

Chalong International Kindergarten & School Menu

Our food is proudly served without any refined sugar or MSG



Week 1	
Monday	Morning: Cornflakes with milk or soy milk & fruit Lunch: Chicken goulash with pasta and veggies sticks Afternoon: Sweet boiled corn & seasonal fruit
Tuesday	Morning: Homemade meat &veggie patty Lunch: Spagetti bolognese and veggie sticks Afternoon: Sweet potato fries with cucumber and yogurt
Wednesday	Morning: Homemade oatmeal mini pancakes with banana Lunch: Chicken fried rice with soup and veggie sticks Afternoon: Homemade oatmeal cookies and seasonal fruit
Thursday	Morning: Yogurt with fresh seasonal fruit and granola Lunch: Chicken Snitzel with rice and soup Afternoon: Bread with homemade mulberry Jam and fruit
Friday	Morning: Spanish tortilla with fresh fruit Lunch: Chicken Massaman curry with rice and veggies Afternoon: Homemade granola and fresh seasonal fruit

Week 2	
Monday	Morning: Cornflakes with milk or soy milk and fruit Lunch: Chicken rice with soup and veggies Afternoon: Oatmeal cookies and seasonal fruit
Tuesday	Morning: Homemade meat &veggie patty Lunch: Clear soup with tofu minced pork & veggie sticks Afternoon: Cheese cubes with whole grain crackers, fruit
Wednesday	Morning: Homemade oatmeal mini pancakes with banana Lunch: Chicken vegetable pasta and veggie sticks Afternoon: Sweet boiled corn and seasonal fruit
Thursday	Morning: Healthy homemade waffles with Fruit Lunch: Butter chicken with rice and veggies Afternoon: Homemade banana bread and seasonal fruit
Friday	Morning: Yogurt with fresh seasonal fruit and granola Lunch: Pulled chicken bun and veggie sticks Afternoon: Banana smoothie with crackers

Week 3	
Monday	Morning: Oatmeal with milk or soy milk and fruit Lunch: Stir fried garlic chicken with soup and veggies Afternoon: Homemade oatmeal cookies and seasonal fruit
Tuesday	Morning: Homemade oatmeal pancake with banana Lunch: Chicken tandoori with rice,veggie sticks & soup Afternoon: Cheese cubes with whole grain crackers, fruit
Wednesday	Morning: Cornflakes with milk or soy milk and fruit Lunch: Meatballs with mashed potato and veggie sticks Afternoon: Homemade banana bread and fruit
Thursday	Morning: Mini pancakes with fresh seasonal fruit Lunch: Tom yum chicken with rice and veggie sticks Afternoon: Sweet potato fries with cucumber and yogurt
Friday	Morning: Healthy homemade waffles with Fruit Lunch: Chicken afritada with rice and veggie sticks Afternoon: Homemade granola and seasonal fruit