

# Thai Chinese International School ( TCIS )

## Menu Snack (Breakfast - Afternoon) & Lunch November 2023



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Break (Morning)			01/11/2023 - Orange Cake	02/11/2023 - Sausage Buns	03/11/2023
	Lunch			-Macaroni Minced Pork Tomato Sauce 🍴 -Deep-fried Chicken Sausage 🍴 -Corn Cream Soup -Steamed Rice -Apple	-Grilled Pork with Milk 🍴 -Egg in Sweet Brown Soup -Blanched Broccoli /Carrot -Steamed Rice -Cantaloupe	Day Off
	Break (Afternoon)			Green Melon	Watermelon	
Week 2	Break (Morning)	06/11/2023 - Butter Cookies	07/11/2023 - Butter-Milk Sandwich	08/11/2023 - Banana Cake	09/11/2023 - Pork Dim Sum	10/11/2023 - Marble Cake
	Lunch	-Stir-fried Chicken with Hot Basil(No Chili) 🍴 -Egg & Minced Pork with Cabbage in Clear Soup 🍴 -Blanched Broccoli/Carrot -Steamed Rice -Watermelon	-Stir-fried pork with Korean Sauce 🍴 -Miso Soup with Tofu & Wagame -Blanched Chinese Cabbage/Carrot -Steamed Rice -Grape	-Hainanese Chicken Rice 🍴 -Boiled Egg -Winter Gourd & Minced Pork in Clear Soup 🍴 -Fresh Cucumber / Tomato Slides -Dragon Fruit	-Stir-fried Minced Pork with Soya Sauce 🍴 -Minced Chicken with Chinese Cabbage in Clear Soup 🍴 -Blanched Cauliflower/Carrot -Steamed Rice -Cantaloupe	-Minced Chicken Steak with Gravy Sauce 🍴 -Minced Pork with Onion & Tomato in Clear Soup 🍴 -Stir-fried Potato with Butter -Steamed Rice -Papaya
	Break (Afternoon)	Papaya	Cantaloupe	Green Melon	Watermelon	Dragon Fruit
Week 3	Break (Morning)	13/11/2023 - Egg Tart	14/11/2023 - Strawberry Jam Sandwich	15/11/2023 - Orange Yam Roll	16/11/2023 - Deep-fried Chicken Sausage	17/11/2023 - Chocolate Cake
	Lunch	-Grilled Chicken with Teriyaki Sauce 🍴 -Miso Soup with Tofu & Wagame -Blanched Chinese Cabbage/Carrot -Steamed Rice -Watermelon	-Stir-fried Minced Pork with Egg Tofu 🍴 -Minced Chicken & Chinese Cabbage in Clear Soup 🍴 -Blanched Broccoli/Carrot -Steamed Rice -Apple	-Fusilli Sausage with Tomato Sauce 🍴 -Minced Chicken with Tomato & Onion in Clear Soup 🍴 -Stir-fried Potato with Butter -Steamed Rice -Dragon Fruit	-Deep-fried Chicken with Bread Crumbs 🍴 -Minced Pork with Cucumber in Clear Soup 🍴 -Blanched Cauliflower/Carrot -Steamed Rice -Cantaloupe	-Pork Stew 🍴 -Scrambled Egg -Mixed Vegetable Clear Soup -Steamed Rice -Banana
	Break (Afternoon)	Papaya	Cantaloupe	Green Melon	Watermelon	Dragon Fruit
Week 4	Break (Morning)	20/11/2022 - Éclair	21/11/2022 - Ham Sandwich	22/11/2022 - Banana Muffin	23/11/2022 - Custard Cream Steamed Bun	24/11/2022 - Brownie
	Lunch	-Stir-fried Minced Pork with Glass Noodle & Vegetables 🍴 -Egg Tofu & Minced Chicken with Chinese Cabbage in Clear Soup 🍴 -Blanched Broccoli/Carrot -Steamed Rice -Watermelon	-Egg Noodle Soup with Braised Chicken 🍴 -Steamed Egg -Blanched Bog Choy/Carrot -Steamed Rice -Grape	-Grilled Salmon Teriyaki Sauce 🍴 -Miso Soup with Tofu & Wagame -Blanched Cauliflower/Carrot -Steamed Rice -Dragon Fruit	-Braised Chicken with Fish Sauce 🍴 -Fish Ball and Seaweed in Clear Soup 🍴 -Blanched Cauliflower/Carrot -Steamed Rice -Cantaloupe	-Penne Carbonara Ham 🍴 -French Fried -Mushroom Cream Soup -Steamed Rice -Papaya
	Break (Afternoon)	Papaya	Cantaloupe	Green Melon	Watermelon	Dragon Fruit
Week 5	Break (Morning)	27/11/2023 - Chocolate Chip Cookies	28/11/2023 - Nutella Sandwich	29/11/2023 - Vanilla Yam Roll	30/11/2023 - Fruit Jelly	
	Lunch	-Thai Omelet with Mixed Vegetable in Brown sauce -Cabbage & Minced Pork with Glass Noodle in Clear Soup 🍴 -Blanched Broccoli/Carrot -Steamed Rice -Watermelon	-Deep-fried Chicken 🍴 -Boiled Egg in Sweet Brown Soup -Blanched Chinese Cabbage/Carrot -Steamed Rice -Apple	-BBQ Red Pork with Rice 🍴 -Boiled Egg -Turnip & Minced Chicken in Clear Soup 🍴 -Fresh Cucumber / Tomato Slides -Dragon Fruit	-Stir-fried Cauliflower with Shrimp 🍴 -Thai Omelette with Chinese Cabbage in Clear Soup -Blanched Broccoli & Carrot -Steamed Rice -Cantaloupe	
	Break (Afternoon)	Papaya	Cantaloupe	Green Melon	Watermelon	

