

# Menu for May



Salad bar is available every Wednesday.

Tue. 1 <sup>st</sup> May 2012	Wed. 2 <sup>nd</sup> May 2012	Thu. 3 <sup>rd</sup> May 2012	Fri. 4 <sup>th</sup> May 2012	Mon. 7 <sup>th</sup> May 2012
<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>
<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Spinach Cream Soup (100 cal)</li> <li>Mixed Greens Salad (100 cal)</li> <li>Grilled Pork Steak in Gravy Sauce( 300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Vegetable Soup (100 cal)</li> <li>Tuna Salad (120 cal)</li> <li>Ham &amp; Mushroom Spinach Macaroni Baked (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Tomato Cream Soup (100 cal)</li> <li>Chicken Salad (120 cal)</li> <li>Pork Steak in Apple Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Carrot Cream Soup (100 cal)</li> <li>Fruit Salad (120 cal)</li> <li>Grilled Beef Steak with Brown Sauce (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Chicken Consommé Soup (100 cal)</li> <li>Mixed Salad (100 cal)</li> <li>Roast Chicken with White Cream Sauce(250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>
<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Fried Fish with Chili Sauce</li> <li>Stir Fried Carrot &amp; Mushroom in Oyster Sauce</li> </ul> <p>ปลาสามรส + ผักน้ำมันหอยแครอท กับ เห็ดฟาง เสริฟพร้อมข้าวสวย (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Pork with Ginger</li> <li>Stir Fried Vermicelli with Vegetable &amp; Eggs</li> </ul> <p>หมูผัดขิง + ผักวุ้นเส้นกับไข่และผัก เสริฟพร้อมข้าวสวย (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Chicken with Cashew nuts</li> <li>Stir Fried Cabbage &amp; Mushroom in Oyster Sauce</li> </ul> <p>ไก่ผัดเม็ดมะม่วง + ผักน้ำมันหอยทะเล่าปลีกับเห็ดฟาง เสริฟพร้อมข้าวสวย (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Chicken with Basil</li> <li>Thai Omelet</li> </ul> <p>ผัดกระเพราไก่ + ไข่เจียว เสริฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Steamed Fish with Curry Sauce</li> <li>Stir Fried Cabbage &amp; Carrot in Oyster Sauce</li> </ul> <p>ปลาราดพริก + ผักน้ำมันหอยทะเล่าปลีกับแครอท เสริฟพร้อมข้าวสวย (370 cal)</p>
<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stewed Chicken Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวฮ่องไก่ตุ๋น</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Yen Ta Foo Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวเย็นตาโฟ</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Egg Noodle Soup with Pork (275 cal)</li> </ul> <p>บะหมี่น้ำหมูสับ</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Pork &amp; Chinese Kale (275 cal)</li> </ul> <p>เส้นหมี่ผัดซีอิ้วหมู</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Egg Noodle with Pork Wonton (275 cal)</li> </ul> <p>บะหมี่กึ่งหอยแครง</p>
<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Black Jelly (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Pomegranate with Coconut Syrup (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Banana in Coconut Milk (120 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (60 cal)</li> </ul>
<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Vegetable Red Curry (250)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Spinach &amp; Mushroom Macaroni Baked (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Cashew nuts (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Basil (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Vegetarian Fried Rice (250 cal)</li> </ul>
<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Breakfast Cereal (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Cream Bun(120 cal)</li> <li>Orange Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Sliced Mixed Fruit (60 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Spinach Puff (160 cal)</li> <li>Apple Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Banana (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Custard Bun(120 cal)</li> <li>Guava Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Boiled Rice with Pork (60 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Mushroom Pie (120 cal)</li> <li>Apple Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Cookies (60 cal)</li> <li>Yoghurt (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Sliced Apple (120 cal)</li> <li>Carrot Juice (80 cal)</li> </ul>

# Menu for May



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Tue. 8 <sup>th</sup> May 2012	Wed. 9 <sup>th</sup> May 2012	Thu. 10 <sup>th</sup> May 2012	Fri. 11 <sup>th</sup> May 2012	Mon. 14 <sup>th</sup> May 2012
<b>VEGETABLES</b> Your Choice of Vegetables	<b>VEGETABLES</b> Your Choice of Vegetables	<b>VEGETABLES</b> Your Choice of Vegetables	<b>VEGETABLES</b> Your Choice of Vegetables	<b>VEGETABLES</b> Your Choice of Vegetables
<b>INTERNATIONAL</b> <ul style="list-style-type: none"> <li>Macaroni Soup (100 cal)</li> <li>Corn &amp; Cherry Tomato Salad (100 cal)</li> <li>Pork Steak in Mushroom Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<b>INTERNATIONAL</b> <ul style="list-style-type: none"> <li>Spinach Cream Soup (100 cal)</li> <li>Pasta Salad (120 cal)</li> <li>Grilled Chicken with Lemon Cream Sauce and Garden Vegetables (270 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<b>INTERNATIONAL</b> <ul style="list-style-type: none"> <li>Corn Cream Soup (100 cal)</li> <li>Tomato &amp; Cucumber Salad (120 cal)</li> <li>Pork &amp; Vegetable Lasagna (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<b>INTERNATIONAL</b> <ul style="list-style-type: none"> <li>French Onion Soup (100 cal)</li> <li>Eggs Salad (120 cal)</li> <li>Spaghetti with Pork Sauce (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<b>INTERNATIONAL</b> <ul style="list-style-type: none"> <li>Chicken Consommé Soup (100 cal)</li> <li>Tuna Salad (120 cal)</li> <li>Grilled Chicken with Pepper Sauce (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>
<b>ORIENTAL</b> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Green Chicken Curry</li> <li>Stir Fried Broccoli &amp; Mushroom in Oyster Sauce</li> </ul> <p>แกงเขียวหวานไก่ + ผักลวกโรตีสีกับเห็ดฟางน้ำมันหอยเสิร์ฟพร้อมข้าว (450 cal)</p>	<b>ORIENTAL</b> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Grilled Pork with Rice</li> <li>Stir Fried Cabbage &amp; Carrot in Oyster Sauce</li> </ul> <p>หมูผัดกระเทียมพริกไทย + ผักลวกเสิร์ฟพร้อมข้าว (450 cal)</p>	<b>ORIENTAL</b> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stewed Pork with Eggs</li> <li>Stir Fried Vegetable with Minced Pork</li> </ul> <p>ไข่พะโล้ + ผักผัดรวมมิตรกับหมูสับ เสิร์ฟพร้อมข้าว (450 cal)</p>	<b>ORIENTAL</b> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Chicken in Coconut Soup</li> <li>Eggs Salad Thai Style</li> </ul> <p>ต้มขาไก่ + ไข่ไข่เจียว เสิร์ฟพร้อมข้าวสวย (450 cal)</p>	<b>ORIENTAL</b> <ul style="list-style-type: none"> <li>Pork Salad Thai Style</li> <li>Sticky Rice</li> </ul> <p>ลาบหมู + ข้าวเหนียว (370 cal)</p>
<b>NOODLES</b> <ul style="list-style-type: none"> <li>Stewed Pork Spare ribs Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวซี่โครงหมูตุ๋น</p>	<b>NOODLES</b> <ul style="list-style-type: none"> <li>Stir Fried Spaghetti with Chicken &amp; Basil (250 cal)</li> </ul> <p>ผัดสปาเก็ตตี้ชีสเน้าไก่สับ</p>	<b>NOODLES</b> <ul style="list-style-type: none"> <li>Yen Ta Fo Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวเย็นตาโฟ</p>	<b>NOODLES</b> <ul style="list-style-type: none"> <li>Rice Roll Noodle Soup (275 cal)</li> </ul> <p>ก๋วยจั๊บน้ำใส</p>	<b>NOODLES</b> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Seafood in Brown Soup (275 cal)</li> </ul> <p>ราดหน้าทะเล</p>
<b>DESSERT</b> <ul style="list-style-type: none"> <li>Pumpkin in Coconut Milk (150 cal)</li> </ul>	<b>DESSERT</b> <ul style="list-style-type: none"> <li>Jelly Fruit Salad (150 cal)</li> </ul>	<b>DESSERT</b> <ul style="list-style-type: none"> <li>Bua Loy Thai Dessert (150 cal)</li> </ul>	<b>DESSERT</b> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (60 cal)</li> </ul>	<b>DESSERT</b> <ul style="list-style-type: none"> <li>Black Jelly in Syrup (150 cal)</li> </ul>
<b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>Vegetarian Green Curry (250)</li> </ul>	<b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>Vegetable in Coconut Soup (250 cal)</li> </ul>	<b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>Vegetable Lasagna (250 cal)</li> </ul>	<b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>Spaghetti with Tomato Sauce (250 cal)</li> </ul>	<b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>Stir Fried Macaroni with Vegetable (250 cal)</li> </ul>
<b>SNACK</b> <b>MORNING</b> <ul style="list-style-type: none"> <li>Breakfast Cereal (80 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <b>AFTERNOON</b> <ul style="list-style-type: none"> <li>Crab Bread (120 cal)</li> <li>Guava Juice (80 cal)</li> </ul>	<b>SNACK</b> <b>MORNING</b> <ul style="list-style-type: none"> <li>Ham Sandwich on Brown Bread (80 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <b>AFTERNOON</b> <ul style="list-style-type: none"> <li>Sliced Mango (120 cal)</li> <li>Carrot Juice (80 cal)</li> </ul>	<b>SNACK</b> <b>MORNING</b> <ul style="list-style-type: none"> <li>Banana (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <b>AFTERNOON</b> <ul style="list-style-type: none"> <li>Dim Sum (120 cal)</li> <li>Guava Juice (80 cal)</li> </ul>	<b>SNACK</b> <b>MORNING</b> <ul style="list-style-type: none"> <li>Omelet (60 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <b>AFTERNOON</b> <ul style="list-style-type: none"> <li>Apple Puff (120 cal)</li> <li>Orange Juice (80 cal)</li> </ul>	<b>SNACK</b> <b>MORNING</b> <ul style="list-style-type: none"> <li>Chinese Steamed Bun (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <b>AFTERNOON</b> <ul style="list-style-type: none"> <li>Sliced Fresh Fruit (60 cal)</li> <li>Carrot Juice (80 cal)</li> </ul>

# Menu for May



Salad bar is available every Wednesday.

Tue. 15 <sup>th</sup> May 2012	Wed. 16 <sup>th</sup> May 2012	Thu. 17 <sup>th</sup> May 2012	Fri. 18 <sup>th</sup> March 2012	Mon. 21 <sup>st</sup> May 2012
<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>
<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Corn Cream Soup (100 cal)</li> <li>Corn &amp; Potato Salad (100 cal)</li> <li>Pork Steak with Gravy Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Potato Cream Soup (100 cal)</li> <li>Pasta Salad (100 cal)</li> <li>Chicken Stewed with Carrot &amp; Peas (300 cal)</li> <li>Mashed Potato (100 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Broccoli Cream Soup (100 cal)</li> <li>Chicken Salad (120 cal)</li> <li>(300 cal)</li> <li>Grilled Fish with Butter Sauce</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Carrot Cream Soup (100 cal)</li> <li>Mixed Seasonal Greens Salad (100 cal)</li> <li>Grilled Beef Steak with Pepper Sauce (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>French Onion Soup (100 cal)</li> <li>Fruit Salad (100 Cal)</li> <li>Roast Chicken with White Cream Sauce (250 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>
<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Thai Fried Rice with Shrimp</li> <li>Vegetable Soup with Minced Pork</li> </ul> <p>ข้าวผัดกุ้ง + ต้มจืดเต้าหู้หมูสับ เสิร์ฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Sweet &amp; Sour Pork</li> <li>Thai Omelet</li> </ul> <p>ผัดเบรี่ยหวานหมู + ไข่เจียว เสิร์ฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Chicken with Basil</li> <li>Melon Soup with Minced Pork</li> </ul> <p>ผัดกระเพราไก่สับ + แองฉืดปีกกัหมูสับ เสิร์ฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Chicken with Garlic &amp; Pepper</li> <li>Vegetable Soup</li> </ul> <p>ไก่ผัดกระเทียมพริกไทย + ซุปผัก เสิร์ฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Pork Salad Thai Style</li> <li>Steamed Rice</li> </ul> <p>น้ำตกหมู + ข้าวเหนียว (370 cal)</p>
<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Noodle Soup with Chicken (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวต้มยำไก่สับ</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Shrimp Thai Style (250 cal)</li> </ul> <p>ผัดไทยกุ้งสด</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Noodle Soup with Pork (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวน้ำต้มยำหมูสับ</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Egg Noodle Soup with Pork Wonton</li> </ul> <p>บะหมี่เกี๊ยวหมูแดง (250 cal)</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Noodle Soup with Fish Ball (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวลูกชิ้นปลา</p>
<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Jam Roll (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Sliced Fresh Fruit (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Tapioca Ball with Corn (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Lod Chong Thai Deesert (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (60 cal)</li> </ul>
<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Vegetarian Fried Rice (250)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Sweet &amp; Sour Sauce (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Basil (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Chili Paste (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Chinese Kale (250 cal)</li> </ul>
<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Sliced Mixed Fruit (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Ham Salad Bun (120 cal)</li> <li>Fresh milk (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Breakfast Cereal (80 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Pineapple Pie (120 cal)</li> <li>Apple Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Banana Muffin (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Sliced Cantaloupe (60 cal)</li> <li>Orange Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Boiled Rice with Pork (60 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Orange (120 cal)</li> <li>Guava Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Chicken Pie (120 cal)</li> <li>Yoghurt (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Sliced Papaya (60 cal)</li> <li>Carrot Juice (80 cal)</li> </ul>

# Menu for May



Salad bar is available every Wednesday.

Tue. 22 <sup>nd</sup> May 2012	Wed. 23 <sup>rd</sup> May 2012	Thu. 24 <sup>th</sup> May 2012	Fri. 25 <sup>th</sup> May 2012	Mon. 28 <sup>th</sup> May 2012
<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>	<p><b>VEGETABLES</b> Your Choice of Vegetables</p>
<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Mushroom Cream Soup (100 cal)</li> <li>Corn &amp; Potato Salad (100 cal)</li> <li>Spaghetti Ham &amp; Mushroom Carbonara (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Potato Cream Soup (100 cal)</li> <li>Pasta Salad (100 cal)</li> <li>Grilled Chicken with Pepper Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Broccoli Cream Soup (100 cal)</li> <li>Chicken Salad (120 cal)</li> <li>Roast Pork Loin with Brown Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Potato Cream Soup (100 cal)</li> <li>Pasta Salad (100 cal)</li> <li>Stewed Chicken with Carrot &amp; Bean</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Broccoli Cream Soup (100 cal)</li> <li>Chicken Salad (120 cal)</li> <li>Grilled Beef Steak with Butter Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>
<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Chicken Soup with Lemon grass (Tom Yam)</li> <li>Stir Fried Broccoli &amp; Mushroom in Oyster Sauce</li> </ul> <p>ต้มยำไก่ + ผัดลืออกโกลีกับเห็ดฟาง น้ำมันหอย เสริฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Steamed Fish with Ginger Sauce</li> <li>Stir Fried Vermicelli with Vegetables</li> </ul> <p>ปลาราดซอสขิง + ผัดวุ้นเส้นผัดรวม เสริฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Chicken Rice</li> <li>Vegetable Soup</li> </ul> <p>ข้าวมันไก่ + ซุปใส (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Pork with Garlic &amp; Pepper</li> <li>Stir Fried Asparagus &amp; Mushroom in Oyster Sauce</li> </ul> <p>หมูผัดกระเทียมพริกไทย + ผัดหน่อไม้ฝรั่งกับเห็ดฟาง เสริฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Grilled Pork Served with Rice</li> <li>Vegetable Soup</li> </ul> <p>ข้าวหมูย่าง + ซุปผัก เสริฟพร้อมข้าว (450 cal)</p>
<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Pork Sukiyaki (275 cal)</li> </ul> <p>สุกีน้าหมู</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stewed Chicken Noodle Soup (250 cal)</li> </ul> <p>ก๋วยเตี๋ยวน้ำนองไก่ตุ๋น</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stewed Beef Noodle Soup (250 cal)</li> </ul> <p>ก๋วยเตี๋ยวเนื้อตุ๋น</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Pork &amp; Chinese Kale (250 cal)</li> </ul> <p>เส้นหมี่ผัดซีอิ้วหมู</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Yen Ta Fo Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวเย็นตาโฟ</p>
<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Banana in Coconut Milk (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Pomegranate with Coconut Syrup (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Pumpkin in Coconut Milk (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Sliced Fresh Fruit (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Strawberry Cake (150 cal)</li> </ul>
<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Spaghetti with White Cream Sauce (250)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Vegetable in Coconut Soup (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Macaroni with Tomato Sauce (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Chinese Kale (250 cal)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Vegetable (250 cal)</li> </ul>
<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Sliced Mixed Fruit (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Mushroom Salad Bun (120 cal)</li> <li>Fresh milk (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Banana (80 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Chicken Sausage Roll (120 cal)</li> <li>Apple Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Taro Bun (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Sliced Mixed Fruit (80 cal)</li> <li>Guava Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Boiled Rice with Chicken (80 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Butter Bread (160 cal)</li> <li>Apple Juice (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Sliced Mixed Fruit (120 cal)</li> <li>Fresh Milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Cookies (150 cal)</li> <li>Guava Juice (80 cal)</li> </ul>

# Menu for May



Salad bar is available every Wednesday.

Tue. 29 <sup>th</sup> May 2012	Wed. 30 <sup>th</sup> May 2012	Thu. 31 <sup>st</sup> May 2012 (Fun Day)		
<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>	<p><b>VEGETABLES</b></p> <p>Your Choice of Vegetables</p>		
<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Mushroom Cream Soup (100 cal)</li> <li>Corn &amp; Potato Salad (100 cal)</li> <li>Penne with Chicken Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Mushroom Cream Soup (100 cal)</li> <li>Corn &amp; Potato Salad (100 cal)</li> <li>Roast Pork Loin with Brown Sauce (300 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>	<p><b>INTERNATIONAL</b></p> <ul style="list-style-type: none"> <li>Mushroom Cream Soup (100 cal)</li> <li>Corn &amp; Potato Salad (100 cal)</li> <li>Fried Chicken with Tartar Sauce (300 cal)</li> <li>French fried (120 cal)</li> <li>Small Bread Roll with Butter (120 cal)</li> </ul>		
<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Stir Fried Pork with Black Pepper</li> <li>Vegetable Soup with Fish Ball</li> </ul> <p>หมูผัดพริกไทยดำ + แกลงจืดผัดรวมกับลูกชิ้นปลา เสิร์ฟพร้อมข้าว (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Stewed Pork served with Rice</li> <li>Vegetable Soup</li> </ul> <p>ข้าวขาหมู+ ซุปผัก (450 cal)</p>	<p><b>ORIENTAL</b></p> <ul style="list-style-type: none"> <li>Steamed Rice</li> <li>Thai Fried Rice with Pork</li> <li>Stir Fried Broccoli with Pork in Oyster Sauce</li> </ul> <p>ข้าวผัดหมู + ผัดบล็อกโคลี่หมูสับ เสิร์ฟพร้อมข้าว (450 cal)</p>		
<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Egg Noodle with Shrimp Wonton (275 cal)</li> </ul> <p>บะหมี่เกี๊ยวกุ้ง</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stewed Chicken Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวน้ำนองไก่ตุ๋น</p>	<p><b>NOODLES</b></p> <ul style="list-style-type: none"> <li>Stewed Duck Noodle Soup (275 cal)</li> </ul> <p>ก๋วยเตี๋ยวน้ำเป็ดตุ๋น</p>		
<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Banana in Coconut Milk (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (150 cal)</li> </ul>	<p><b>DESSERT</b></p> <ul style="list-style-type: none"> <li>Pumpkin in Coconut Milk (150 cal)</li> </ul>		
<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Vegetable with Cashew nuts (250)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Stir Fried Noodle with Chinese Kale (250)</li> </ul>	<p><b>VEGETARIAN</b></p> <ul style="list-style-type: none"> <li>Vegetarian Thai Fried Rice (250)</li> </ul>		
<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Ovantine Raisin Bun (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (120 cal)</li> <li>Fresh milk (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Sliced Apple (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Butter Bread (120 cal)</li> <li>Fresh milk (80 cal)</li> </ul>	<p><b>SNACK</b></p> <p><b>MORNING</b></p> <ul style="list-style-type: none"> <li>Boiled Rice with Chicken (60 cal)</li> <li>Fresh milk (80 cal)</li> </ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"> <li>Assorted Fresh Fruit (120 cal)</li> <li>Fresh milk (80 cal)</li> </ul>		