Rice	Tofu and Egg in Sweet Brown Sauce on Rice	Mac and Cheese	Thai Sukiyaki Soup with Pork	Salad	Fruit
13-Sep-22	Spicy Chicken Salad on Rice	Tofu and Long Green Beans Stir Fry in Oyster Sauce	Pork Barbecue & Baked Potato	Fried Chicken Yakisoba	Salad	Fruit
14-Sep-22	Spicy Minced Pork Salad	Stir-Fried Broccoli on Rice	Chicken Lasagna	Flat Rice Noodle in Thick Gravy with Pork	Salad	Fruit
15-Sep-22	Stir-Fried Chicken with Roasted Chili Paste	Vegetable Omelette	Spaghetti with Ham	Chicken Ramen Noodle Soup	Salad	Fruit
16-Sep-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

19-Sep-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
20-Sep-22	Salt and Chilli Chicken	Stir-Fried Broccoli on Rice	Chicken Baked with Spinach & Sauté Potatoes	Stir Fried Noodle and Pork with Black Soy Sauce	Salad	Fruit
21-Sep-22	Teriyaki Chicken on Rice & Miso Soup	Stir-Fried Mixed Vegetable on Rice	Deep Fried Fish Fillet with Pesto Fettuccine	Braised Chicken with Bitter Gourd Noodle	Salad	Fruit
22-Sep-22	Stir-Fried Pork Meatballs and Long Green Beans in Red Curry Paste	Stir-Fried Glass Noodles with Salted Egg	Pizza	Khao Soi with Chicken	Salad	Fruit
23-Sep-22	Barbecued Red Pork in Sauce with Rice & Soup	Stir-Fried Chayote with Egg on Rice	Chicken Barbecue & Baked Potato	Thai Tom Yum Noodles with Minced Pork and Boiled Egg	Salad	Fruit



MIDDLE SCHOOL & HIGH SCHOOL

Lunch Menu: September 2022



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

26-Sep-22	Stir-Fried Chicken and Basil on Rice	Fried Boiled Egg in Tamarind Sauce on Rice	Mac and Cheese	Thai Sukiyaki Soup with Pork	Salad	Fruit
27-Sep-22	Spicy Chicken Salad on Rice	Tom Kha with Mushroom and Tofu	Chicken Stuffed with Spinach	Pad Thai with Fried Shrimp	Salad	Fruit
28-Sep-22	Spicy Minced Pork Salad	Stir-Fried Broccoli on Rice	Chicken Lasagna	Flat Rice Noodle in Thick Gravy with Pork	Salad	Fruit
29-Sep-22	Pork Tonkatsu on Rice	Vegetable Omelette	Spaghetti with Ham	Chicken Ramen Noodle Soup	Salad	Fruit
30-Sep-22	Thai Red Curry with Chicken	Stir-Fried Cabbage with Glass Noodle and Egg on Rice	Chicken Burger & Fried Potatoes	Thai Tom Yum Noodles with Minced Pork and Boiled Egg	Salad	Fruit