UWC THAILAND



MINI MANTAS menu

Mon, 16/11	Tue, 17/11	Wed, 18/11	Thu, 19/11	Fri, 20/11
MORNING SNACKS				
Cereal with milk Banana No Drink	Carrot and Cucumber Stick Cantaloupe Mango Smoothie	Garlic Bread Apple Organic Milk	Cheese & Crackers Pineapple Organic Milk	Boiled Egg Orange Yoghurt Milk
LUNCH				
Mashed Potato | Steamed Rice Stir Fried Chicken with Ginger Dragon Fruit	Steamed Rice, Potato Gratin Stir Fried Beijing Beef Banana, Melon	Steamed Rice, Spaghetti Pesto Chicken with Corn Cream Sauce Watermelon	Steamed Rice, Potato Wedges Parmesan Cheese Chicken with Creamy Mustard Sauce Banana & Guava	Mexican Fried Rice | Steamed Rice, Tortilla Chicken Fajitas Dragon Fruit
AFTERNOON SNACK				
Plain Donut Dragon Fruit	Pizza Watermelon	Oat Cookies Cantaloupe	Whole Grain Cheese Sandwich Guava	Crackers with Hummus Cucumber

**Gluten Free or Dairy Free available*

