

Thai Chinese International School (TCIS)

Menu Snack (Breakfast - Afternoon) & Lunch at January 2022



Thai Chinese International School						
Menu Lunch on January 2022						
		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Break (Morning)	03/01/2022	04/01/2022	05/01/2022	06/01/2022	07/01/2022
	Lunch	Day Off				
	Break (Afternoon)					
Week 2	Break (Morning)	10/01/2022 - Ham Cheese Sandwich	11/01/2022 - Sausage Croissant	12/01/2022 - Custard Cream Steamed Bun	13/01/2022 - Flossy Park Buns	14/01/2022 - Orange Yamroll
	Lunch	- Stir-fried Minced Pork with Lemongrass Sauce 🐱 - Chinese Cabbage & Minced Chicken in Clear Soup 🐱 - Steamed Rice - Dragon Fruit	- Egg Noodle Soup with BBQ Red Pork 🐱 - Chicken Karaage 🐱 - Cantaloupe	- Grilled Chicken with Soy Sauce 🐱 - Cucumber & Minced Pork in Clear Soup 🐱 - Steamed Rice - Watermelon	- Fried Chicken with Herb 🐱 - Winter Gourd with Minced Pork in Clear Soup 🐱 - Steamed Rice - Chinese Pear	- Macaroni Chicken Sausage with Tomato Sauce 🐱 - Tomato, Onion & Potato with Minced Chicken Soup 🐱 - Soft Roll - Apple
	Break (Afternoon)	Chinese Pear	Apple	Dragon Fruit	Guava(Ripe)	Watermelon
Week 3	Break (Morning)	17/01/2022 - Strawberry Jelly	18/01/2022 - Chicken Pies	19/01/2022 - Pork Dumplings	20/01/2022 - Chicken Buns	21/01/2022 - Brownie
	Lunch	- Braised Chicken in Fish Sauce 🐱 - Shitake & Minced Pork in Clear Soup 🐱 - Steamed Rice - Dragon Fruit	- Chinese-Style Fried Noodle with Chicken 🐱 - Mixed vegetable Clear Soup - Cantaloupe	- Stir-fried Minced Pork with Hot Basil(No Chilli) 🐱 - Ivy Gourd, Minced Chicken & Egg Tofu in Clear Soup 🐱 - Steamed Rice - Watermelon	- Stir-fried Broccoli with Shrimp 🐱 - Boiled Egg in Sweet Brown Sauce - Steamed Rice - Chinese Pear	- Minced Chicken Steak with Gravy Sauce 🐱 - Macaroni & Mixed Veg. Clear Soup - Soft Roll - Apple
	Break (Afternoon)	Chinese Pear	Apple	Dragon Fruit	Guava(Ripe)	Watermelon
Week 4	Break (Morning)	24/01/2022 - Chicken Sandwich	25/01/2022 - Ham Croissant	26/01/2022 - Red Pork Steamed Bun	27/01/2022 - Sausage Buns	28/01/2022 - Banana Cake
	Lunch	- Fried Boiled Egg & Minced Chicken with Tamarind Sauce 🐱 - Cauliflower & Minced Pork in Clear Soup 🐱 - Steamed Rice - Dragon Fruit	- Udon Pork Slide 🐱 - Chicken Nugget 🐱 - Cantaloupe	- Grilled Seabass with Teriyaki Sauce 🐱 - Cabbage & Minced Chicken in Clear Soup 🐱 - Steamed Rice - Watermelon	- Stir-fried Cabbage with Egg & Minced Chicken 🐱 - Turnip, Carrot & Minced Pork in Clear Soup 🐱 - Steamed Rice - Chinese Pear	- Penne Ham & Mushroom Cream Sauce 🐱 - Chicken Clear Soup 🐱 - Soft Roll - Apple
	Break (Afternoon)	Chinese Pear	Apple	Dragon Fruit	Guava(Ripe)	Watermelon
Week 5	Break (Morning)	31/01/2022				
	Lunch	Day Off				
	Break (Afternoon)					

