

เมนูอาหารเที่ยง สำหรับเด็กนักเรียน Early Years, Little Ducks, KS1 (2019/2020) update

Menu 1					
วัน	International menu	Thai menu	Rice menu	Pasta	vegetable
Mon	Margherita Pizza	Braised Chicken with Quail Eggs	steamed rice	Pasta with Tomato Sauce	Stir-fried glass noodles
Tue	Tomato sauce	fried middle wings	Fried rice with egg	Pasta	Mixed vegetable stir fry
Wed	Braised Chicken with BBQ Sauce	omelet	steamed rice	Pasta	Vegetable spring rolls
Thu	Fish and Chips	Minced pork and tofu clear soup with egg tofu	steamed rice	Pasta with Tomato Sauce	Stir-fried bean sprouts
Fri	Eastern style grilled chicken	Tofu Egg Miso Soup	Riceberry	Jade noodles	Hash brown squares
Menu 2					
Mon	Chicken, Potato and Carrot Stew	Chicken nuggets	steamed rice	Pasta	Spinach and Cheese Bake
Tue	Beef Bolognese Sauce	Stir-fried chicken with soy sauce	steamed rice	Pasta	Mashed potatoes
Wed	Chicken Ham and Cheese Sandwich	Shrimp Tofu Clear Soup	steamed rice	Pasta with Tomato Sauce	Stir-fried cabbage with eggs
Thu	Tomato sauce	Fried Chicken Wings	sticky rice	Pasta	Stir-fried morning glory
Fri	Beef Stew	Sweet Pork	Fried rice with egg	Pasta	Stir-fried young corn shoots
Menu 3					
วัน	International menu	Thai menu	Rice menu	Pasta	vegetable
Mon	Minced Chicken with Tomato Sauce	Chicken Jor	steamed rice	Pasta	Hash brown squares
Tue	Mushroom ham cream sauce	Fish and Chips	Fried rice with egg	Pasta	Tri-color vegetables stir-fried with butter
Wed	Margherita Pizza	Minced Chicken and Tofu Seaweed Soup	steamed rice	Pasta with Tomato Sauce	Mixed vegetable stir fry
Thu	Fried Pork Tonkatsu	Braised Tofu with Fish Eggs	steamed rice	Pasta	Tomato Soup
Fri	Braised Chicken Wings with BBQ Sauce	omelet	steamed rice	Pasta	Stir-fried glass noodles with eggs
Menu 4					
Mon	Beef Bolognese Sauce	Shrimp Bomb	Fried rice with egg	Pasta	Stir-fried cabbage with eggs
Tue	Chicken Ham and Cheese Sandwich	Sweet Pork	Riceberry	Pasta with Tomato Sauce	Tri-color vegetables stir-fried with butter
Wed	Chicken, Potato and Carrot Stew	deep fried middle wings	sticky rice	Pasta	Stir-fried morning glory
Thu	Tomato sauce	Breaded Chicken Breast	steamed rice	Pasta	Stir-fried young corn shoots
Fri	Northeastern style grilled chicken thighs	Clear soup with vegetables, tofu, eggs and fish balls	steamed rice	Jade noodles	Hash brown squares

เมนูอาหารอาจมีการเปลี่ยนแปลงได้ตามความเหมาะสม และหรือขึ้นอยู่กับวัตถุดิบที่มีอยู่ในท้องตลาด