

Lunch Menu - October 2024

In addition to the daily LUNCH menu below, students can choose from a variety of light foods, snacks and drinks during the day. These include salads, sandwiches, croissants, small burgers, fries, chicken nuggets, muffins, small cakes and packaged snacks. Menu suggestions from students and parents are welcomed.



Monday	Tuesday	Wednesday	Thursday	Friday
	1/10/2024	2/10/2024	3/10/2024	4/10/2024
	V - Stir-fried mixed vegetables	V - Stir-fried tofu with holy basil	V - Stir-fried string beans	V - Stir-fried tofu
	V - Stir-fried protein with holy basil	V - Stir-fried mushrooms	V - Stir-fried protein with holy basil	V - Spaghetti with Thai basil sauce
	Stir-fried chicken with garlic	Stir-fried fish with celery leaves	Stir-fried chicken with yardlong beans and holy basil	Chicken salad with roasted rice
	Chicken noodle	Rice noodles with green curry (Khanom Jeen)	Stir-fried chicken with garlic	Chicken in coconut milk
	Stir-fried chicken curry paste with yardlong beans	Stir-fried glass noodles	Steamed chicken with rice	Red-curry chicken
Monday	Tuesday	Wednesday	Thursday	Friday
	7/10/2024	8/10/2024	9/10/2024	10/10/2024
	V - Stir-fried Broccoli	V - Stir-fried tofu	V - Stir-fried tofu with basil	V - Vegetarian fried noodles
	V - Stir-fried protein with basil	V - Spaghetti with mushroom sauce	V - Fried rice with sweet soy sauce	V - Mixed vegetable stir fried
	Stir-fried noodles with egg	Green curry chicken	V - Stir-fried string bean	Fried boiled eggs with tamarind sauce
	Stir-fried chicken with holy basil	Stir-fried chicken curry paste with yardlong beans	Stir-fried fish with celery leaves	Chicken in coconut milk
	Sausage with tamarind sauce	Thai chicken salad	Stir-fried chicken with holy basil	Dumpling noodles
				Fried fish topped with sweet, sour and hot sauce
Monday	Tuesday	Wednesday	Thursday	Friday
	14/10/2024	15/10/2024	16/10/2024	17/10/2024
Monday	Tuesday	Wednesday	Thursday	Friday
	21/10/2024	22/10/2024	23/10/2024	24/10/2024
Monday	Tuesday	Wednesday	Thursday	Friday
	28/10/2024	29/10/2024	30/10/2024	31/10/2024
	V - Stir-fried broccoli	V - Stir-fried tofu	V - Stir-fried tofu with basil	V - Vegetarian fried noodles
	V - Stir-fried protein with basil	V - Spaghetti cream sauce with mushroom	V - Fried rice with sweet soy sauce	V - Stir-fried mixed vegetables
	Stir-fried noodles with egg	Stir-fried chicken curry paste with yardlong beans	V - Stir-fried string beans	Chicken in coconut milk
	Stir-fried chicken with holy basil	Green curry chicken	Stir-fried fish with celery leaves	Eggs in brown sauce frogs
	Sausage with tamarind sauce	Thai chicken salad	Stir-fried chicken with holy basil	Dumpling noodles