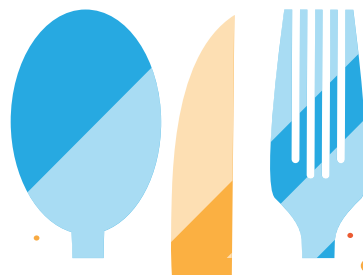




## SCHOOL SNACK AND LUNCH PROGRAM: MARCH 2022



# MENU



**AMBASSADOR  
BILINGUAL ACADEMY (ABA)**



This menu may change as appropriate  
เมนูนี้อาจเปลี่ยนแปลง ตามความเหมาะสม

# Ambassador Bilingual Academy (ABA)

## SCHOOL SNACK AND LUNCH PROGRAM: MARCH 2022

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

Morning Break : Mushroom Congee with chicken  
Lunch :

- Stir fried noodle with eggs
- Clear soup with tofu and minced pork
- Salad
- Seasonal Fruit

Afternoon snack : Chocolate Cookies

**2**

Morning Break : Waffle  
Lunch :

- Stir fried macaroni with minced chicken and egg
- Minced pork and carrot omelette
- Streamed rice
- Salad - Seasonal Fruit

Afternoon snack : Yogurt drink

**3**

Morning Break : Tuna sandwich  
Lunch :

- Stir Fried Cucumber with minced Pork and Egg
- Radish Soup with eggs and tomatoes
- Streamed rice
- Salad - Seasonal Fruit

Afternoon snack : Layer Cake

**4**

Morning Break : Porridge with chicken and carrot  
Lunch :

- Spaghetti carbonara
- Baguette and Whole Wheat Bread
- Salad
- Seasonal Fruit

Afternoon snack : Croissant

**7**

Morning Break : Cereal raisins and milk  
Lunch :

- Chicken stir-fried in Teriyaki Sauce
- Clear soup with tofu and minced pork
- Stream rice
- Salad - Seasonal Fruit

Afternoon snack : Yogurt and fruit

**8**

Morning Break : Waffle  
Lunch :

- Braised chicken noodles and bok choy
- Minced pork and carrot omelette
- Stream rice
- Salad - Seasonal Fruit

Afternoon snack : Steamed buns with cream

**9**

Morning Break : Mushroom Congee with pork  
Lunch :

- Barbecued red pork in sauce with rice
- Tomato Radish Soup with eggs
- Salad
- Seasonal Fruit

Afternoon snack : Yogurt drink

**10**

Morning Break : Tuna sandwich  
Lunch :

- Stir Fried Pumpkin with Minced Pork and Egg
- sausages
- Stream rice
- Salad - Seasonal Fruit

Afternoon snack : Red velvet cookies

**11**

Morning Break : Porridge with pork and carrot  
Lunch :

- Tonkatsu fried chicken
- French fries
- Salad
- Seasonal Fruit

Afternoon snack : Banana Cake

**14**

Morning Break : Mushroom Congee with pork  
Lunch :

- Noodles with chicken in gravy sauce
- Minced pork Omelet
- Salad
- Seasonal Fruit

Afternoon snack : Yogurt and fruit

**15**

Morning Break : Waffle  
Lunch :

- Barbecued red pork noodles and bok choy
- Minced pork and carrot omelette
- Salad
- Seasonal Fruit

Afternoon snack : Steamed buns with cream

**16**

Morning Break : Ham and Cheese Sandwich  
Lunch :

- Fish and Chips
- mashed potatoes
- Salad
- Seasonal Fruit

Afternoon snack : Yogurt drink

**17**

Morning Break : Porridge with chicken  
Lunch :

- Stir fried noodle with chicken
- Clear soup with tofu and minced pork
- Streamed rice
- Salad - Seasonal Fruit

Afternoon snack : Chocolate Cookies

**18**

Morning Break : Cereal raisins and milk  
Lunch :

- Chicken Cheeseburger
- French fries
- Salad
- Seasonal Fruit

Afternoon snack : Croissant

**21**

Morning Break : Cereal raisins and milk  
Lunch :

- Chicken stir-fried in Teriyaki Sauce
- Clear soup with tofu, glass noodles, and minced pork
- Stream rice - Salad - Seasonal Fruit

Afternoon snack : Yogurt and fruit

**22**

Morning Break : Mushroom Congee with chicken  
Lunch :

- Broiled chicken and rice
- Clear soup with tofu, glass noodles, and minced chicken
- Stream rice - Salad - Seasonal Fruit

Afternoon snack : Red velvet cookies

**23**

Morning Break : Tuna mayonnaise sandwich  
Lunch :

- Tonkatsu fried chicken
- Stir Fried Cucumber with minced Pork and Egg
- Stream rice
- Salad - Seasonal Fruit

Afternoon snack : Yogurt drink

**24**

Morning Break : Waffle  
Lunch :

- Stewed eggs and chicken wings
- Stir fried mixed vegetables
- Stream rice
- Salad - Seasonal Fruit

Afternoon snack : Pandan Layer Cake

**25**

Morning Break : Porridge with pork and tofu  
Lunch :

- Spaghetti with chicken
- Baguette and Whole Wheat Bread
- Salad
- Seasonal Fruit

Afternoon snack : Banana cake

**28**

Morning Break : Cereal raisins and milk  
Lunch :

- Chicken fried rice with tri-color vegetables
- Clear soup with Chinese cabbage and minced chicken
- Sausages - Salad - Seasonal Fruit

Afternoon snack : Yogurt and fruit

**29**

Morning Break : Waffle  
Lunch :

- Barbecued red pork noodles and bok choy
- Minced pork and carrot omelette
- Salad
- Seasonal Fruit

Afternoon snack : Steamed buns with cream

**30**

Morning Break : Mushroom Congee with Fish  
Lunch :

- Fish and Chips
- mashed potatoes
- Salad
- Seasonal Fruit

Afternoon snack : Yogurt drink

**31**

Morning Break : Tuna mayonnaise sandwich  
Lunch :

- Stir Fried Cucumber with minced Pork and Egg
- Potatoes Soup with chicken and tomatoes
- Streamed rice
- Salad - Seasonal Fruit

Afternoon snack : Butternut Raisin Choc Chips