

# THAI - CHINESE INTERNATIONAL SCHOOL

MENU : MARCH 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BREAK	<b>3 Mar 68</b> Pandan Custard Bun (267 Kcal)+Milk Rice (130 Kcal)	<b>4-Mar-68</b> Sausage Bread Rolls (130 Kcal)+Milk Egg Noodles (298 Kcal)	<b>5-Mar-68</b> Bananan Cake (312 Kcal)+Milk Steamed Rice (155 Kcal)	<b>6-Mar-68</b> Corn Waffle (159 Kcal)+Milk Rice (130 Kcal)	<b>7-Mar-68</b> Cream Bun (150 Kcal)+Milk Macaroni and Cheese (350 Kcal)
	LUNCH	Teriyaki Chicken (210 Kcal) Fried Egg (120 Kcal) Miso Soup (40 Kcal) Watermelon (30 Kcal)	Red Pork (200 Kcal) Shredded Eggs (155 Kcal) Pork Balls and Radish Soup (97 Kcal) Apple (52 Kcal)	Boiled Chicken (146 Kcal) Omelet (153 Kcal) Hatch Soup (22 Kcal) Mini Cookies & Cream (140 Kcal)	Pork Tonkotsu (411 Kcal) Egg Rolls (197 Kcal) Wakame Seaweed and Golden Needle ABC Cracker (100 Kcal)	Cheese French Fries (218 Kcal) Scrambled Eggs (149 Kcal) Chicken Potato Soup (140 Kcal) Corn Sweet Butter (102 Kcal)
	BREAK	Bear Cracker (52 Kcal) + Milk	Pancake (227Kcal) + Milk	Cantaloupe (34 Kcal) + Milk	Guava (68 Kcal)+Milk	Cream Crackers (118 Kcal)+Milk
WEEK 2	BREAK	<b>10-Mar-68</b> Pork Dumplings (140 Kcal) + Milk Rice (130 Kcal)	<b>11-Mar-68</b> Vanilla Roll (210 Kcal) + Milk Macaroni Soup (240 Kcal)	<b>12-Mar-68</b> Taiwanese Egg Cake (185 Kcal)+ Milk Rice (130 Kcal)	<b>13-Mar-68</b> Chocolate Marble Cake (120 Kcal) + Milk Rice (130 Kcal)	<b>14-Mar-68</b> Nutella Sandwich (190 Kcal) + Milk Fusilli (190 Kcal)
	LUNCH	Sweet Chicken (190 Kcal) Fried Egg (120 Kcal) Tofu and Seaweed Soup (80 Kcal) Chinese Pear (57 Kcal)	Mined Chicken Balls (40 Kcal) Boiled Egg (75 Kcal) Mixed Vegetables Soup (70 Kcal) Orange(47 Kcal)	Stir-Fried Pork with Garlic (166 Kcal) Omelet (153 Kcal) Chicken Cauliflower Soup (260 Kcal) Guava (68 Kcal)	Stir-Fried Pork with Korean Sauce (411 Kcal) Egg Rolls (197 Kcal) Miso Soup (40 Kcal) Watermelon (30 Kcal)	Mined Chicken Tomato Sauce (277 Kcal) Fried Sausage (300 Kcal) Scrambled Eggs (149 Kcal) Melon (46 Kcal)
	BREAK	Pancake (227Kcal) + Milk	Chocolate Wafer Rolls (208 Kcal) + Milk	Crispy Butter Bread (185 Kcal) + Milk	Vanilla Waffle (46 Kcal)+ Milk	Koala Marsh (91 Kcal) + Milk
WEEK 3	BREAK	<b>17-Mar-68</b> Crab Stick Sandwich (175 Kcal) + milk Rice (130 Kcal)	<b>18-Mar-68</b> Pork Dumplings (140 Kcal) + Milk Minced Pork Ramen (228 Kcal)	<b>19-Mar-68</b> Nutella Sandwich (190 Kcal) + Milk Fried Rice with Eggs (534 Kcal)	<b>20-Mar-68</b> Strawberry Sandwich (150 Kcal) + Milk Rice (130 Kcal)	<b>21-Mar-68</b> Croissant (448 Kcal) + Milk Cheese Pizza with Crab Stick (216 Kcal)
	LUNCH	Fried Chicken (298 Kcal) Egg Rolls (197 Kcal) Eggs and Seaweed Suop(45 Kcal) Guava(68 Kcal)	Fish Balls (42 Kcal) Boiled Egg (75 Kcal) Sukiyaki Soup (40 Kcal) Watermelon (30 Kcal)	Korean Grilled Chicken (153.7 Kcal) Scrambled Eggs (149 Kcal) Mined Pork Tofu and Seaweed Soup (200 Kcal) Orange(47 Kcal)	Grilled Pork (282 Kcal) Omelet (153 Kcal) Chicken Potato&Carrot Soup (140 Kcal) Cantaloupe (34 Kcal)	Nuggets (145 Kcal) French Fries (218 Kcal) Corn Soup (207 Kcal) Apple (52 Kcal)
	BREAK	Cream Crackers (118 Kcal)+Milk	Vanilla Roll (210 Kcal) + Milk	Strawberry Wafer Rolls (208 Kcal) + Milk	Pancake (227Kcal) + Milk	Chocolate Chip Cookies (118 Kcal) + Milk
WEEK 4	BREAK	<b>24-Mar-68</b> Mini Cocktail (182 Kcal)+Milk Rice (130 Kcal)	<b>25-Mar-68</b> Mined Pork Bun (179 Kcal)+ Milk Udon (348 Kcal)	<b>26-Mar-68</b> Ham&Cheese Sandwich (120 Kcal) + Milk Ham Fried Rice (587 Kcal)	<b>27-Mar-68</b> Vanilla Cupcakes (200 Kcal) + Milk Rice (130 Kcal)	<b>28-Mar-68</b> Pandan Roll (210 Kcal)+นม Pork Burger (270 Kcal)
	LUNCH	Chicken with Red Sauce (210 Kcal) Egg Rolls (197 Kcal) Glass Noodle & Minced Pork Soup (151 Kcal) Cantaloupe (34 Kcal)	Minced Pork and Kamaboko (42 Kcal) Boiled Egg with Soy Sauce (75 Kcal) Sukiyaki Soup (40 Kcal) Chocolate Wafers (208 Kcal)	Fried Pork Balls (202 Kcal) Egg Pa-Lo (110 Kcal) Tofu and Pa-la Soup (200 Kcal) Watermelon (30 Kcal)	Stir-Fried Pork with Korean Sauce (411 Kcal) Fried Egg (120 Kcal) Chinese Cabbage and Tofu Soup (110 Kcal) Koko Krunch (150 Kcal)	Chick&Chip (260 Kcal) Scrambled Eggs (149 Kcal) Mushroom Suop (212 Kcal) Apple (52 Kcal)
	BREAK	Koala Marsh (91 Kcal) + Milk	Banana (147 Kcal) + Milk	Choc Ball (160 Kcal) + นม	Melon (46 Kcal) + Milk	Cream Crackers (118 Kcal)+Milk
WEEK 5	BREAK	<b>31-Mar-68</b> Vanilla Cup Cake (200 Kcal) + Milk Rice (130 Kcal)	<b>1-Apr-68</b> Pork Dumplings (140 Kcal) + Milk Yakisoba (400 Kcal)	<b>2-Apr-68</b> Sausage Bread Rolls (130 Kcal)+Milk Rice (130 Kcal)	<b>3-Apr-68</b> Chocolate Cake (210 Kcal) + Milk Rice (130 Kcal)	<b>4-Apr-68</b> Nutella Sandwich (190 Kcal) + Milk Spaghetti (157 Kcal)
	LUNCH	Chicken Stew (239 Kcal) Fried Egg (120 Kcal) Tofu and Seaweed Soup (80 Kcal) Watermelon (30 Kcal)	Minced Pork (185 Kcal) Fried Egg (120 Kcal) Miso soup (40 Kcal) Melon (52 Kcal)	Stir-Fried Chicken with Garlic (314 Kcal) Egg Pa-Lo (110 Kcal) Tofu and Pa-la Soup (200 Kcal) Apple (52 Kcal)	Fried Pork and Cheese (314 Kcal) Steamed Eggs with Crab Sticks (110 Kcal) Chicken Hatch Soup (200 Kcal) Guava(68 Kcal)	Mined Chicked Bolognese (277 Kcal) Nuggets (145 Kcal) Scrambled Eggs (149 Kcal) Bear Cracker (52 Kcal)
	BREAK	Raisin Waffles (159 Kcal)+Milk	Chocolate Muffin (182 Kcal) + Milk	Mini Donut (170 Kcal) + Milk	Mini Cookies & Cream (140 Kcal)+Milk	Grapes (67 Kcal) + milk