

Thai Chinese International School (TCIS)

Menu Snack (Breakfast - Afternoon) & Lunch January 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Break (Morning)	02/01/2023	03/01/2023	04/01/2023	05/01/2023 - Pork Dim Sum
	Lunch	Day Off			-Stir-fried Minced Chicken with Garlic 🍴 -Egg Tofu ,Chinese Cabbage & Minced Pork in Clear Soup 🍴 -Blanched Bog Choy /Carrot -Steamed Rice -Banana
	Break (Afternoon)			Chinese Pear	Dragon Fruit
Week 2	Break (Morning)	09/01/2023 - Vanilla Yamroll	10/01/2023 - Strawberry Danish	11/01/2023 - Vanilla Éclair	12/01/2023 - Custard Chinese Buns
	Lunch	-Deep-fried Pork with Corn 🍴 -Glass Noodle with Minced Chicken & Vegetable Clear Soup 🍴 -Branched Broccoli/Chinese Cabbage -Steamed Rice -Watermelon	-Grilled Pork with Milk 🍴 -Stir-fried Omelette with Minced chicken 🍴 -Branched Cabbage/Carrot -Steamed Rice -Apple	-Grilled Seabass with Teriyaki Sauce 🍴 -Miso Soup -Branched Carrot/Pumpkin -Steamed Rice -Guava	-Stir-fried Minced Pork with Hot Basil (No Chili) 🍴 -Chicken & Egg in Sweet Brown Soup 🍴 -Branched Broccoli/Carrot -Steamed Rice -Banana
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Chinese Pear
Week 3	Break (Morning)	16/01/2023 - Vanilla Éclair	17/01/2023 - Butter Cake with Strawberry Jam	18/01/2023 - Nutella Sandwich	19/01/2023 - Corn Dog
	Lunch	-Grilled Chicken with Teriyaki Sauce 🍴 -Egg Tofu & Minced Pork in Clear Soup 🍴 -Branched Broccoli/Carrot -Steamed Rice -Watermelon	-Stir-fried Pork with Garlic 🍴 -Ivy Gourd & Egg Tofu with Minced Chicken in Clear Soup 🍴 -Branched Bog Choy / Carrot -Steamed Rice -Apple	-Hainanese Chicken Rice 🍴 -Boiled Egg -Winter Gourd & Minced Pork in Clear Soup 🍴 -Fresh Cucumber / Tomato Slides -Guava	-Grilled Pork with Milk 🍴 -Egg Tofu & Minced Chicken in Clear Soup 🍴 -Blanched Bog Choy /Carrot -Steamed Rice -Banana
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Chinese Pear
Week 4	Break (Morning)	23/01/2022	24/01/2022	25/01/2022	26/01/2022
	Lunch	Day Off			
	Break (Afternoon)				
Week 5	Break (Morning)	30/01/2023 - Orange Cake	31/01/2023 - Meringue Dip Chocolate		
	Lunch	-Fried Rice with Salmon 🍴 -Chinese Cabbage & Minced Chicken in Clear Soup 🍴 -Thai Omelette with Minced Shrimp 🍴 -Fresh Cucumber / Tomato Slides -Watermelon	-Egg Noodle Soup with Braised Chicken 🍴 -Deep-fried Chicken Nugget 🍴 -Branched Bog Choy/Carrot -Steamed Rice -Apple		
	Break (Afternoon)	Papaya	Cantaloupe		

