

Thai Chinese International School (TCIS)																	
Menu Snack (Breakfast - Afternoon) & Lunch at September 2020																	
		Monday	Weight	Kcal.	Tuesday	Weight	Kcal.	Wednesday	Weight	Kcal.	Thursday	Weight	Kcal.	Friday	Weight	Kcal.	
Week 1	Snack (Breakfast)				1/9/63-Tuna Bread	50	98	2/9/63-Pork Dumpling	40	65	3/9/63-Minced Pork Steamed Bun	50	96	4/9/63			
	Lunch				-Miso Soup	75	31	-Minced Pork Clear Soup with Winter Gourd	120	62.5	-Egg Tofu Clear Soup with Mixed Veg.	125	62.5	Day Off			
					-Chicken Yakisoba	310	310	-Steamed Fish with Tamarind Sauce	65	157.5	-Hong Kong Stir Fried Noodle with Chicken & Shitake(with Egg)	265	290				
					-Steamed Egg with Shitake	55	75	-Papaya	55	30	-Golden Banana	50	60				
					-Watermelon	70	15	-Stir Fried Mixed Vegetable(Small Pieces)	30	51	-Baked Pumpkin(slide)	50	40				
				-Steamed Rice	82.5	120	-Boiled Egg	27.5	37.5	-Steamed Rice	82.5	120					
	Snack (Afternoon)				-Cantaloupe(slide)	50	15	-Roseapple	50	15	-Guava(slide)	60	30				
	Total						664			538.5			698.5				
Week 2	Snack (Breakfast)	7/9/63-Chicken Shread Sandwich with Dressing	75	150	8/9/63-Corn Flake	10	47	9/9/63-Chocolate Chip Cookies	40	125	10/9/63-Pie Tuna	40	98	11/9/63			
	Lunch	-Minced Pork Clear Soup with Chinese Cabbage	120	62.5	-Omelette Clear Soup	27.5	37.5	-Minced Chicken & Glass Noodle Clear Soup with Mixed Veg.	130	72.5	-Minced Pork with Mixed Veg.	70	50	Day Off			
		-Baked Chicken with Japanese Sauce	45	120	-Spaghetti with Minced Pork in Tomato Sauce	195	212.5	-Deep Fried Fish with Teriyaki sauce	45	120	-Stir Fried Noodle Thai Korat Style with shrimp	235	295				
		-Papaya	55	30	-Boiled Veg. Salad + Boiled Egg(small pieces)	92.5	95	-Boiled Veg. (small pieces)	25	6	-Steamed Egg	27.5	37.5				
		-Baked Potato(slide)	50	40	-Cantaloupe(slide)	50	15	-Watermelon	70	15	-Guava(slide)	60	30				
		-Scrambled Egg	32.5	82.5	-Steamed Rice	82.5	120	-Thai Omelette	32.5	82.5	-Steamed Rice	82.5	120				
		-Steamed Rice	70	100				-Steamed Rice	82.5	120							
	Snack (Afternoon)	-Chinese Pear(slide)	60	30	-Golden Banana	50	60	-Apple(slide)	50	30	-Cantaloupe(slide)	50	15				
	Total			615		587			571			645.5					
Week 3	Snack (Breakfast)	14/9/63-Ham Cheese Croissant	47.5	110	15/9/63-Chicken Sandwich	75	150	16/9/63-Butter Cookies	40	110	17/9/63-Coco Crunch	10	40	18/9/63-Chicken Pie	50	85	
	Lunch	-Minced Pork Clear Soup with Seaweed & Carrot	120	62.5	-Breast Chicken Clear Soup with Potato	95	83.5	-Miso Soup	125	43	-Fish Tofu Clear Soup with Mixed Veg.	115	70	-Minced Pork Clear Soup with Mixed Veg.	95	56	
		-Deep Fried Chicken Thigh	50	165	-Stir Fried Macaroni with Spinach & Cheese	185	212.5	-Steamed Fish with Terriyaki Sauce	65	157.5	-Egg Noodle Soup with Red Roasted Chicken	220	295	-Stir Fried Minced Chicken with Basil Leave (No Chilli)	45	120	
		-Chinese Pear	60	30	-Papaya	55	30	-Guava(slide)	60	30	-Watermelon	70	15	-Deep Fried Boiled Egg with Tamarine Sauce	32.5	82.5	
		-Baked Pumpkin(slide)	50	40	-Boiled Veg. Salad + Boiled Egg	85	72.5	-Mixed Veg. Salad + Boiled Shread Chicken+Slide Thai Omelette	92.5	113.5	-Stir Fried Mixed Veg. with Butter	55	57.5	-Chinese Pear(slide)	60	30	
		-Steamed Egg	27.5	37.5	-Steamed Rice	82.5	120	-Steamed Rice	82.5	120	-Steamed Rice	82.5	120	-Boiled Veg. (small pieces)	50	12.5	
		-Steamed Rice	82.5	120				-Steamed Rice			-Steamed Rice			-Steamed Rice	82.5	120	
	Snack (Afternoon)	-Apple(slide)	50	30	-Roseapple	50	15	-Cantaloupe	50	15	-Papaya	55	30	-Golden Banana	50	60	
	Total			595		563.5			589			627.5				566	
Week 4	Snack (Breakfast)	21/9/63-Custard Steamed Bun	50	82	22/9/63-Tuna Pie	40	98	23/9/63-Egg Sandwich	65	152	24/9/63-Cornflake	10	47	25/9/63-chocolate Chip Cookies	40	125	
	Lunch	-Minced Pork Clear Soup with Mixed Veg.	70	50	-Breast Chicken Clear Soup with Potato	110	90	-Egg Tofu Clear Soup with Chinese Cabbage	125	43	-Mushroom Cream Soup	200	143	-Minced Pork Clear Soup with Mixed Veg.	70	50	
		-Stir Fried Mixed Veg. & Fried Fish	95	132.5	-Stir Fried Penne with Shrimp in Tomato Sauce	195	202.5	-Pork Schnitzel (Ketchup)	50	165	-Spaghetti with Breast Chicken & Mushroom Cream Sauce	200	252.5	-BBQ. Red Pork in Sauce with Rice+Boiled Egg	182.5	315	
		-Thai Omelette	45	88.5	-Coleslaw+Boiled Egg	67.5	95	-Stir Fried Potato with Butter (No Spicy)	55	85	-Guava(slide)	60	30	-Boiled Veg. Salad with Corn	65	57.5	
		-Apple(slide)	50	30	-Chinese Pear(slide)	60	30	-Watermelon	70	15	-Mashed Potato & Boiled Carrot	100	52.5	-Cantaloupe(slide)	50	15	
		-Steamed Rice	82.5	120	-Steamed Rice	82.5	120	-Scrambled Egg	32.5	82.5	-Steamed Rice	82.5	120				
								-Steamed Rice	70	100							
	Snack (Afternoon)	-Cantaloupe	50	15	-Golden Banana	50	15	-Roseapple	50	15	-Banana	50	60	-Papaya	55	30	
	Total			518		650.5			657.5			705				592.5	
Week 5	Snack (Breakfast)	28/9/63-Coco Crunch	10	40	29/9/63-Minced Pork Steamed Bun	50	96	30/9/63-Tuna Sandwich	47.5	122.5							
	Lunch	-Fishball Clear Soup with Mixed Veg.	90	63.5	-Shitake & Minced Pork Clear Soup with Mixed Veg.	70	50	-Spinach Cream Soup	110	52.5							
		-Baked Pork with Soy Sauce(Halal-Chicken)	45	120	-Spaghetti Cream Sauce with Steamed Fish	215	277.5	-Pork Stew	140	127.5							
		-Stir Fried Mixed Veg.	55	57.5	-Stir Fried Mixed Mushroom & Baby Corn	55	57.5	-Stir Fried 3 Veg. with Butter	55	57.5							
		-Apple(slide)	50	30	-Chinese Pear(slide)	60	30	-Watermelon	70	15							
		-Boiled Egg	27.5	37.5	-Steamed Rice	82.5	120	-Scrambled Egg	32.5	82.5							
		-Steamed Rice	82.5	120				-Steamed Rice	82.5	120							
	Snack (Afternoon)	-Cantaloupe(slide)	50	15	-Golden Banana	50	60	-Papaya	55	30							
	Total			483.5		691			607.5								