

THAI - CHINESE INTERNATIONAL SCHOOL

MENU : FEBRUARY 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		27 Jan 68	28-Jan-68	29-Jan-68	30-Jan-68	31-Jan-68
WEEK 1	BREAK					
	LUNCH					
	BREAK					
WEEK 2	BREAK	3-Feb-68	4-Feb-68	5-Feb-68	6-Feb-68	7-Feb-68
	LUNCH		Sausage Bread (348 Kcal) + Milk Rice (130 Kcal) Fried Chicken (245 Kcal) Son-in-law's Egg (155 Kcal) Tofu Soup (76 Kcal) Banana (120 Kcal)	Taiwanese Egg Cake (185 Kcal) + Milk Egg Noodles (298 Kcal) Minced Pork / Fish Balls (209 Kcal) Boiled Egg (75 Kcal) Radish Soup (22 Kcal) Rose Apple (28 Kcal)	Banana Cake (312 Kcal) + Milk Fried Rice with Chinese Sausage (319 Kcal) Stir-Fried Minced Pork with Soy Sauce (205 Omelet (153 Kcal) Hatch Soup (22 Kcal) Pear (57 Kcal)	Nutella Sandwich (190 Kcal) + Milk Spaghetti (158 Kcal) Minced Chicken Tomato Sauce (277 Kcal) Fried Mushrooms (218 Kcal) Scrambled Eggs (149 Kcal) Melon (52 Kcal)
	BREAK		Pancake (227 Kcal) + Milk	Milk Crackers (52 Kcal) + Milk	Butter Waffle (46 Kcal)+ Milk	Crispy Butter Bread (185 Kcal) + Milk
WEEK 3	BREAK	10-Feb-68	11-Feb-68	12-Feb-68	13-Feb-68	14-Feb-68
	LUNCH	Strawberry Jam Sandwich (150 Kcal) + Milk Rice (130 Kcal) Pork Tonkotsu (411 Kcal) Egg Rolls (197 Kcal) Wakame Seaweed and Golden Needle	Vanilla Cupcakes (200 Kcal) + Milk Rice (130 Kcal) Chicken with Basil No Chili (286 Kcal) Fried Egg (120 Kcal) Chinese Cabbage and Tofu Soup (90 Kcal)		Sausage Sandwich (270 Kcal) + Milk Fried Rice (156 Kcal) Grilled Chicken with Teriyaki Sauce (155 Kcal) Scrambled Eggs (149 Kcal) Tofu Seaweed Egg Soup (200 Kcal) Orange (47 Kcal)	Mini Donut (154 Kcal) + Milk Ham & Crab Stick Pizza (216 Kcal) Nuggets (145 Kcal) Fried Egg (120 Kcal) Corn Soup (207 Kcal) Cantaloupe (34 Kcal)
	BREAK	Mochi Donut (133 Kcal) Grapes (67 Kcal) + Milk	Cocoa Crunch (150 Kcal) Apple (220 Kcal) + Milk		Pancake (227 Kcal) + Milk	Cream Crackers (118 Kcal) + Milk
WEEK 4	BREAK	17-Feb-68	18-Feb-68	19-Feb-68	20-Feb-68	21-Feb-68
	LUNCH	Brownie (466 Kcal) + Milk Rice (130 Kcal) Mined Pork with Basil No Chili (314 Kcal) Eggs Pa-Lo (110 Kcal) Pa-Lo Soup (200 Kcal) Melon (46 Kcal)	Donut Glaze (180 Kcal)+ Milk Rice (130 Kcal) Teriyaki Chicken (210 Kcal) Egg Rolls (197 Kcal) Wakame Seaweed and Tofu Soup (45 Kcal) Watermelon (30 Kcal)	Ham&Cheese Sandwich (120 Kcal) + Milk Yakisoba (400 Kcal) Minced Pork (185 Kcal) Fried Egg (120 Kcal) Miso Soup (40 Kcal) Orange (54 Kcal)	Milk Butter Sandwich (210 Kcal) + Milk Steamed Rice (155 Kcal) Boiled Chicken (146 Kcal) Boiled Egg (75 Kcal) Hatch Soup (22 Kcal) Banana (120 Kcal)	Cocoa Crunch (150 Kcal) + Milk Rice (130 Kcal) Hamburg Gravy Sauce (277 Kcal) Omelet (153.7 Kcal) Chicken Potato Soup (140 Kcal) Garlic Bread (295 Kcal)
	BREAK	Crispy Butter Bread (185 Kcal) + Milk	Koala Marsh (91 Kcal) + Milk	Vanilla Muffin (176 Kcal) + Milk	Chocolate Wafers (208 Kcal) + Milk	Rose Apple (28 Kcal) + Milk
WEEK 5	BREAK	24-Feb-68	25-Feb-68	26-Feb-68	27-Feb-68	28-Feb-68
	LUNCH	Vanilla Cupcakes (200 Kcal) + Milk Rice (130 Kcal) Stir-Fried Pork with Korean Sauce (411 Kcal) Omelet (153.7 Kcal) Minced Pork Hatch Soup (72 Kcal) Pancake (227 Kcal)	Mini Croissant (448 Kcal) + Milk Rice (130 Kcal) Stir-Fried Pork with Onions (265 Kcal) Steamed Eggs (72 Kcal) Tofu & Mixed Vegetables Soup (90 Kcal) Red Jelly (120 Kcal)	Cream Bun (150 Kcal) + Milk Ramen (188 Kcal) Minced Pork / Kamaboko (209 Kcal) Boiled Egg with Soy Sauce (75 Kcal) Sukiyaky Soup (40 Kcal) Watermelon (30 Kcal)	Chocolate Cake (275 Kcal) + Milk American Fried Rice (389 Kcal) Fried Chicken (298 Kcal) Fried Egg (120 Kcal) Chinese Cabbage and Tofu Soup (90 Kcal) Cantaloupe (34 Kcal)	Nutella Sandwich (190 Kcal) + Milk Pork Burger (270 Kcal) Fish&Chip (260 Kcal) Scrambled Eggs (149 Kcal) Pumpkin Soup (212 Kcal) Cream Crackers (118 Kcal)
	BREAK	Apple (52 Kcal) + Milk	Melon (46 Kcal) + Milk	Fruit Tart (91 Kcal) + Milk	Mini Cookies & Cream (140 Kcal) + Milk	Grapes (67 Kcal) + Milk