

# Thai Chinese International School ( TCIS )

## Menu Snack (Breakfast - Afternoon) & Lunch September 2022



Thai Chinese International School						
Menu Lunch on September 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Break (Morning)			01/09/2022 - Shrimp Dim Sum	02/09/2022 - Banana Cake	
		Day Off		-Stir-fried minced Pork with Garlic 🐷 -Boiled Egg with Tofu & Chicken Drumstick in Sweet Brown Soup 🍲 -Fresh cucumber Slided & Blanched Carrot -Steamed Rice -Papaya	-Minced Chicken Steak with Gravy Sauce 🍲 -Stir-fried Sweet Corn with Butter -Minced Pork & Macaroni with Carrot,Potato Clear Soup 🍲 -Steamed Rice -Green Cantaloupe	
	Break (Afternoon)			Banana	Watermelon	
Week 2	Break (Morning)	05/09/2022 - Ham Cheese Croissant	06/09/2022 - Chicken Gyoza	07/09/2022 - Sausage Buns	08/09/2022 - Custard Cream Steamed Bun	09/09/2022 - Chocolate Muffins
	Lunch	-Stir-fried Minced Pork with Hot Basil (No Chili) 🐷 -Glass Noodle with Minced Chicken & Mixed Vegetable Clear Soup 🍲 -Blanched Broccoli & Chinese Cabbage -Steamed Rice -Watermelon	-Egg Noodle Soup with Braised Chicken 🍲 -Fried Rice with Egg -Turnip & Carrot with Minced Chicken Clear Soup 🍲 -Blanched Bog Choy -Cantaloupe	-Grilled Minced Pork Hamburg 🍔 -Egg & Minced Chicken with Chinese Cabbage Clear Soup 🍲 Blanched Broccoli & Pumpkin -Steamed Rice Guava(Ripes)	-Hainanese Chicken Rice 🍲 -Steamed Egg with Crabstick & Shitake 🍲 -Winter Gourd,Minced Chicken & Carrot Clear Soup 🍲 -Steamed Rice -Banana	-Spaghetti Carbonara Ham 🍝 -Chicken Nugget 🍗 -Egg & Minced Chicken with Mixed Vegetable Clear Soup 🍲 -Steamed Rice -Dragon Fruit
	Break (Afternoon)	Papaya	Banana	Cantaloupe	Apple	Guava(Ripe)
Week 3	Break (Morning)	12/09/2022 - Sausage Croissant	13/09/2022 - Chicken Nugget	14/09/2022 - Ham & Cheese Buns	15/09/2022 - Deep-fried Breaded Pork	16/09/2022 - Orange Yamroll
	Lunch	-Stir-fried Egg Tofu with Minced Pork & Mixed Vegetable 🍲 -Chicken Drumsticks,Boiled Egg & Tofu in Sweet Brown Soup 🍲 -Blanched Broccoli & Carrot -Steamed Rice -Guava(Ripes)	-Giam II Soup with Minced Pork & Pork Ball 🍲 -Scrambled Egg with Minced Chicken 🍲 -Branched Cabbage & Carrot -Steamed Rice -Green Cantaloupe	-Grilled Chicken with Teriyaki Sauce 🍲 -Minced Pork Tom Yam (No Chili) 🍲 -Coleslaw -Steamed Rice -Dragon Fruit	-Deep-fried Seabass with Fish Sauce 🍲 -Minced Chicken & Egg with Chinese Cabbage ,Carrot Clear Soup 🍲 -Blanched Bog Choy & Pumpkin -Steamed Rice -Cantaloupe	-Fried Rice Ham with Tomato Sauce 🍲 -Deep-fried Chicken Sausage 🍲 -Glass Noodle with Minced Pork & Chinese Cabbage Clear Soup 🍲 -Fresh Cucumber & Tomato Slided -Watermelon
	Break (Afternoon)	Cantaloupe	Apple	Watermelon	Chinese Pear	Banana
Week 4	Break (Morning)	19/09/2022 - Ham Sandwich	20/09/2022 - Corn Dog	21/09/2022 - Crabstick Buns	22/09/2022 - BBQ Red Pork Stemed Buns	23/09/2022 - Chocolate Cake
	Lunch	-Stir-fried Broccoli & Shrimp in Oyster Sauce 🍲 -Macaroni & Minced Chicken with Mixed Vegetable Clear Soup 🍲 -Blanched Sweet Corn & Carrot -Steamed Rice -Watermelon	-Udon Soup with Pork Slide 🍲 -Steamed Egg with Crab Stick & Minced Pork 🍲 -Blanched Bog Choy -Steamed Rice -Cantaloupe	-Fried Rice with Shrimp 🍲 -Deep-fried Cocktail Sausage 🍲 -Minced Pork & Egg Tofu with Carrot Clear Soup 🍲 -Fresh Cucumber & Tomato Slided -Pomelo	-Grilled Pork with Milk 🍲 -Ivy Gourd with Minced Chicken & Egg Tofu Clear Soup 🍲 -Fresh Tomato Slided & Fresh Cucumber Sticks -Steamed Rice -Guava(Ripe)	-Stir-fried Macaroni with Sausage & Egg with Tomato Sauce 🍲 -Mashed Potato -Egg & Minced Pork with Chinese Cabbage Clear Soup 🍲 -Steamed Rice -Apple
	Break (Afternoon)	Apple	Dragon Fruit	Papaya	Banana	Cantaloupe
Week 5	Break (Morning)	26/09/2022 - Sausage Pie	27/09/2022 - Deep-fried Pork Wonton	28/09/2022 - Deep-fried Sausage	29/09/2022 - Pork Dim Sum	30/09/2022 - Orange Cake
	Lunch	-Grilled Chicken with Teriyaki Sauce 🍲 -Fish Tofu & Seaweed Clear Soup 🍲 -Blanched Baby Corn & Bog Choy -Steamed Rice -Watermelon	-Fried Rice with Salmon 🍲 -Egg Tofu & Minced Pork Clear Soup 🍲 -Scrambled Egg -Fresh Cucumber & Tomato Slided -Dragon Fruit	-Stir-fried Minced Pork with Soy Sauce 🍲 -Chicken Drumsticks,Boiled Egg & Tofu in Sweet Brown Soup 🍲 -Blanched Chinese Cabbage & Broccoli -Steamed Rice -Cantaloupe	-Grilled Chicken with Teriyaki Sauce 🍲 -Egg Tofu & Minced Pork with Chinese Cabbage & carrot Clear soup 🍲 -Coleslaw -Steamed Rice -Papaya	-Minced Pork Steak with Gravy Mushroom Sauce 🍲 -Deep-fried Chicken Sausage 🍲 -Egg & Minced chicken with Seaweed Clear Soup 🍲 -Steamed Rice -Grape
	Break (Afternoon)	Guava(ripes)	Watermelon	Banana	Cantaloupe	Chinese Pear

