

Thai Chinese International School (TCIS)

Menu Snack (Breakfast - Afternoon) & Lunch March 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Break (Morning)			01/03/2023 - Vanilla Éclair	02/03/2023 - Nutella Sandwich	03/03/2023 - Brownie
				-Pork Fried Rice with Black Soy Sauce 🐱 -Thai Omelette with Mixed Vegetable -Glass Noodle with Minced Chicken Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Guava	-Stir-fried Egg Tofu with Minced Pork 🐱 -Egg in Sweet Brown Soup -Blanched Bog Choy /Carrot -Steamed Rice -Banana	-Chicken Steak with BBQ Sauce 🐱 -French Fried -Minced Chicken with Tomato & Onion Clear Soup 🐱 -Steamed Rice -Grape
	Break (Afternoon)			Watermelon	Chinese Pear	Dragon Fruit
Week 2	Break (Morning)	06/03/2023	07/03/2023 - Vanilla Yam Roll	08/03/2023 - Strawberry Yam Roll	09/03/2023 - Pork Dim Sum	10/03/2023 - Marble Cake
	Lunch	Day Off	-Korean Fried Chicken with Garlic sauce 🐱 -Steamed Egg with Crabstick 🐱 -Blanched Broccoli/Carrot -Steamed Rice -Apple	-Hainanese Chicken Rice 🐱 -Boiled Egg -Winter Gourd & Minced Pork in Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Guava	-Chicken Yellow Curry 🐱 -Stir-fried Egg with Minced Shrimp 🐱 -Blanched Bog Choy/Carrot -Steamed Rice -Banana	-Spaghetti Minced Pork with Tomato Sauce 🐱 -Crabstick Salad 🐱 -Minced Chicken & 3 Vegetable in Clear Soup 🐱 -Steamed Rice -Grape
	Break (Afternoon)		Cantaloupe	Watermelon	Chinese Pear	Dragon Fruit
Week 3	Break (Morning)	13/03/2023 - Nutella Sandwich	14/03/2023 - Blueberry Chiffon	15/03/2023 - Orange Cake	16/03/2023 - Custard Cream Chinese Buns	17/03/2023 - Chocolate Cake
	Lunch	-Baked Chicken with Red Sauce 🐱 -Cabbage & Minced Pork in Clear Soup 🐱 -Blanched Broccoli/Carrot -Steamed Rice -Apple	-Grilled Seabass with Teriyaki Sauce 🐱 -Miso soup -Blanched Cabbage / Carrot -Steamed Rice -Apple	-Chicken Gravy Over Rice 🐱 -Thai Omelette -Turnip & Minced Pork in Clear Soup 🐱 -Fresh Cucumber / Tomato Slides -Guava	-Grilled Pork with Milk 🐱 -Chicken Tom Yum (No Chili) 🐱 -Blanched Bog Choy /Carrot -Steamed Rice -Banana	-American Fried Rice -Deep-fried Sausage 🐱 -Scrambled Egg -Macaroni & Minced Pork Clear Soup 🐱 -Grape
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Chinese Pear	Dragon Fruit
Week 4	Break (Morning)	20/03/2022 - Milk & Butter Sandwich	21/03/2022 - Banana Cake	22/03/2022 - Butter Cake	23/03/2022 - Chicken Nugget	24/03/2022 - Chocolate Ball
	Lunch	-Stir-fried Minced Pork with Hot Basil(No Chili) 🐱 -Fishball & Chinese Cabbage in Clear Soup 🐱 -Blanched Bog Choy/Carrot -Steamed Rice -Apple	-Egg Noodle Soup with Braised Chicken 🐱 -Deep-fried Chicken Sausage 🐱 -Blanched Bog Choy/Carrot -Steamed Rice -Apple	-Fried Rice with Salmon 🐱 -Scrambled Egg -Miso Soup -Fresh Cucumber / Tomato Slides -Guava	-Baked Pork with Vegetable 🐱 -Egg & Minced Chicken with Glass Noodle in Clear Soup 🐱 -Blanched Broccoli & Carrot -Steamed Rice -Banana	-Chicken Stew Served with Spaghetti 🐱 -Chicken Nugget 🐱 -Minced Pork & 3 Vegetable in Clear Soup 🐱 -Steamed Rice -Grape
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Chinese Pear	Dragon Fruit
Week 5	Break (Morning)	27/03/2023 - Strawberry Jam Sandwich	28/03/2023 - Banana Pancake	29/03/2023 - Vanilla Éclair	30/03/2023 - Chocolate Cake	31/03/2023 - Sweet Corn with Sugar
	Lunch	-Stir-fried Pork with Garlic 🐱 -Cabbage & Minced Chicken with Glass Noodle in Clear Soup 🐱 -Blanched Chinese Cabbage/Carrot -Steamed Rice -Apple	-Chicken Yakisoba 🐱 -Egg Tofu & Minced Pork with Chinese Cabbage in Clear Soup 🐱 -Blanched Bog Choy/Carrot -Steamed Rice -Apple	-BBQ Red Pork with Rice 🐱 -Seaweed & Minced Chicken with Glass Noodle in Clear Soup 🐱 -Boiled Egg -Fresh Cucumber / Tomato Slides -Guava	-Grilled Chicken with Teriyaki Sauce 🐱 -Minced Pork with Potato, Tomato & Onion in Clear Soup 🐱 -Blanched Broccoli & Carrot -Steamed Rice -Banana	-Fettuccine Alfredo Ham 🐱 -Fish Finger 🐱 -Egg Clear Soup -Steamed Rice -Grape
	Break (Afternoon)	Papaya	Cantaloupe	Watermelon	Chinese Pear	Dragon Fruit

