



SCHOOL SNACK AND LUNCH PROGRAM MAY 2022



MENU

**AMBASSADOR
BILINGUAL ACADEMY (ABA)**

This menu may change as appropriate
เมนูนี้อาจเปลี่ยนแปลง ตามความเหมาะสม

Ambassador Bilingual Academy (ABA)

SCHOOL SNACK AND LUNCH PROGRAM: MAY 2022

MONDAY

2

Morning Break: Mushroom Congee with pork
Lunch:

- Noodles with chicken in gravy sauce
- Minced pork and carrot omelette
- Salad
- Seasonal Fruit

Afternoon snack: Yogurt and fruit

9

Morning Break: Cereal raisins and milk
Lunch:

- Fried rice with minced pork and eggs
- Clear soup with tofu, glass noodles, and minced pork
- Streamed rice - Salad - Seasonal Fruit

Afternoon snack: Yogurt and fruit

16

**School Closed
Visakha Bucha Day**

23

Morning Break: Mushroom Congee with chicken
Lunch:

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

Afternoon snack: Yogurt and fruit

30

Morning Break: Cereal raisins and milk
Lunch:

- Fish and chips
- Mashed potatoes
- Salad
- Seasonal Fruit

Afternoon snack: Yogurt and fruit

TUESDAY

3

Morning Break: Mini Donuts with Raisins
Lunch:

- Noodles with roasted pork
- Minced pork and carrot omelette
- Salad
- Seasonal Fruit

Afternoon snack: Steamed buns with cream

10

Morning Break: Banana Waffle
Lunch:

- Noodles with chicken and pork
- Minced pork and carrot omelette
- Streamed rice - Salad
- Seasonal Fruit

Afternoon snack: Steamed buns with cream

17

Morning Break: Mini Donuts with Raisins
Lunch:

- Noodles with roasted pork
- Minced pork and carrot omelette
- Salad
- Seasonal Fruit

Afternoon snack: Butternut Raisin Choc Chips

24

Morning Break: Mini Donuts with Raisins
Lunch:

- Noodles with roasted pork
- Minced pork and carrot omelette
- Streamed rice - Salad
- Seasonal Fruit

Afternoon snack: Steamed buns with cream

31

Morning Break: Mushroom Congee with chicken
Lunch:

- Yentafo
- Minced pork and carrot omelette
- Streamed rice - Salad
- Seasonal Fruit

Afternoon snack: Red velvet cookies

WEDNESDAY

4

Morning Break: Cereal raisins and milk
Lunch:

- Egg with Tamarind Sauce
- Clear soup with glass noodles, and minced pork
- Streamed rice - Salad - Seasonal Fruit

Afternoon snack: Yogurt drink

11

Morning Break: Porridge with pork
Lunch:

- Spaghetti with chicken
- Baguette
- Salad
- Seasonal Fruit

Afternoon snack: Yogurt drink

18

Morning Break: Tuna mayonnaise sandwich
Lunch:

- Tonkatsu fried chicken
- Clear soup with Chinese cabbage and minced chicken
- Streamed rice - Salad - Seasonal Fruit

Afternoon snack: Yogurt drink

25

Morning Break: Tuna mayonnaise sandwich
Lunch:

- Spaghetti carbonara
- Baguette
- Salad
- Seasonal Fruit

Afternoon snack: Yogurt drink

THURSDAY

5

Morning Break: Tuna sandwich
Lunch:

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

Afternoon snack: Belgian Chocolate Cookies

12

Morning Break: Ham and Cheese Sandwich
Lunch:

- Stewed eggs and chicken wings
- Stir fried mixed vegetables with mushroom
- Streamed rice
- Salad - Seasonal Fruit

Afternoon snack: Red velvet cookies

19

Morning Break: Cereal raisins and milk
Lunch:

- Stir Fried Cucumber with minced Pork and Egg
- Clear soup with tofu, glass noodles, and minced pork
- Streamed rice - Salad - Seasonal Fruit

Afternoon snack: Pandan Layer Cake

26

Morning Break: Porridge with pork
Lunch:

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

Afternoon snack: Belgian Chocolate Cookies

FRIDAY

6

Morning Break: Porridge with chicken and carrot
Lunch:

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

Afternoon snack: Pandan Layer Cake

13

Orientation

20

Morning Break: Mini Donuts with Raisins
Lunch:

- Stir-fried macaroni
- Fried Sausages
- Salad
- Seasonal Fruit

Afternoon snack: Croissant

27

Morning Break: Cereal raisins and milk
Lunch:

- Chicken Cheeseburger
- french fries
- Salad
- Seasonal Fruit

Afternoon snack: Banana cake