

Thai Chinese International School (TCIS)

Menu Snack (Breakfast - Afternoon) & Lunch September 2023



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Break (Morning)					01/09/2023 - Chocolate Cake
						-Fried Rice Ham with Tomato Sauce 🐱 -Deep-fried Sausage 🐱 -Mixed Vegetable in Clear Soup -Fresh Cucumber / Tomato Slides -Watermelon
	Break (Afternoon)					Dragon Fruit
Week 2	Break (Morning)	04/09/2023 - Custard Cream Steam Bun	05/09/2023 - Pancake + Chocolate Sauce	06/09/2023 - Orange Chiffon Cake	07/09/2023 - Egg Tart	08/09/2023 - Marble Cake
	Lunch	-Grilled Chicken with Teriyaki Sauce 🐱 -Miso Soup with Tofu & Wagame -Blanched Chinese Cabbage/Carrot -Steamed Rice -Chinese Pear	-Macaroni Minced Chicken with Tomato sauce 🐱 -Egg & Minced Chicken in Clear Soup 🐱 -Blanched Broccoli/Carrot -Steamed Rice -Dragon Fruit	-Hainanese Chicken Rice 🐱 -Boiled Egg -Winter Gourd & Minced Pork in Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Grape	-Stir-fried Minced Pork with Sauce Japanese Style 🐱 -Minced Chicken with Chinese Cabbage in Clear Soup 🐱 -Blanched Bog Choy/Carrot -Steamed Rice -Apple	-Penne Carbonara Ham 🐱 -Deep-fried Chicken Sausage 🐱 -Corn Cream Soup -Steamed Rice -Watermelon
	Break (Afternoon)	Banana	Cantaloupe	Watermelon	Green Melon	Dragon Fruit
	Break (Morning)	11/09/2023 - Butter Cookies	12/09/2023 - Strawberry Jam Sandwich	13/09/2023 - Éclair	14/09/2023 - Pork Dim Sum	15/09/2023 - Chocolate Cup Cake
Week 3	Lunch	-Stir-fried Chicken with Onion 🐱 -Cabbage,Egg & Minced Pork with in Clear Soup 🐱 -Blanched Broccoli/Carrot -Steamed Rice -Chinese Pear	-Grilled Pork Slide with Teriyaki Sauce 🐱 -Minced Chicken & Glass Noodle with Chinese Cabbage in Clear Soup 🐱 -Blanched Cabbage / Carrot -Steamed Rice -Dragon Fruit	-Fusilli Sausage with Tomato Sauce 🐱 -Egg,Minced Chicken & Onion in Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Steamed Rice -Ripe Guava	-Grilled Pork with Milk 🐱 -Fish Ball with Chinese Cabbage in Clear Soup 🐱 -Blanched Bog Choy /Carrot -Steamed Rice -Apple	-Chicken Steak with Gravy Sauce 🐱 -Minced Chicken with Potato,Onion in Clear Soup 🐱 -French Fried -Steamed Rice -Watermelon
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Green Melon	Dragon Fruit
	Break (Morning)	18/09/2022 - Butter Bread	19/09/2022 - Nutella Sandwich	20/09/2022 - Banana Cake	21/09/2022 - Deep-fried Chicken Sausage	22/09/2022 - Orange Cake
Week 4	Lunch	-Stir-fried Minced Chicken with Hot Basil(No Chili) 🐱 -Egg Tofu & Minced Pork in Clear Soup 🐱 -Blanched Cabbage/Carrot -Steamed Rice -Chinese Pear	-Egg Noodle Soup with Braised Chicken 🐱 -Egg in sweet Brown Soup -Blanched Bog Choy/Carrot -Steamed Rice -Dragon Fruit	-Fried Rice with Salmon 🐱 -Miso Soup with Tofu & Wagame -Scrambled Egg -Fresh Cucumber / Tomato Slides -Grape	-Stir-fried Broccoli with Shrimp 🐱 -Sweet Egg in Brown Soup -Blanched Bog Choy & Carrot -Steamed Rice -Apple	-Macaroni Minced Pork Tomato Sauce 🐱 -Stir-fried Sweet Corn with Butter -Mixed Vegetable in Clear Soup -Steamed Rice -Watermelon
	Break (Afternoon)	Banana	Cantaloupe	Watermelon	Green Melon	Dragon Fruit
Week 5	Break (Morning)	25/09/2023 - Fancy Cookies	26/09/2023 - Banana Pancake + Nutella	27/09/2023 - Vanilla Yam Roll	28/09/2023 - Boiled Sweet Corn	29/09/2023 - Chocolate Éclair
	Lunch	-Spaghetti Carbonara Ham 🐱 -Cabbage & Minced Pork with Glass Noodle in Clear Soup 🐱 -Blanched Chinese Cabbage/Carrot -Steamed Rice -Chinese Pear	-Stir-fried Minced Pork with Hot Basil (No Chili) 🐱 -Scrambled Egg -Blanched Bog Choy/Carrot -Steamed Rice -Dragon Fruit	-BBQ Red Pork with Rice 🐱 -Boiled Egg -Egg Tofu & Minced Pork with Chinese Cabbage in Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Ripe Guava	-Deep-fried Minced Chicken with Corn 🐱 -Minced Chicken & Egg with Chinese Cabbage in Clear Soup 🐱 -Blanched Broccoli & Carrot -Steamed Rice -Apple	-Chicken Steak with Mayo Sauce 🐱 -French Fried -Potato,Onion in Clear Soup -Steamed Rice -Watermelon
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Green Melon	Dragon Fruit

