Thai-Chinese International School (TCIS)

Menu Snack (Breakfast - Afternoon) & Lunch at August 2020

		Monday	G.	Kcal.	Tuseday	G.	Kcal.	Wednesday	G.	Kcal.	Thursday	G.	Kcal.	Friday	G.	Kcal.
Week 1	Snack (Breakfast)	3/8/63-Apple	50	30	4/8/63-Watermelon	75	15	5/8/63-Chicken Ham & Cheese Sandwich	95	190	6/8/63-Corn flake	10	47	7/8/63-Chinese Pear	60	30
	Lunch	-Clear Soup Tofu with Minced Chicken	135	62.5	-Clear Soup Baby Corn with Minced Pork & Glass Noodle	145	107.5	-Clear Soup Chinese Cabbage with Shitake	100	25	-Miso Soup with White Tofu	80	40	-Clear Soup Seaweed with Crabstick	55	81
		-Grilled Chicken with Teriyaki Sauce	65	157.5	-Minced Chicken with Red Sauce	65	157.5	-Egg Noodle Soup with Red Chicken	180	320	-Deep Fried Fish with Teriyaki Sauce	60	205	-Carbonara	220	258
		-Cantaloupe	50	15	-Golden Banana	50	60	-Watermelon	70	15	-Apple	50	30	-Garlic Bread	60	85
		-Steamed Rice	82.5	120	-Steamed Rice	70	100				-Sweet Egg Sushi / Crabstick Suchi	85	135	-Watermelon	70	15
											-Boiled Pumpkin	50	40			
	Snack (Afternoon)	-Custard Bread	50	90	-Chicken Nugget	50	150	-Cantaloupe	50	15	-Roseapple	50	15	-Sweet Egg Sushi	85	135
	Total			475			590			565			512			604
Week 2	Snack (Breakfast)	10/8/63-Steamed Chicken Sausage	30	90	11/8/63-Apple	50	30	12/8/63-Roseapple	50	15	13/8/63-Chinese Pear	60	30	14/8/63-Apple	50	30
	Lunch	-Potato Clear Soup	75	60	-Macaroni Clear Soup	50	26	-Chinese Cabbage Clear Soup	100	25	-Chicken Stew in Tomato Sauce	45	75	-Mixed Vegetable Clear Soup with Glass Noodle	75	32.5
		-Stir Fried Macaroni with Chicken Sausage & Ham	215	250	-Fried Chicken Sausage	60	90	-Deep Fried Chicken Stuffed Bread Crumb(Ketchup)	85	195	-Spaghetti Chicken Sausage Cream Sauce	180	230	-Thai Omelette with Miced Chicken & Cubed Vegetable	110	215
		-Pineapple	60	30	-Deep Fried Minced Pork with Garlic	50	165	-Stir Fried Potato with Butter(No Spicy)	60	130	-Cantaloupe	50	15	-Stir Fried Mixed Vegetable with Minced Chicken	75	95
					-Boiled Egg	50	75	-Boiled Cauliflower	50	12.5	-Boiled Pumpkin	50	40	-Watermelon	50	15
					-Cantaloupe	50	15							-Boiled Baby Corn	50	12.5
					-Steamed Rice	70	100							-Steamed Rice	70	100
	Snack (Afternoon)	-Cantaloupe	50	15	-Papaya	55	30	-Apple	50	30	-Papaya	55	30	-Chocolate Cake	45	104
	Total			445			531			407.5			420			604
Week 3	Snack (Breakfast)	17/8/63-Khao Tom Mat	40	105	18/8/63-Éclair	60	185	19/8/63-Cornflake	10	47	20/8/63-Pork Dumpling	40	65	21/8/63-Mixed Fruit	50	60
	Lunch	-Clear Soup with Mixed Vegetable & Minced Chicken	140	75	-Stewed Egg with Chinese Five Spices	55	75	-Macaroni Clear Soup	140	95	-Clear Soup with Glass Noodle in Minced Pork	150	85	-Clear Soup Glass Noodle with Minced Chicken	150	80
		-Stir Fried Pork with Korean Style	65	157.5	-Stewed Chicken with Chinese Five Spices	40	75	-Stir Fried Spaghetti with Chicken & Mushroom	245	252.5	-BBQ. Red Pork in Sauce with Rice	150	235	-Sweet Pork Condiment	50	165
		-Blanched Vegetable	50	12.5	-Fried Glass Noodle with Minced Pork	60	185	-Garlic Bread	60	85	-Boiled Egg	55	75	-Steamed egg with Minced Chicken	80	150
		-Watermelon	70	15	-Pineapple	60	30	-Cantaloupe	50	15	-Watermelon	70	15	-Papaya	50	30
		-Steamed Rice	82.5	120	-Steamed Rice	70	100							-Steamed Rice	70	100
	Snack (Afternoon)	-Shrimp Sushi	85	135	-Guava	50	30	-Mixed Fruit	50	60	-Golden Banana	50	60	-Chocolate Chip Cookies	3 pieces	125
	Total			620			680			554.5			535			710
Week 4	Snack (Breakfast)	24/7/63-Minced Pork Steamed Bun	40	85	25/8/63-Apple	50	30	26/8/63-Apple	50	30	27/8/63-Chicken Nugget	50	150	28/8/63-Garlic Bread	60	125
	Lunch	-Clear Soup with Glass Noodle & Minced Pork	45	57.5	-Clear Soup Mixed Vegetable	70	50	-Clear Soup with Minced Pork	80	37.5	-Mixed Vegetable Clear Soup	100	25	-Miso Soup with White Tofu	80	40
		-Stir Fried Chicken with Soy Sauce	45	100	-Sweet & Sour Minced Pork	115	170	-Deep Fried Chicken Stuffed Bread Crumbs	80	195	-Baked Pork with Soy sauce	85	195	-Grilled Salmon with Salt	60	205
		-Thai Omelette	60	120	-Chinese Pear	60	30	-Mixed Vegetable Salad & Boiled Egg	85	126	-Steamed Rice	82.5	120	-Boiled Carrot	50	12.5
		-Cantaloupe	50	15	-Steamed Rice	82.5	120	-Mixed Fruit	50	60	-Apple	50	30	-Steamed Egg with Shitake	55	75
		-Steamed Rice	70	100							-Boiled Broccoli	50	12.5	-Watermelon	70	15
	Snack (Afternoon)	-Papaya	55	30	-Red Bean Pie	50	115	-Golden banana	50	60	-Pineapple	60	30	-Golden Banana	50	60
	Total			507.5			515			508.5			562.5			532.5
Week 5	Snack (Breakfast)	31/8/63-Sweet Corn	50	40												
	Lunch	-Minced Pork with Seaweed & Carrot Clear Soup	120	62.5												
		-Deep Fried Chicken Wing	90	240												
		-Guava	80	30												
		-Boiled Broccoli	50	12.5												
		-Steamed Rice	82.5	120												
	Snack (Afternoon)	-Apple	50	30												
	Total			535												