










Singapore International School of Bangkok

Food	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 	Bananas cake	Waffles	Hamburger	Conflakes/ Cocoa crunch	Buttered roll
Snack 	Cookies	Roast corn with butter	-	Tuna cracker	Buttered toast
Soup 	-	-	Cream of mushroom soup	-	-
Milk 	Hot cocoa/ fresh milk	Fresh milk	Hot cocoa/ Soy milk	Fresh milk	Hot cocoa/ Soy milk
Main  Western	-	Pork Cordon Bleu	-	American Fried Rice	Fish & Chip
Pasta  Potatoes	Fried spaghetti with shrimp	-	Fried macaroni with shrimp	-	-
Salad 	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Main  Asian	Rice with grilled pork	Chicken Green curry	Fried Fish	Fried chicken	Spicy pork salad
Main  Asian	Chicken in coconut milk	Fried pork with soy sauce	Fried pork in red curry paste	Fish Dampling	Stir-fried prawn with chili paste
Egg 	Omelette	Omelette	Omelette	Omelette	Omelette
Rice 	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Vegetables 	Stir-fried mixed vegetables	Stir-fried mixed vegetables	Stir-fried mixed vegetables	Som Tum	Stir-fried mixed vegetables
Noodles 	-	Stir-fried noodle with soy sauce	-	-	-
Soup 	Winter melon soup	Tofu soup	Clear soup	Cabbage soup	Tofu soup
Fruits 	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits