

02nd – 06th September 2024

Week....1....

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Tuna Sandwich 	Egg Tart 	Fresh Fruit	Chicken White Sauce Pie 	Whole Wheat Croissant
Drink	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk
Thai 1	Deep Fried Pork Cake 	Stir Fried Chicken with Ginger 	Stir Fried Pork with Curry Powder 	Hat - Yai Fried Chicken 	Stir Fried Pork with Spring Onion and Carrot
Thai 2	Red Curry Pumpkin with Chicken 	Clear Soup with Tofu and Mince Pork 	Minced Chicken with Shiitake Bamboo Soup 	Tom Yum Pork Ball 	Winter Melon Soup with Minced Pork
International	Grilled Chicken BBQ 	Fish and Chips 	Chicken Pop 	Roasted Pork Teriyaki 	Pasta Chicken Bolognese
Vegetarian	Ankake Tofu with Mushroom Sauce 	Stir Fried Thai Zucchini with Carrot 	Pasta with Pesto Sauce 	Stir Fried Bok Choy with Bean Paste 	Mixed Vegetable Tempura
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Sukhothai Noodle 	Yen Ta Fo Noodle 	Silver Needle Noodle with Minced Pork 	Chicken Suki 	Yellow Noodle with Minced Pork
Salad Bar	Salad Bar 				
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



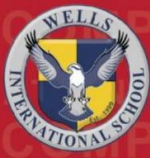
09th – 13rd September 2024

Week...2...

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Steamed Pork Bun 	Sausage Rolls 	Fresh Fruit	Spinach Bacon Pie 	Banana Cake
Drink	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk
Thai 1	Stir Fried Pork with Hot Basil and Omelet 	Stir Fried Thai Curry with Pork 	Yum Kai Zap 	Deep Fried Dry Pork 	Japanese Curry Scrambled Egg
Thai 2	Soup with Seaweed and Minced Pork 	Minced Chicken and Vermicelli Balls Soup 	Thai Potato Chicken Soup 	Hot and Sour Pork Soup 	Miso Soup
International	Chicken Inasal 	Fried Chicken with Teriyaki Sauce 	Pork Steak with Mushroom Cream Sauce 	Chicken Shepherd's Pie 	Menchi Katsu
Vegetarian	Fried Morning Glory Spicy Salad 	Mixed Vegetable Stir Fried 	Phad Thai Tofu 	Stir fried Noodle with Yen Ta Fo Sauce 	Grilled Vegetables with Balsamic Vinegar
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Tom Yum Noodle 	Gravy Noodle with Soft Pork 	Pork Wonton Noodle 	Koi Soi Chicken 	Noodle Fish Ball
Salad Bar	Salad Bar 				
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



16th – 20th September 2024

Week...3...

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	S/W Ham Cheese 	Pork Shu Mai 	Fresh Fruit	Ham and Crab Stick Burger 	Bacon Twist
Drink	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk
Thai 1	Fried Fish with Sweet and Chili Sauce 	Stir Fried Pork with Garlic 	Fried Chicken Rice 	Laab Moo Spicy Pork Salad 	Thai Papaya Salad with Sticky Rice
Thai 2	Corn Cream Soup 	Green Curry Chicken 	Winter Melon Soup with Chicken 	Boiled Egg and Tofu Stew in Brown Soup 	Tom Yum soup with Chicken and Hot Basil
International	Pasta Pesto Sauce with Chicken Ham 	Roasted Chicken with Gravy Sauce 	Roasted Pork with Red Gravy Sauce 	Chicken Katsu 	Grilled Pork with Thai Spicy Dip
Vegetarian	Stir Fried Potato with Butter 	Stir Fried Glass Noodle with Cabbage 	Stir-fried Four Kinds of Vegetables 	Stir Fried Tofu with Green Pepper 	Flat Noodle Phad Kee Mao
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Miso Ramen 	Braised Pork Noodle 	Macaroni Soup with Chicken 	Silver Needle Noodle with Minced Pork 	Yellow Noodle with Minced Pork
Salad Bar	Salad Bar 				
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



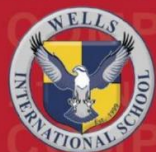
23rd – 27th September 2024

Week.....4

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Crackers with Ham Corn Salad 	Garlic Bread 	Fresh Fruit	Tuna Pie 	Croissant Butter
Drink	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk
Thai 1	Steamed Chicken with Soya Sauce 	Stir Fried Fish with Chinese Celery 	BBQ Pork Rice with Boiled Egg 	Stir Fried Chicken Hot Basil/ Fried Egg 	Pork Bulgogi
Thai 2	Mushroom Cream Soup 	Winter Melon Soup with Chicken 	Omelette Soup 	Pork Thepo Curry 	Seaweed Tofu Soup
International	Pork Lasagna 	Mac n Cheese with Chicken Ham 	Roasted Chicken with White Sauce 	Pork Steak with Mushroom Brown Sauce 	Chicken Karaage
Vegetarian	Stir Fried Mixed Mushroom 	Tofu Nuggets 	Stir Fried Morning Glory with Bean Paste 	Vegetables Spring Rolls 	Stir Fried Longevity Noodle with Vegetable
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Pork Suki 	Braised Chicken Noodles with Bitter Melon 	BBQ Pork Noodle 	Roller Rice Noodle with Pork 	Minced Chicken Noodle
Salad Bar	Salad Bar 				
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



30th September– 4th October 2024

Week.....5

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	S/W Shredded Chicken 	Bread Pudding 	Fresh Fruit	Chicken White Sauce Pie 	Sausage Rolls
Drink	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 	Whole Milk
Thai 1	Fried Fish with Tartar Sauce 	Stir Fried Chicken with Teriyaki Sauce 	Stir Fried Pork with Black Pepper 	Sweet & Sour Chicken 	Southern Stir Fried Pork with Yellow Curry Paste
Thai 2	Clear Soup with Pork Seaweed and Tofu 	Clear Soup with Bamboo Mushroom and Pork 	Winter Melon with Minced Pork Soup 	Chicken Coconut Soup (Tom Kha Kai) 	Chicken Soup with Potato and Tomato
International	Stir Fried Pork with Kimchi 	Pork Steak with Wedge Potato 	BonChon Chicken 	Hamburg Steak with Croquette 	Pasta Cream Sauce with Chicken Ham
Vegetarian	Japchae with Shiitake Mushroom 	Baked Spinach with Cheese 	Yasai Itame 	Stir Fried Mushroom with Hot Basil 	Phad Se-ew with Vegetable
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Old Thai Style Dried Noodle 	Shredded Chicken with Thin Noodle 	Yellow Noodle with Minced Pork 	Kao Soi with Chicken 	Pork Udon
Salad Bar	Salad Bar 				
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit