

BOARDING

BREAKFAST

Breakfast includes your choice of the following:

Juice | Fruit & Yoghurt | Cereal | Hot Apple Cinnamon Oatmeal, Pancakes, French Toast, Waffles Sugar, Brown Sugar, Raisin

Eggs (cooked to your preference) | Chicken Sausage or Hot Dog Hot Apple Cinnamon Oatmeal | Hashbrowns or Roasted Potatoes

Our Asian breakfast selection includes:

Boiled Rice or Vegetarian Congee and the following weekly menu:

ON, 16/06	TUE, 17/06	WED, 18/06	THU, 19/06	FRI, 20/06	SAT, 21/06	SUN, 22/06
Chicken	Poach Egg with	Vermicelli	Chicken Satay	Beef Garlic	Stir Fried Yellow	Vegetarian
Pad Si iew	Tomato Sauce	Noodle with	Streamed Rice	Porridge	Noodle	Chow mien
/egetarian	Shrimp Boiled	Pork & Veg	a porta		Vegetarian	Steamed Bui
Congee	Rice	Vegetables	and the second		Congee	
	Marking and	Fried Rice				
	- CART		and the			
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		– BREAD/I	BAKERY SE	LECTION		
		BREAD/I	BAKERY SE	LECTION		
	Banana	— BREAD/I Banana Bread	BAKERY SE Chocolate	LECTION French Toast	Strawberry	Plain
French Toast	Banana Pancake			1	Strawberry Pancake	Plain Pancake
French Toast			Chocolate	1		

Yogurt with Granola* Banana

Cinnaman Roll* Watermelon Organic Milk

Egg Sanwich* Melon **Blueberry Smoothie**

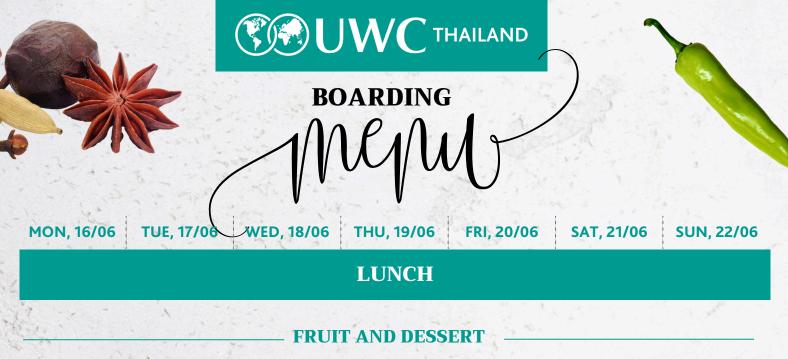
Carrot Muffin* Mango **Organic Chocolate** Milk

Chocolate Twist* Apple **Yoghurt Milk**



COR.





Mung bean sweet soup (ต้มถั่วเขียว)

Banana / Guava

Banana/Melon

Watermelon Banana in Coconut milk Longan

Dragon Fruit Black Sticky Rice with Coconut Milk

uit Seasonal Fruits Rice nut

Seasonal Fruits

Available each day for lunch:

Vegetable Fried Rice with Egg | Steamed Rice

Soup Station: Clear stock (chicken and veggie option) Rice Noodles or Egg Noodles, changed daily Vegetables: carrot, kale Condiments: bean sprouts, deep fried garlic, chili flakes, soy sauce

Salad Bar Selection: Lettuce, tomato, cucumber, eggs, cold meat, cheese, cold boiled vegetables, beetroot, sweet potato, garbanzo beans, peas. Sunflower and pumpkin seeds.

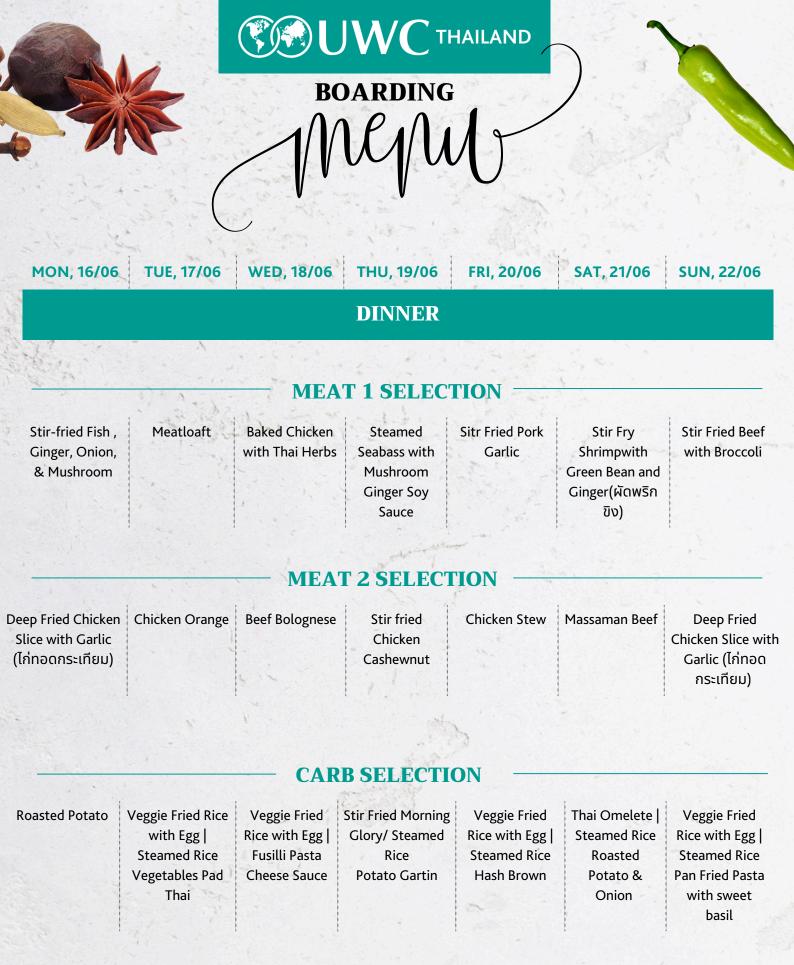
Salad Dressings: Caesar dressing, thousand island, sesame, oil & vinegar.

Condiments: Soy sauce, fish sauce, fried garlic, ketchup (only on days with burgers, hot dogs and potatoes)

AFTERNOON SNACK

Tabbouleh Khao Tang* Banana Garlic Bread* Orange

Ceasar Salad Edamame* Green Mango Oat Cookie* Guava Japanese Wakame and cucumber salad Mango Sticky Rice* Cantaloupe







FRUIT AND DESSERT

Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits Ice Cream	Seasonal Fruits
			Vanilla Cake	and a second		
			A. S. Salar			1. ·····

Available each day for dinner:

Veggie Fried Rice with Egg | Steamed Rice | Seasonal Fruits

Soup Station: Clear stock (chicken and veggie option) Rice Noodles or Egg Noodles, changed daily Vegetables: carrot, kale Condiments: bean sprouts, deep fried garlic, chili flakes, soy sauce

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Our Asian breakfast selection includes:

Boiled Rice or Vegetarian Congee and the following weekly menu:

7/06 SAT, 28/06 SUN, 29/06
Chicken Beef Broccoli Vermicelli
ion and Vegetarian Noodle with
ppers Congee Pork & Veg
les Fried Porridge
ce
ION
an Cake Waffle French Toast
and the second s

Bread stick with ranch sauce* Banana **Organic Milk**

Whole grain cheese sandwich* Watermelon Organic Chocolate Milk

Banana Muffin* Melon **Blueberry Smoothie** Crackers with Hummus* Mango **Organic Milk**

Garlic Bread* Apple Mango Smoothie

		BC	DARDING					
MON, 23/06	TUE, 24/06	WED, 25/06	THU, 26/06	FRI, 27/06	SAT, 28/06	SUN, 29/06		
			LUNCH					
	- 1	VEG.	AN SELEC	ΓΙΟΝ ———				
Vegan Burger	Vegan Lasagna	Pumpkin and Chickpea Massaman	Lentil Dal	Mapo Tofu	Lentil Bolognese	Lentil Loft Vegan		
10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	WESTERN SELECTION							
Chicken Burger	Stir Fried Pork Garlic Oyster Sauce	Beef Bolognese	Roasted Beef with Gravy Sauce served on the side	Steamed Hinan Chicken	Beef Beijing	Sauté, Chicken Onion, Chili, Garlic & Bell Pepper		

ASIAN SELECTION

Beef Burger	Chicken Korean	Chicken Teriyaki	Roasted	Roasted Red	Roasted	Beef
			Chicken with Thai Herbs	Pork	Chicken Drumsticks	Shepperd's Pie
			(ไก่ย่าง)			

CARB/PASTA SELECTION

Bun / French	Pad Thai with	Pasta Bolognese	Margarita Pizza	Vegetable Gyo	Spaghetti	Spinach
Fries	Tofu	Sauce on the		Za	Cream Sauce	Gartin
		side				



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Salad Dressings: Caesar dressing, thousand island, sesame, oil & vinegar.

Condiments: Soy sauce, fish sauce, fried garlic, ketchup (only on days with burgers, hot dogs and potatoes)

AFTERNOON SNACK

Power Salad Cinnaman Roll* Guava Brownie* Cantaloupe Russian Salad Blueberry Muffin* Pineapple Crackers with Hummus* Banana

Milk

SomTom Whole grain cheese sandwich Orange







FRUIT AND DESSERT

Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
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