

Weekly Food Menu

Early Years: T&C and J&C

Mon 16/03	Tue 17/03	Wed 18/03	Thu 19/03	Fri 20/03
<i>Morning Snacks</i>				
Yogurt with Cereal Whole Milk & Fruits 	Cheese Sandwiches Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 	Thai Rice Soup Whole Milk & Fruits	Yogurt Muffins Whole Milk & Fruits 
<i>Lunch</i>				
Thai Garlic Chicken Steamed Rice Thai Omelette Mixed Vegetables Soup 	Egg Noodle with Shredded Chicken Boiled Egg Noodle Soup  	Rosemary Baked Chicken with Brown Sauce Steamed Rice Thai Scrambled Egg Chinese Radish Soup 	Crispy Pan Fried Fish Steamed Rice Steamed Egg Japanese Tofu Soup 	Pasta Bolognese with Chicken Steamed Rice Fried Egg Homemade Potato Wedges 
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit

Early Years: P&U - Excellence

<i>Morning Snacks</i>				
Yogurt with Cereal Whole Milk & Fruits 	Cheese Sandwiches Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 	Thai Rice Soup Whole Milk & Fruits	Yogurt Muffins Whole Milk & Fruits 
<i>Lunch</i>				
Homemade Popcorn Chicken Steamed Rice Thai Omelette Mixed Vegetables Soup 	Egg Noodle with Grilled Red Pork Boiled Egg Noodle Soup  	Rosemary Baked Chicken with Brown Sauce Steamed Rice Thai Omelette Chinese Radish Soup  	Crispy Pan Fried Fish Steamed Rice Steamed Egg Japanese Tofu Soup  	Pasta Bolognese with Chicken Steamed Rice Scrambled Egg Homemade Potato Wedges  
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit



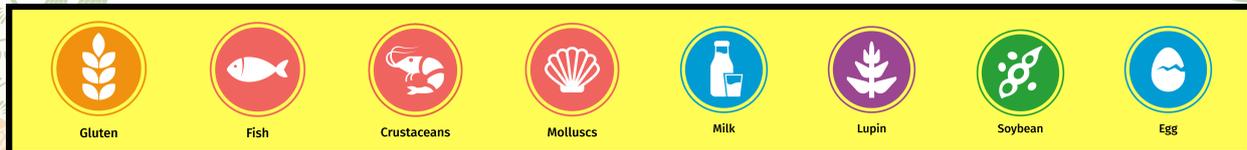
Weekly Food Menu

Grades 1 - 10

Mon 16/03	Tue 17/03	Wed 18/03	Thu 19/03	Fri 20/03
<i>Morning Snacks</i>				
Yogurt with Cereal Whole Milk & Fruits 	Cheese Sandwiches Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 	Thai Rice Soup Whole Milk & Fruits	Yogurt Muffins Whole Milk & Fruits 
<i>Lunch</i>				
Thai Garlic Chicken Thai Omelette Steamed Rice Homemade Popcorn Chicken Fried Mushroom Mixed Vegetables Soup Noodle with Minced Pork Stir Fried Cabbage with Fish Sauce	Grilled BBQ Red Pork Boiled Egg Steamed Rice Homemade Chicken Hotdog Grilled Tofu Clear Soup Noodle with Shredded Chicken Cucumber Stick	Chicken with Basil (Phad Krapow Gai) Thai Omelette Steamed Rice Rosemary Baked Chicken with Brown Sauce Protein with Basil Chinese Radish Soup Thai Braised Pork Noodle Soup Mashed Potato	Crispy Pan Fried Fish Steamed Egg Steamed Rice Pasta Alfredo with Chicken Crispy Tofu Seaweed Soup Japanese Udon with Pork Sautéed Broccoli	Khao Soi Chicken Scrambled Egg Steamed Rice Pasta Bolognese with Chicken Khao Soi / Pasta Bolognese Clear Soup Noodle Soup with Pork Homemade Potato Wedges
<i>Salad & Fruit</i>				
Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit
<i>After School Club Snacks</i>				
Cracker with Cream Cheese	Yogurt with Cereal	Crouton Sticks	Eggs on Toast	Banana oat bars

Food Allergen Information

Please note that we are a nut-free campus; therefore, no dishes contain nuts. For other allergies, food will be notated with the relevant symbol if it contains that ingredient.



Available each day for lunch:

Eggs & steamed rice.

Noodle Station: a variety of noodle dishes cooked daily.

Salad bar selection: lettuce, tomato, cucumber, egg, carrot, onion, corn, and other fruit and vegetables served daily.