Lunch Menu Week 3 (Date 18- 24 February 2024)

| | 18-อาทิตย์ | 19-จันทร์ | 20 -อังคาร | | 21-พุธ | 22-พฤหัสบดี | 23-ศุกร์ | 24-เสาร์ |
|--------------|--|-------------------------------|----------------------------------|----|-------------------------------------|-------------------------------------|---|--------------------------------------|
| Special food | Mexican Spring Rolls with Chicken Ham | Osaka fried rice | Udon noodles | | Breaded Chicken Burger | Khao Soi with Chicken and Sides | Grilled with teriyaki sauce/garlic fried rice/with side dishes | Duck soup with rice |
| Asian GF | Mixed vegetable stire-fried | Stir Fried Cucumber with Egg | Fried morning glory | | Stir-fried mixed vegetables | Chinese cabbage stir-fried with egg | Papaya stir-fried with eggs | Stir-fried Kale |
| Food | Tom Yum Sea Bass Deep Fried Pork with | Chicken Hang Lay Curry | Mixed vegetable and shrimp curry | Ch | hinese medicine stewed pork bones | Fish Chu Chee | Chicken stir-fried with garlic and pepper | Stir-fried pork with chilli |
| Asian | Deep Fried Pork with Garlic&Pepper | Seaweed soup with minced pork | Roasted Pork with Salt | | Chicken Panang | sweet pork | Spicy pork bone soup | Chicken fried cho |
| Western GF | Grilled fish with tomato salsa | Beef stewed | Grilled Fish with BBQ Sauce | | Grilled Pork with Teriyaki Sauce | Grilled Chicken with Gravy Sauce | Beef stewed | Beef pie |
| Pasta | Fettucine | Gnoccghi | Spaghetti | | Gnoccghi | Linguine | Linguine | Linguine |
| e | Chicken bolognese | Cabonara | Beef bolognese | | Pasto Sauce | Tomato Sauce | Chicken Alfredo | Pasto Sauce |
| Ā | Wedged potato | Sauteed potato with Rosemary | Honey potato | Sa | auteed potato with Rosemary | Honey potato | Honey potato | Sauteed potato with Herbs |
| Vegan/HOT | ผักตัม/Boiled vegetables | Boiled vegetables | Baked Beans in Tomato Sauce | | Boiled vegetables | Boiled vegetables | Zucchini with Tomato Sauce | Boiled vegetables |
| Vegan/THAI | ผักตัม/Boiled vegetables Tofu Fruit Curry | Indian vegetable curry | Fried Eggplant Panang | Cł | hickpea Masala Curry | Vegetarian Tofu and Potato Curry | Stir-fried vegetarian basil with tofu and baby corn with winter beans | Green curry with vegetables and tofu |
| Rice | Steamed rice | Steamed rice | Steamed rice | S | Steamed rice | Steamed rice | Steamed rice | Steamed rice |
| Rice | Riceberry | Riceberry | Riceberry | R | Riceberry | Riceberry | Riceberry | Riceberry |

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|--|--|--|---|---|---|--------------------------------------|
| Fried Pork with Rice/Soup | Show omelet/minced pork/chicken/shrimp | Spicy Wing Chicken | Fried rice with basil show | Pasta show/2 sauce/tomato/Cream sauce/Hot | Thai Papaya Salad / Grilled Chicken Wings / Sticky Rice | Pork Chop Steak |
| Sauteed Bell Peppers | Stir Fried Morning Glory with Soybean Paste | Stir-fried Chinese cabbage | Stir-fried Asparagus | Stir-fried mushrooms | Stir-fried corn shoots with carrots | Stir-fried Broccoli |
| Stir Fried pork with Pepper | Stir-fried seafood with chilli paste | Stir-fried sausage with red sauce | Fried fish with tamarind sauce | Chicken with three flavors | Mama Crab Stick and Chicken Minced Salad | Stir-fried beef with chili paste |
| Squid Panaeng | Stir-fried Pork Sapam Noodles | Minced pork and tofu soup | Sun-dried fried pork | Deep fried fish balls | Bacon Wrapped Sausage | Stir fried prawn with tamarin sauce |
| Grilled Zucchini | Fried onion | White beans in tomato sauce baked with cheese | Wakame seaweed soup | Boiled corn with butter milk | Roasted Pumpkin with Tomato Sauce | Grilled cauliflower Parmigiana |
| Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast |
| Pasta Tomato Sauce | Pasta stir-fried with chili and garlic and bacon | Pasta Tomato Sauce | Tuna pasta with garlic and pepper | Pasta Tomato Sauce | Pasta stir-fried with chili and garlic and chicken sausage | Pasta Tomato Sauce |
| Sauteed potato with Rosemary | Wedged Potatoes | French Fried | Fried Sweed potato | Mashed potato | Sauteed potato with garlic | Sweet Pototoes |
| Stir fried tofu with pepper & bell pepper | Indian curry with white tofu | Coconut milk curry mixed with vegetables and tofu | Stir-fried eggplant with basil and tofu | Stir-fried tofu with chilli | Vegetarian tofu and fruit curry | Vegetarian tofu and mushroom tom yum |
| Steamed | Steamed | Steamed | Steamed | Steamed | Steamed | Steamed |
| Riceberry | Riceberry | Riceberry | Riceberry | Riceberry | Riceberry | Riceberry |
| | | Salad Ba | nr with Dressing /Fresh Fruits in S มาะสม/Menu changes may be approp | eason | | · |
| Chicken - Red | Beef, Lamb - Brown | Duck - Orange | ามาะสม/menu cnanges may be approp Pork - Pink | Seafood - Blue | Vegetable- Green | GF = Gluten Free meal |
| | • | *** Calories (Kcal) | /1 serving size ค่าพลังงาน (Kcal) ต่อ | 1 หน่วยบริโภค*** | | • |