

Week 1						
Mon	Deep fried fish	Stewed chicken with eggs	Steamed rice	French bread	Pasta with tomato sauce	Baked Spinach with Cheese
Tue	Tomato Sauce	Fried Chicken Wing	Egg fried rice	Whole wheat slice	Pastas	Corn with butter
Wed	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Shimeji mushrooms in butter
Thu	Ham Chicken Pizza	Teriyaki Chicken	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Three-colored vegetables with butter
Fri	Chicken Bolognese	Egg Miso Soup	Steamed rice	Soft roll	Pastas	Hash Brown Potatoes

Week 2						
Mon	Chicken stew	Chicken nuggets	Steamed rice	French bread	Pastas	Baked Beans
Tue	Beef Bolognese	Deep fried vegetable spring rolls	Steamed rice	Whole wheat slice	Pastas	Cauliflower with Parmesan Cheese
Wed	Chicken Ham Cheese Sandwich	Soup with tofu and minced shrimp	Steamed rice	Soft roll	Pasta with tomato sauce	Stir-fried morning glory
Thu	Tomato Sauce	Fried chicken wings	Sticky rice	Whole wheat slice	Pastas	Green Peas with Butter
Fri	Beef stew	Deep Fired Chicken Roll	Egg fried rice	Soft roll	Pastas	Mashed potatoes

Week 3						
Mon	Tomato Sauce	Stewed Chicken and Tofu with Fish	Steamed rice	French bread	Pastas	Corn with butter
Tue	Ham Mushroom Cream Sauce	Deep fried fish	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Shimeji mushrooms in butter
Wed	Ground chicken tomato sauce	Fried Chicken Sausage	Egg fried rice	Soft roll	Pastas	Stir-fried Broccoli
Thu	Hawaiian Pizza	Chicken Soup with Seaweed	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Three-colored vegetables with butter
Fri	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Butter-fried cherry tomatoes

Week 4						
<b>Mon</b>	<b>Beef Bolognese</b>	<b>Prawn Cake Bomb</b>	<b>Egg fried rice</b>	<b>French bread</b>	<b>Pastas</b>	<b>Butter Carrots</b>
<b>Tue</b>	<b>Isan Grilled Chicken</b>	<b>Soup with tofu, egg, fish balls</b>	<b>Steamed rice</b>	<b>Whole wheat slice</b>	<b>Jade Noodles</b>	<b>Baked Beans</b>
<b>Wed</b>	<b>Chicken stew</b>	<b>Breaded Fish Chips</b>	<b>Steamed rice</b>	<b>Soft roll</b>	<b>Pastas</b>	<b>Stir-fried Glass Noodles with Egg</b>
<b>Thu</b>	<b>Tomato Sauce</b>	<b>Fried chicken wings</b>	<b>Steamed rice</b>	<b>Sticky rice</b>	<b>Pastas</b>	<b>Green Peas with Butter</b>
<b>Fri</b>	<b>Chicken Ham Cheese Sandwich</b>	<b>Sweet chicken</b>	<b>Steamed rice</b>	<b>Soft roll</b>	<b>Pasta with tomato sauce</b>	<b>Cauliflower with Parmesan Cheese</b>