

# Weekly Meal Menu

## Early Years (T&C - Excellence)

15 - 19 September 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CINNAMON BUN  WHOLE MILK & FRUITS	CHEESE SANDWICH  WHOLE MILK & FRUITS	GARLIC BUTTER PASTA  WHOLE MILK & FRUITS	THAI RICE SOUP  WHOLE MILK & FRUITS	NO SCHOOL FOR STUDENTS
	MAIN COURSE	PASTA BOLOGNESE WITH CHICKEN 	GRILLED CHICKEN 	PORK & HOLY BASIL STIR-FRY (PAD KRA PAO) 	FISH FINGER 	
	RICE	STEAMED RICE 	STEAMED RICE STICKY RICE 	STEAMED RICE 	STEAMED RICE 	
	SIDE	BOILED EGG 	PAPAYA SALAD 	THAI OMELETTE 	SCRAMBLED EGG 	
	SIDE/SOUP	CUCUMBER SOUP 	CLEAR SOUP 	MIXED VEGETABLES SOUP 	MASHED POTATO 	
	SALAD	VEGGIES 	VEGGIES 	ASSORTED VEGETABLES WITH DRESSING 	ASSORTED VEGETABLES WITH DRESSING 	
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	

















\*PLEASE NOTE: ITEMS ON THIS MENU ARE SUBJECT TO CHANGE BASED ON AVAILABILITY.



# Weekly Meal Menu

## Elementary School / Middle Year

15 - 19 September 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CINNAMON BUN  WHOLE MILK & FRUITS	CHEESE SANDWICH  WHOLE MILK & FRUITS	GARLIC BUTTER PASTA  WHOLE MILK & FRUITS	THAI RICE SOUP  WHOLE MILK & FRUITS	NO SCHOOL FOR STUDENTS
	ASIAN	STIR-FRIED BLACK PEPPER CHICKEN	GRILLED CHICKEN (GAI YANG) WITH STICKY RICE	PORK & HOLY BASIL STIR-FRY (PAD KRA PAO)	STIR FRIED MIXED VEGETABLE WITH PORK	
	EGG DISH	BOILED EGG 	STEAMED EGG 	FRIED EGG 	SCRAMBLED EGG 	
	RICE	STEAMED RICE 	STEAMED RICE STICKY RICE 	STEAMED RICE 	STEAMED RICE 	
	WESTERN	PASTA BOLOGNESE WITH CHICKEN	PASTA AGLIO E OLIO WITH HAM	ROASTED CHICKEN AND POTATOES	FISH FINGER	
	VEGETARIAN / ALLERGY	STIR-FRIED BLACK PEPPER TOFU	GRILLED TOFU	PROTEIN & HOLY BASIL STIR-FRY (PAD KRA PAO)	STIR FRIED PROTEIN WITH MIXED VEGETABLE	
	SOUP	CUCUMBER SOUP	CLEAR SOUP	MIXED VEGETABLES SOUP	EGG DROP SOUP	
	NOODLE SOUP	NOODLE WITH BRAISED PORK	NOODLE WITH BRAISED CHICKEN	NOODLE SOUP WITH SHREDDED CHICKEN	CLEAR NOODLE SOUP WITH MINCED PORK	
	SIDE	CORN SALSA	PAPAYA SALAD	SAUTÉED BABY CARROT	MASHED POTATO	
	SALAD	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	
FRUIT		SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	

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# After School Club Snack

15 - 19 September 2025

## MONDAY

SNACK

HOMEMADE WAFFLE

FRUIT

SEASONAL FRUIT

## TUESDAY

SNACK

BUTTERED CORN

FRUIT

SEASONAL FRUIT

## WEDNESDAY

SNACK

CRACKER WITH  
CREAM CHEESE

FRUIT

SEASONAL FRUIT

## THURSDAY

SNACK

YOGURT WITH CEREAL

FRUIT

SEASONAL FRUIT

## FRIDAY

SNACK

NO SCHOOL

FRUIT

