



GLOBAL ENGLISH SCHOOL

REGULAR LUNCH MENU

WEEK OF JANUARY 30

MONDAY | JAN. 30

Empty box for Monday's menu details.

TUESDAY | JAN. 31

Empty box for Tuesday's menu details.

WEDNESDAY | FEB. 1

Salad bar, korean pork, green curry with chicken & wax gourd, boiled eggs with tamarind sauce, sauteed potatoes, cabbage, yellow noodle soup with red pork and seasonal fruit

THURSDAY | FEB. 3

Salad bar, marinated chicken, thai hot soup with pork ribs, casserole shrimps with glass noodles, mashed potatoes, baby corn, rice noodle soup with minced pork and seasonal fruit

FRIDAY | FEB. 4

Salad bar, grilled chicken, spicy grilled pork salad, papaya salad, natural cut potatoes, miced vegetables, paste of rice flour and seasonal fruit



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WEEK OF FEBRUARY 6

MONDAY | FEB. 6

Salad bar, roasted chicken with curry powder sauce, spicy stir fried seafood, minced pork soup, boiled potatoes, sukiyaki, and seasonal fruit

TUESDAY | FEB. 7

Salad bar, pork stew, thai steamed curried fish, fried noodles with black soy, mashed potatoes, baby corn, rice noodle soup with pork balls and seasonal fruit

WEDNESDAY | FEB. 8

Salad bar, fish and chips, hot and spicy soup with chicken, stir fried cabbage with shrimp balls, roasted potatoes, grilled tomatoes, yellow noodle soup with red pork and seasonal fruit

THURSDAY | FEB. 9

Salad bar, roasted chicken with mexican sauce, stir fried fish balls with curry paste and long beans, white radish soup soup with minced pork, hash brown potatoes, broccoli, noodle in gravy and seasonal fruit

FRIDAY | FEB. 10

Salad bar, roasted pork with ratatouille sauce, khao soi chicken, spicy boiled eggs salad, satueed potatoes, carrots, paste of rice flour and seasonal fruit



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WEEK OF FEBRUARY 13

MONDAY | FEB. 13

NO SCHOOL

TUESDAY | FEB. 14

Salad bar, pork tonikatsu, steamed chicken with rice, clear soup with wax gourd, sauteed potatoes, baked pumpkin, sukiyaki and seasonal fruit

WEDNESDAY | FEB. 15

Salad bar, grilled fish with butter sauce, yellow curry with chicken, stir fried rice noodles with coconut milk, roasted potatoes, broccoli, noodles in gravy and seasonal fruit

THURSDAY | FEB. 16

Salad bar, roasted pork with apple sauce, fried chicken with three flavor sauce, boiled eggs in brown sauce, mashed potatoes, carrots, yellow noodle soup with red pork and seasonal fruit

FRIDAY | FEB. 17

Salad bar, pork steak, spicy chicken salad, papaya salad, hash browns, mixed vegetables, rice noodle soup with fish balls and seasonal fruit



GLOBAL ENGLISH SCHOOL

REGULAR LUNCH MENU WEEK OF FEBRUARY 20

MONDAY | FEB. 20

Salad bar, chicken lasagna, green curry with pork, omelet, boiled potatoes, baked pumpkin, yen ta four and seasonal fruit

TUESDAY | FEB. 21

Salad bar, roasted pork with prune sauce, fried fish with three flavor sauce, stir fried chicken with mixed mushrooms and oyster sauce, sauteed potatoes, grilled veggies, sukiyaki and seasonal fruit

WEDNESDAY | FEB. 22

Salad bar, roasted chicken with red sauce, stir fried glass noodles, poached fish with lime, garlic and chili sauce, roasted potatoes, broccoli, yellow noodle soup with braised pork and seasonal fruit

THURSDAY | FEB. 23

Salad bar, fried pork with hawaiian sauce, hot and spicy soup with seafood, stir fried chicken with curry powder, mashed potatoes, carrots, noodles in gravy and seasonal fruit

FRIDAY | FEB. 24

Salad bar, fried fish with tartar sauce, khao soi with chicken, stir fried pork with black pepper, hash brown potatoes, mixed vegetables, paste of rice flour and seasonal fruit