

Menu

	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none"> - Egg toast - Salad - Grilled Vegetables - Milk - Fresh fruit 	<ul style="list-style-type: none"> - Shrimp Fried Rice - Soup - Snacks - Drink 	<ul style="list-style-type: none"> - Pad See-ew shrimp noodle - Snacks - Fresh fruit
Day 2	<ul style="list-style-type: none"> - Porridge with fish - Bread - Fresh fruit 	<ul style="list-style-type: none"> - Shrimp Spaghetti - Spring rolls - Snacks - Drink 	<ul style="list-style-type: none"> - Shrimp Tom Yum - Omelet - Rice - Fresh fruit
Day 3	<ul style="list-style-type: none"> - Sausage - Fried egg - Bread - Fruit juice 	<ul style="list-style-type: none"> - Green curry chicken - Boiled eggs - Rice - Snacks - Drink 	<ul style="list-style-type: none"> - Pad Thai Noodle - Salad - French fries - Fresh fruit
Day 4	<ul style="list-style-type: none"> - Rice porridge - Salted eggs - Pickled Cabbage - Peanut - Fruit juice 	<ul style="list-style-type: none"> - Shrimp Macaroni - Snacks - Fresh fruit 	<ul style="list-style-type: none"> - Stir Fried Basil with Chicken - Fried egg - Rice - Fresh fruit
Day 5	<ul style="list-style-type: none"> - Chicken rice - Soup - Fresh fruit 	<ul style="list-style-type: none"> - Rad nar noodle - Snacks - Drink 	<ul style="list-style-type: none"> - Panang Curry Chicken - Fried fish - Rice - Fresh fruit
Day 6	<ul style="list-style-type: none"> - Scrambled eggs - Salad - Bread - Milk - Fresh fruit 	<ul style="list-style-type: none"> - Spaghetti Carbonara - Salad - Snacks - Drink 	<ul style="list-style-type: none"> - Tom Kha Chicken - Stir fried vegetables - Rice - Fresh fruit
Day 7	<ul style="list-style-type: none"> - Egg toast - Grilled vegetables - Bread - Fresh fruit 	<ul style="list-style-type: none"> - Garlic sauce with chicken - Fried egg - Rice - Snacks 	<ul style="list-style-type: none"> - Stir fried noodle - Spring rolls - Fresh fruit
Day 8	<ul style="list-style-type: none"> - Scrambled eggs - Bread - Salad - Fresh fruit 	<ul style="list-style-type: none"> - Fried pork - Stir Fried Mixed Vegetables - Rice - Snacks - Drink 	<ul style="list-style-type: none"> - Pad see-ew noodle - Snacks - Fresh fruit

Breakfast**Lunch****Dinner****Day 9**

- Baked spinach with cheese
- Bread
- Milk
- Fresh fruit

- Glass Noodles Stir Fried with f
- Spring rolls
- Soup
- Rice
- Drink

- Garlic sauce with chicken
- Egg soup
- Rice
- Fresh fruit

Day 10

- Porridge with pork
- Salad
- Snacks
- Fresh fruit

- Chicken Panang Curry
- Fried egg
- Rice
- Snacks
- Drink

- Shrimp fried rice
- Soup
- Fresh fruit

Day 11

- Ham
- Fried egg
- Bread
- Salad
- Milk

- Cashew nut stir fried with Ch
- Soup
- Rice
- Snacks
- Drink

- Spaghetti Carbonara
- Salad
- Fresh fruit

Day 12

- Hamburger
- Mashed potatoes
- Salad
- Fresh fruit

- Fish with Chili
- Omelet
- Rice
- Snacks
- Drink

- Pad see-ew noodle
- Snacks
- Fresh fruit

Day 13

- Rice porridge
- Stir Fried Vegetables
- Omelet (Thai style)
- Peanut
- Fresh fruit

- Roasted Pork
- Fried fish
- Salad
- Snacks
- Drink

- Pad thai noodle
- Snacks
- Fresh fruit

Day 14

- Sandwich
- French Fries
- Salad
- Fruit juice

- Shrimp Tom Yum
- Pork with Garlic
- Rice
- Snacks
- Drink

- Spicy Spaghetti
- Snacks
- Fresh fruit

Day 15

- Porridge with fish
- Spring rolls
- Fresh fruit

- Spicy noodle salad
- Fried fish
- Rice
- Snacks
- Drink

- American Fried Rice
- Snacks
- Fresh fruit