

# WEEK 1

<b>11:05</b>	<b>12:15</b> Green Corner	<b>12:15</b> Meat or fish	<b>12:15</b> Veggie	<b>12:15</b> Spicy	<b>13:50</b>
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Freshly sliced fruit	Cucumber Tomato Carrot	Broccoli Lettuce Boiled egg	Fish & chips	Tofu & chips	Som tum (papaya salad)	Sorbet
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MONDAY

Freshly sliced fruit	Cucumber Tomato Carrot	Corn Lettuce Boiled egg	Homemade pizza	Homemade pizza	Dom Yum chicken	Biscuit
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TUESDAY

Freshly sliced fruit	Cucumber Tomato Carrot	Bell peppers Lettuce Boiled egg	Chicken wiener schnitzel with veggies	Vegetarian schnitzel with veggies	Yellow curry	Sorbe
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WEDNESDAY

Freshly sliced fruit	Cucumber Tomato Carrot	Corn Lettuce Boiled egg	Potato croquette roll with salad, egg salad	Potato croquette roll with salad, egg salad	Khao soi chicken	Biscuit
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THURSDAY

Freshly sliced fruit	Cucumber Tomato Carrot	Peas Lettuce Boiled egg	Teriyaki chicken & veggie skillet served with rice	Teriyaki tofu & veggie skillet served with rice	Red curry	Popcorn
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FRIDAY

# WEEK 2

**11:05**      **12:15** Green Corner      **12:15** Meat or fish      **12:15** Veggie      **12:15** Spicy      **13:50**

## MONDAY

Freshly sliced fruit      Cucumber Broccoli  
Tomato Lettuce  
Carrot Boiled egg      Padthai chicken      Padthai tofu      Stir fried crispy pork with red curry paste      Sorbet

## TUESDAY

Freshly sliced fruit      Cucumber Corn  
Tomato Lettuce  
Carrot Boiled egg      Fried rice chicken with fried egg      Fried rice vegetable with fried egg      Fried fish with chili sauce      Biscuit

## WEDNESDAY

Freshly sliced fruit      Cucumber Bell peppers  
Tomato Lettuce  
Carrot Boiled egg      Khao Man Kai with a clear chicken broth      Khao Man Jay with a clear vegetable broth      Rice noodles with pork gravy (rad nah moo)      Sorbe

## THURSDAY

Freshly sliced fruit      Cucumber Corn  
Tomato Lettuce  
Carrot Boiled egg      Chicken wiener schnitzel with veggies      Vegetarian schnitzel with veggies      Choo Chee fish      Biscuit

## FRIDAY

Freshly sliced fruit      Cucumber Peas  
Tomato Lettuce  
Carrot Boiled egg      Spaghetti bolognese chicken      Spaghetti marinara      Isaan pork salad (laab)      Popcorn

# WEEK 3

**11:05**      **12:15** Green Corner      **12:15** Meat or fish      **12:15** Veggie      **12:15** Spicy      **13:50**

## MONDAY

Freshly sliced fruit      Cucumber Broccoli  
Tomato Lettuce  
Carrot Boiled egg      Pasta pesto served with garlic bread  
\*includes nuts      Pasta pesto served with garlic bread  
\*includes nuts      Fried basil with minced pork      Sorbet

## TUESDAY

Freshly sliced fruit      Cucumber Corn  
Tomato Lettuce  
Carrot Boiled egg      Chicken steak with veggies      Tofu steak with veggies      Green curry      Biscuit

## WEDNESDAY

Freshly sliced fruit      Cucumber Bell peppers  
Tomato Lettuce  
Carrot Boiled egg      Chicken taco salad      Vegetarian taco salad      Som tum (papaya salad)      Sorbe

## THURSDAY

Freshly sliced fruit      Cucumber Corn  
Tomato Lettuce  
Carrot Boiled egg      Mac & cheese      Mac & cheese      Crispy pork & Chinese cabbage      Biscuit

## FRIDAY

Freshly sliced fruit      Cucumber Peas  
Tomato Lettuce  
Carrot Boiled egg      Tom Kha Gai (chicken in coconut soup)      Tom Kha Ja (vegetables in coconut soup)      Dom yum chicken      Popcorn