



Week day Date	Monday 15/10/18	Tuesday 16/10/18	Wednesday 17/10/18	Thursday 18/10/18	Friday 19/10/18
Morning Snack		Sandwich, fruits & milk	Spring rolls, fruits & milk	Pancake, fruits & milk	Steamed bun, fruits & milk
Salad		Salad bar	Salad bar	Salad bar	Salad bar
Main Western		Grilled fish	Chicken lasagna	Pork thermidor	Papaya salad
Main Western		Roasted chicken with gravy	Stir fried seafood with spinach	Grilled fish with tomato sauce	Grilled pork
Main Thai		Fried garlic pork	Stir fried fish with curry paste	Steamed chicken with rice	Phad Thai with fresh prawns
Main Thai		Northern style chili dip & boiled eggs	Stewed pork leg on rice	Clear soup with baby rambutan	Spicy minced chicken salad
Vegetarian		Stir fried tofu with curry powder	Stir fried tofu with curry paste	Stir fried mixed vegetables	Sticky rice
Potatoes		Mashed potatoes	Potato au gratin	Jacket potatoes	-
Vegetables		Vichy carrots	Baked cabbage	Grilled pumpkin	Mixed vegetables
Noodles		Yen Ta Four	Rice noodle soup with minced chicken	Spicy noodle soup	-
Fruits		Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
Afternoon Snack		Pamelo	Cantaloupe	Dragon fruit	Watermelon
Fruit Juice		Fruit juice	Fruit juice	Fruit juice	Fruit juice

H.M. King Bhumipol Adulyadej Memorial Day
(Substitution Day)