

Menu in June

June 1, 2010	June 2, 2010	June 3, 2010	June 4, 2010	June 7, 2010
<p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Broccoli Cream Soup (100 cal) • Poached Fish with Mushroom Sauce and Garden Vegetables (270 cal) • Yellow Rice (100 cal) • Small Bread Roll with Butter (120 cal) 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Mushroom Cream Soup (100 cal) • Corn & Tomato Salad (60 cal) • Fillet of Beef with Pepper Sauce (300 cal) • Potato Wedges (110 cal) • Small Bread Roll with Butter (120 cal) 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Broccoli Cream Soup (100 cal) • Pork Steak with Mushroom Sauce (300 cal) • Pumpkin & Carrot (30 cal) • Small Bread Roll with Butter (120 cal) 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Carrot Cream Soup (100 cal) • Spaghetti Ham & Mushroom Carbonara (250 cal) • Carrot & Cucumber Stick (30 cal) • Small Bread Roll with Butter (120 cal) 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Corn Cream Soup (100 cal) • Assorted Pasta Salad (60 cal) • Roast Chicken with BBQ Sauce (250 cal) • Roast Pumpkin (110 cal) • Small Bread Roll with Butter (120 cal)
<p>ORIENTAL</p> <ul style="list-style-type: none"> • Grilled Pork with Rice • Fried Mixed Vegetable <p>ข้าวหน้าหมูย่าง + ผัดผักรวมมิตร เสิร์ฟพร้อมข้าว (470 cal)</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> • Spicy Minced Pork Salad • Sticky Rice <p>ลาบไก่ + ข้าวเหนียว (420 cal)</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> • Fried Pork with Garlic & Pepper • Fried Vegetable in Oyster Sauce <p>หมูผัดกระเทียมพริกไทย + ผัด ผักรวมมิตร (420 cal)</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> • Spicy Fried Fish with Sweet & Sour Sauce • Vegetable Soup with Pork Spare ribs <p>ปลาสามรส + ต้มจับจ่ายซีโครง หมูอ่อน (340 cal)</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> • Steamed Chicken Rice • Vegetable Soup <p>ข้าวมันไก่เสิร์ฟกับซุปลี (410 cal)</p>
<p>NOODLES</p> <ul style="list-style-type: none"> • Stewed Duck Noodle Soup (275 cal) <p>ก๋วยเตี๋ยวเป็ดตุ๋น</p>	<p>NOODLES</p> <ul style="list-style-type: none"> • Stewed Pork Spare ribs Noodle Soup (250 cal) <p>ก๋วยเตี๋ยวซีโครงหมุดุน</p>	<p>NOODLES</p> <ul style="list-style-type: none"> • Yen Ta Fo (250 cal) <p>ก๋วยเตี๋ยวเย็นตาโฟ</p>	<p>NOODLES</p> <ul style="list-style-type: none"> • Beef Noodle Soup (275 cal) <p>ก๋วยเตี๋ยวเนื้อ</p>	<p>NOODLES</p> <ul style="list-style-type: none"> • Fried Macaroni with Shrimp (200 cal) <p>ผัดมัคกะโรนีกุ้ง</p>
<p>DESSERT</p> <ul style="list-style-type: none"> • Tapioca Ball with Corn (150 cal) 	<p>DESSERT</p> <ul style="list-style-type: none"> • Ice cream Fruit Salad (150 cal) 	<p>DESSERT</p> <ul style="list-style-type: none"> • Banana Cake (150 cal) 	<p>DESSERT</p> <ul style="list-style-type: none"> • Bua Loy Thai Dessert (150 cal) 	<p>DESSERT</p> <ul style="list-style-type: none"> • Assorted Fresh Fruit (60 cal)
<p>Vegetarian</p> <ul style="list-style-type: none"> • Fried Vegetables & Tofu with Basil (250 cal) 	<p>Vegetarian</p> <ul style="list-style-type: none"> • Vegetarian Thai Fried Rice (150 cal) 	<p>Vegetarian</p> <ul style="list-style-type: none"> • Sweet & Sour Vegetable (150 cal) 	<p>Vegetarian</p> <ul style="list-style-type: none"> • Fried Vegetables with Curry Sauce (150 cal) 	<p>Vegetarian</p> <ul style="list-style-type: none"> • Fried Flat Noodle with Vegetable in Soya Sauce (150 cal)
<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> • Rose Apple (60 cal) • Fresh Milk (80 cal) <p>AFTERNOON</p> <ul style="list-style-type: none"> • Ham Sandwich on Brown Bread (100 cal) • Apple Juice (80 cal) 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> • Cheese Cracker (120 cal) • Fresh Milk (80 cal) <p>AFTERNOON</p> <ul style="list-style-type: none"> • Butter Bread (100 cal) • Carrot Juice (80 cal) 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> • Breakfast Cereal (100 cal) • Fresh Milk (80 cal) <p>AFTERNOON</p> <ul style="list-style-type: none"> • Ham Croissant (120 cal) • Guava Juice (80 cal) 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> • Sliced Pineapple (60 cal) • Fresh Milk (80 cal) <p>AFTERNOON</p> <ul style="list-style-type: none"> • Chicken Sausage Roll (100 cal) • Fresh Milk (80 cal) 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> • Sliced Watermelon (120 cal) • Fresh Milk (80 cal) <p>AFTERNOON</p> <ul style="list-style-type: none"> • Brownie Cake (150 cal) • Carrot Juice (80 cal)

Menu in June

June 8, 2010	June 9, 2010	June 10, 2010		
<p>INTERNATIONAL</p> <ul style="list-style-type: none"> Spinach Cream Soup 100 cal Fish Steak with Lemon Sauce 260 cal Carrot & Cauliflower 110 cal Small Bread Roll with Butter 120 cal 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> Tomato Cream Soup 100 cal Pork Steak in Orange Sauce and Garden Vegetables 220 cal Butter Rice 100 Cal Small Bread Roll with Butter 120 cal 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> Asparagus Cream Soup 100 cal Pork & Vegetables Lasagne 250 cal Carrot & Cauliflower 30 cal Small Bread Roll with Butter 120 cal 		
<p>ORIENTAL</p> <ul style="list-style-type: none"> Fried Pork with Basil Thai Omelet <p>470 cal</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> American Fried Rice <p>450 cal</p>	<p>ORIENTAL</p> <ul style="list-style-type: none"> Chicken Teriyaki Boiled Egg Stir Fried Mixed Vegetables <p>420 cal</p>		
<p>NOODLES</p> <ul style="list-style-type: none"> Stewed Chicken Noodle Soup 250 cal 	<p>NOODLES</p> <ul style="list-style-type: none"> Egg Noodle with BBQ Red Pork 250 cal 	<p>NOODLES</p> <ul style="list-style-type: none"> Fried Noodle with Shrimp Thai Style 250 cal 		
<p>DESSERT</p> <ul style="list-style-type: none"> Fresh Fruit Salad cups 120 cal 	<p>DESSERT</p> <ul style="list-style-type: none"> Black Jelly in Syrup 150 cal 	<p>DESSERT</p> <ul style="list-style-type: none"> Pomegranate with Coconut Syrup 150 cal 		
<p>Vegetarian</p> <ul style="list-style-type: none"> Fried Vegetable with Basil 180 cal 	<p>Vegetarian</p> <ul style="list-style-type: none"> Vegetables with Coconut Soup 150 cal 	<p>Vegetarian</p> <ul style="list-style-type: none"> Vegetables Lasagne 250 cal 		
<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> Breakfast Cereal 100 cal Fresh Milk 80 cal <p>AFTERNOON</p> <ul style="list-style-type: none"> Chicken with Sticky Rice 120 cal Apple Juice 80 cal 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> Sliced Apple 60 cal Fresh Milk 80 cal <p>AFTERNOON</p> <ul style="list-style-type: none"> Crab Salad Bun 120 cal Orange Juice 80 cal 	<p>SNACK</p> <p>MORNING</p> <ul style="list-style-type: none"> Yoghurt 80 cal Sliced Mixed Fruit 60 cal <p>AFTERNOON</p> <ul style="list-style-type: none"> Custard Bun 120 cal Fresh Milk 80 cal 		