



The First & Future Steps Bangkok

# LUNCH MENU

Week 1

## Monday

**Non-Vegetarian:**  
Macaroni in Chicken  
Minestrone Soup

**Vegetarian:**  
Macaroni in Mixed  
Veggie Minestrone  
Soup

## Tuesday

**Non-Vegetarian:**  
Grilled Chicken and  
Sticky Rice

**Vegetarian:**  
Grilled Veggie and  
Sticky Rice

## Wednesday

**Non-Vegetarian:**  
Spaghetti Cream  
Sauce with Smoked  
Chicken

**Vegetarian:**  
Spaghetti Cream  
Sauce with Mixed  
Veggie

## Thursday

**Non-Vegetarian:**  
Egg Sushi and Miso  
Soup

**Vegetarian:**  
Veggie and Tofu Sushi  
and Miso Soup

## Friday

**Non-Vegetarian:**  
Cheese Pizza and  
French Fries

**Vegetarian:**  
Cheese Pizza and  
French Fries

Week 2

## Monday

**Non-Vegetarian:**  
Chicken Wontons in  
Mixed Veggie Soup

**Vegetarian:**  
Veggie Wontons in  
Mixed Veggie Soup

## Tuesday

**Non-Vegetarian:**  
Garlic Chicken with  
Rice and Mixed  
Veggie Soup

**Vegetarian:**  
Garlic Tofu with Rice  
and Mixed Veggie  
Soup

## Wednesday

**Non-Vegetarian:**  
Fried Fish with Rice  
and Winter Melon  
Soup

**Vegetarian:**  
Plant-based Nuggets  
with Rice and Winter  
Melon Soup

## Thursday

**Non-Vegetarian:**  
Veggie Lasagne

**Vegetarian:**  
Veggie Lasagne

## Friday

**Non-Vegetarian:**  
Chicken Wings and  
Sticky Rice

**Vegetarian:**  
Mixed Veggie  
Tempura and Sticky  
Rice

Week 3

## Monday

**Non-Vegetarian:**  
Spaghetti Bolognese  
with Minced Chicken

**Vegetarian:**  
Spaghetti Bolognese  
with Plant-based Meat  
and Mushrooms

## Tuesday

**Non-Vegetarian:**  
Thai Omelette with  
Rice and Mixed  
Veggie Soup

**Vegetarian:**  
Stir-fried Mixed  
Veggie with Rice and  
Mixed Veggie Soup

## Wednesday

**Non-Vegetarian:**  
Salmon Teriyaki with  
Rice and Miso Soup

**Vegetarian:**  
Soy-meat Sausage and  
Veggie Teriyaki with  
Rice

## Thursday

**Non-Vegetarian:**  
Chicken Noodle Soup

**Vegetarian:**  
Tofu Noodle Soup

## Friday

**Non-Vegetarian:**  
Fish and French Fries

**Vegetarian:**  
Plant-based Pop Meat  
and French Fries

Week 4

## Monday

**Non-Vegetarian:**  
Chicken Rice and  
Winter Melon Soup

**Vegetarian:**  
Mixed Veggie  
Casserole and Winter  
Melon Soup

## Tuesday

**Non-Vegetarian:**  
Fish Ball Noodle Soup

**Vegetarian:**  
Mushroom Balls  
Noodle Soup

## Wednesday

**Non-Vegetarian:**  
Baked Macaroni with  
Corn and Cheese

**Vegetarian:**  
Baked Macaroni with  
Corn and Cheese

## Thursday

**Non-Vegetarian:**  
Roast Chicken with  
Rice and Mixed  
Veggie Soup

**Vegetarian:**  
Roast Veggie with Rice  
and Mixed Veggie  
Soup

## Friday

**Non-Vegetarian:**  
Stir-fried Yellow  
Noodles with Sausage

**Vegetarian:**  
Stir-fried Yellow  
Noodles with Mixed  
Veggie