

Middle & High School (MS&HS): Lunch Menu - May & June 2023

Date	Menu#1	Menu#2	Menu#3	Menu#4	Menu#5	Menu#6	Menu#7
1 May 23	Clear Soup with Tofu and Minced Pork	Vegetable Omelette	Stir-Fried Mixed Vegetable	Khao Soi with Chicken	Chicken Bolognese	Mixed Salad	Mixed Fruits
2 May 23	Clear Soup with Tofu and Minced Pork	Stir-Fried Pork with Bell Pepper	Stir-Fried Bok Choy	Braised Chicken Noodles	Mac and Cheese	Mixed Salad	Mixed Fruits
3 May 23	Egg in Sweet Brown Sauce Soup	Pork and Potato Stir Fry	Stir-Fried Broccoli	Flat Rice Noodle in Thick Gravy with Pork	Ham Cheese Sandwich	Mixed Salad	Mixed Fruits
4 May 23	No School - Coronation of King Vajiralongkorn Holiday - No Classes & Offices Closed						
5 May 23	Hainanese Chicken Rice & Soup		Stir-Fried Cabbage with Glass Noodle	Chicken Ramen Noodles Soup with Egg	Chicken Steak & Mashed Potatoes	Mixed Salad	Mixed Fruits
6 May 23							
7 May 23							
8 May 23	Chicken Tom Yum Soup	Scrambled Eggs with Tomato	Stir-Fried Mixed Vegetable	Khao Soi with Chicken	Spaghetti Carbonara	Mixed Salad	Mixed Fruits
9 May 23	Chinese Braised Chicken Soup	Pork with Yellow Curry Paste (Klua Gling Mu)	Stir-Fried Sweet Peas with Carrot & Baby Corn	Egg Noodle Soup with Pork	Chicken Lasagne	Mixed Salad	Mixed Fruits
10 May 23	Teriyaki Chicken on Rice & Miso Soup		Stir-Fried Bok Choy with Tufo	Thai Tom Yum Noodles	Tonkatsu (Deep Fried Breaded Pork) & Coleslaw	Mixed Salad	Mixed Fruits
11 May 23	Sticky Rice with Grilled Chicken & Nam Prik Ong (Thai Pork-and-Tomato Chile Dip)		Stir-Fried Cabbage	Thai Sukiyaki Soup with Pork	Ham Cheese Sandwich & French Fries	Mixed Salad	Mixed Fruits
12 May 23	Panang Chicken Curry	Pork, Egg and Wood Ear Mushroom Stir-fry	Stir-Fried Broccoli	Thai Tom Yum Noodles with Meatball	Chicken Steak & Mashed Potatoes	Mixed Salad	Mixed Fruits
13 May 23							
14 May 23							
15 May 23	Clear Soup with Tofu and Minced Pork	Stir-Fried Chicken with Curry Powder	Stir-Fried Mixed Vegetable	Khao Soi with Chicken	Chicken Bolognese	Mixed Salad	Mixed Fruits
16 May 23	Japanese Curry	Stir-Fried Chicken with Roasted Chili Paste	Stir-Fried Bok Choy	Egg Noodle Soup with Pork	Fried Fish with Spaghetti in Pesto Sauce	Mixed Salad	Mixed Fruits
17 May 23	Egg in Sweet Brown Sauce Soup	Stir-Fried Pork with Bell Pepper	Stir-Fried Tofu and Long Green Bean in Red Curry Paste	Stir Fried Noodle with Black Soy Sauce	Pizza	Mixed Salad	Mixed Fruits
18 May 23	Hainanese Chicken Rice & Soup		Stir-Fried Cabbage with Glass Noodle	Chicken Ramen Noodle Soup With Egg	Hot dog & French Fries	Mixed Salad	Mixed Fruits
19 May 23	Thai Red Curry with Chicken	Pork and Potato Stir Fry	Stir-Fried Sweet Peas	Thai Tom Yum Noodles	Chicken Steak & Mashed Potatoes	Mixed Salad	Mixed Fruits
20 May 23							
21 May 23							

NOTE

- **Prices:**
Rice or Noodles 60 THB.
Fruit or Salad 40 THB.
- You are always welcome to send your child with his/her own lunch if you wish.

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22 May 23	Chicken Tom Yum Soup	Scrambled Eggs with Tomato	Stir-Fried Mixed Vegetable	Khao Soi with Chicken	Chicken Bolognese	Mixed Salad	Mixed Fruits
23 May 23	Chicken Stew	Stir Fried Fish with Black Pepper	Stir-Fried Sweet Peas with Carrot & Baby Corn	Braised Chicken Noodles	Mac & Cheese	Mixed Salad	Mixed Fruits
24 May 23	Teriyaki Chicken on Rice & Miso Soup		Stir-Fried Bok Choy with Tufo	Flat Rice Noodle in Thick Gravy with Pork	Buffalo Wings & Mashed Potatoes	Mixed Salad	Mixed Fruits
25 May 23	Sticky Rice with Fried Chicken & Papaya Salad		Stir-Fried Cabbage	Thai Sukiyaki Soup with Pork	Ham Cheese Sandwich & Pumpkin Soup	Mixed Salad	Mixed Fruits
26 May 23	Panang Chicken Curry	Stir-Fried Pork with Basil	Stir-Fried Broccoli	Thai Tom Yum Noodles	Chicken Steak & Mashed Potatoes	Mixed Salad	Mixed Fruits
27 May 23							
28 May 23							
29 May 23	Clear Soup with Tofu and Minced Pork	Stir-Fried Chicken with Curry Powder	Stir-Fried Mixed Vegetable	Khao Soi with Chicken	Spaghetti Carbonara	Mixed Salad	Mixed Fruits
30 May 23	Japanese Curry	Stir-Fried Green Bean and Meatball in Red Curry Paste	Stir-Fried Bok Choy	Egg Noodle Soup with Pork	Chicken Lasagne	Mixed Salad	Mixed Fruits
31 May 23	Teriyaki Chicken on Rice & Miso Soup		Stir-Fried Sweet Peas with Carrot & Baby Corn	Stir Fried Noodle with Black Soy Sauce	Fried Fish with Spaghetti in Pesto Sauce	Mixed Salad	Mixed Fruits
1 June 23	Sticky Rice with Grilled Chicken & Nam Prik Ong (Thai Pork-and-Tomato Chile Dip)		Stir-Fried Cabbage with Glass Noodle	Thai Tom Yum Noodles with Chicken	Ham Cheese Sandwich & French Fries	Mixed Salad	Mixed Fruits
2 June 23	Panang Chicken Curry	Pork , Egg and Wood Ear Mushroom Stir-fry	Stir-Fried Broccoli	Thai Tom Yum Noodles	Fish & Chips	Mixed Salad	Mixed Fruits
3 June 23							
4 June 23							
5 June 23	Chicken Tom Yum Soup	Stir-Fried Pork with Bell Pepper	Stir-Fried Sweet Peas with Carrot and Baby Corn	Khao Soi with Chicken	Chicken Bolognese	Mixed Salad	Mixed Fruits
6 June 23	Egg in Sweet Brown Sauce Soup	Stir-Fried Pork with Basil	Stir-Fried Bok Choy with Tufo	Chicken Ramen Noodles Soup with Egg	Mac & Cheese	Mixed Salad	Mixed Fruits
7 June 23	Chicken Stew	Stir-Fried Chicken with Roasted Chili Paste	Stir-Fried Cabbage with Glass Noodle	Thai Tom Yum Noodles with Chicken	Pizza	Mixed Salad	Mixed Fruits
8 June 23	Hainanese Chicken Rice & Soup		Stir-Fried Mixed Vegetable	Thai Tom Yum Noodles	Spaghetti with Bacon	Mixed Salad	Mixed Fruits
9 June 23	No Classes - Teacher Workday						

NOTE

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Rice or Noodles 60 THB.
Fruit or Salad 40 THB.
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