



UWC THAILAND

BOARDING

Menu

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:

MON, 16/06

Chicken
Pad Si iew
Vegetarian
Congee

TUE, 17/06

Poach Egg with
Tomato Sauce
Shrimp Boiled
Rice

WED, 18/06

Vermicelli
Noodle with
Pork & Veg
Vegetables
Fried Rice

THU, 19/06

Chicken Satay
Streamed Rice

FRI, 20/06

Beef Garlic
Porridge

SAT, 21/06

Stir Fried Yellow
Noodle
Vegetarian
Congee

SUN, 22/06

Vegetarian
Chow mien
Steamed Bun

BREAD/BAKERY SELECTION

French Toast

Banana
Pancake

Banana Bread

Chocolate
Pancake

French Toast

Strawberry
Pancake

Plain
Pancake

MORNING SNACKS

Yogurt with Granola*
Banana

Cinnamon Roll*
Watermelon
Organic Milk

Egg Sandwich*
Melon
Blueberry Smoothie

Carrot Muffin*
Mango
Organic Chocolate
Milk

Chocolate Twist*
Apple
Yoghurt Milk

**Gluten Free or Dairy Free available*



UWC THAILAND

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Menu

MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

SAT, 21/06

SUN, 22/06

LUNCH

VEGAN SELECTION

Lentil
Bolognese

Chick Peas
Sambar

Mapo Tofu

Red Bean
Cassoulet

Baked Mixed
Bean

Hashed Mixed
Bean

Lentil Loft Vegan

WESTERN SELECTION

Beef Bolognese

Beef Stew

Roasted Pork
Mustard

Beef
Stroganoff

Chicken Fajitas

Seabass
Tamarind
Sauce

Meat Loaf

ASIAN SELECTION

Chicken
Teriyaki

Stir Fried Chicken
with Garlic

Massaman
Chicken

Roasted
Chicken
Drumsticks

Beef Con Cane

Roasted Chicken
with Thai Herbs
(ไก่ย่าง)

Chicken
Finger

CARB/PASTA SELECTION

Spaghetti Cream
Sauce

Mashed Potato

Pad Thai with
Tofu

Potato Wedges
Parmesan
Cheese

Tortilla /
Nacho

Spinach Gartin

Spaghetti
Pesto

**Gluten Free or Dairy Free available*

BOARDING

Menu

MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

SAT, 21/06

SUN, 22/06

LUNCH

FRUIT AND DESSERT

Banana / Guava
Mung bean sweet
soup (ต้มถั่วเขียว)

Banana/Melon

Watermelon
Banana in Coconut
milk

Longan

Dragon Fruit
Black Sticky Rice
with Coconut
Milk

Seasonal Fruits

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

Cesar Salad
Edamame*
Green Mango

Oat Cookie*
Guava

Japanese Wakame and
cucumber salad
Mango Sticky Rice*
Cantaloupe

**Gluten Free or Dairy Free available*



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MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

SAT, 21/06

SUN, 22/06

DINNER

MEAT 1 SELECTION

Stir-fried Fish ,
Ginger, Onion,
& Mushroom

Meatloaft

Baked Chicken
with Thai Herbs

Steamed
Seabass with
Mushroom
Ginger Soy
Sauce

Sitr Fried Pork
Garlic

Stir Fry
Shrimpwith
Green Bean and
Ginger(ผัดพริก
ขิง)

Stir Fried Beef
with Broccoli

MEAT 2 SELECTION

Deep Fried Chicken
Slice with Garlic
(ไก่ทอดกระเทียม)

Chicken Orange

Beef Bolognese

Stir fried
Chicken
Cashewnut

Chicken Stew

Massaman Beef

Deep Fried
Chicken Slice with
Garlic (ไก่ทอด
กระเทียม)

CARB SELECTION

Roasted Potato

Veggie Fried Rice
with Egg |
Steamed Rice
Vegetables Pad
Thai

Veggie Fried
Rice with Egg |
Fusilli Pasta
Cheese Sauce

Stir Fried Morning
Glory/ Steamed
Rice
Potato Gartin

Veggie Fried
Rice with Egg |
Steamed Rice
Hash Brown

Thai Omelete |
Steamed Rice
Roasted
Potato &
Onion

Veggie Fried
Rice with Egg |
Steamed Rice
Pan Fried Pasta
with sweet
basil

**Gluten Free or Dairy Free available*



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MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

SAT, 21/06

SUN, 22/06

DINNER

VEGAN SELECTION

Cauliflower
Tikka Masala

Stir Fried Tofu
Hot Basil &
Garlic

Lentil Bolognese

Stew Quinoa
with Pumpkin

Stir-fried Tofu,
Pea, Carrot &
Pepper

Kidney Bean
Stew

Masala Dal

FRUIT AND DESSERT

Seasonal Fruits

Seasonal Fruits

Seasonal Fruits

Seasonal
Fruits
Vanilla Cake

Seasonal Fruits

Seasonal Fruits
Ice Cream

Seasonal Fruits

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

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)

**Gluten Free or Dairy Free available*



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Menu

BREAKFAST

Breakfast includes your choice of the following:

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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:

MON, 23/06	TUE, 24/06	WED, 25/06	THU, 26/06	FRI, 27/06	SAT, 28/06	SUN, 29/06
Stir-fried Mushroom & Mixed Vegetable with Soy Sauce Vegetables Fried Rice	Stir fried Beef with Sweet Chili (เนื้อผัดพริกสด) Pork Boiled Rice	Vermicelli Noodle - Soy Protein Vegetables Vegetarian Congee	Chicken Garlic Streamed Rice	Stir Fried Chicken with Onion and Bell Peppers Vegetables Fried Rice	Beef Broccoli Vegetarian Congee	Vermicelli Noodle with Pork & Veg Porridge

BREAD/BAKERY SELECTION

French Toast	Blueberry Pancake	Plain Pancake	French Toast	Vanila Pan Cake	Waffle	French Toast
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MORNING SNACKS

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
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**Gluten Free or Dairy Free available*

BOARDING

Menu

MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

SAT, 28/06

SUN, 29/06

LUNCH

VEGAN SELECTION

Vegan Burger

Vegan Lasagna

Pumpkin and
Chickpea
Massaman

Lentil Dal

Mapo Tofu

Lentil
Bolognese

Lentil Loft Vegan

WESTERN SELECTION

Chicken Burger

Stir Fried Pork
Garlic Oyster
Sauce

Beef Bolognese

Roasted Beef
with Gravy
Sauce served
on the side

Steamed Hainan
Chicken

Beef Beijing

Sauté, Chicken
Onion, Chili,
Garlic & Bell
Pepper

ASIAN SELECTION

Beef Burger

Chicken Korean

Chicken Teriyaki

Roasted
Chicken with
Thai Herbs
(ไก่ย่าง)

Roasted Red
Pork

Roasted
Chicken
Drumsticks

Beef
Shepherd's Pie

CARB/PASTA SELECTION

Bun / French
Fries

Pad Thai with
Tofu

Pasta Bolognese
Sauce on the
side

Margarita Pizza

Vegetable Gyo
Za

Spaghetti
Cream Sauce

Spinach
Gartin

**Gluten Free or Dairy Free available*

BOARDING

Menu

MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

SAT, 28/06

SUN, 29/06

LUNCH

FRUIT AND DESSERT

Dragon Fruit
Yellow Bean with
Coconut

Banana &
Melon

Watermelon
Pumpkin in
Coconut Milk

Banana &
Guava

Watermelon
Black Sticky Rice
with Coconut
Milk

Seasonal Fruits

Seasonal
Fruits

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Vegetable Fried Rice with Egg | Steamed Rice

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

AFTERNOON SNACK

Power Salad
Cinnamon Roll*
Guava

Brownie*
Cantaloupe

Russian Salad
Blueberry Muffin*
Pineapple

Crackers with
Hummus*
Banana

SomTom
Whole grain cheese
sandwich
Orange

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MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

SAT, 28/06

SUN, 29/06

DINNER

MEAT 1 SELECTION

Stir Fried Fish
Chili Sauce

Shaped Pie

Spaghetti /Sea
Food Marinara
Sauce

Stir Fried
Seafood with
Herbs (ซี
ฟู้ดผัด)

Beef Broccoli

Fish Finger

Baked Italian
Chicken

MEAT 2 SELECTION

Chicken Bread
Crumb

Stir Fried
Minced
Chicken with
Hot Basil

Roasted
Chicken Italian
Style

Roasted
Chicken Thai
Herb

Stir Fried
Minced Chicken
with Hot Basil

Hod Dog

Beef Stroganoff

CARB SELECTION

Stir Fried
Cabbage White |
Steamed Rice
Vegetable Pad
Thai

Veggie Fried Rice
with Egg |
Steamed Rice
Baked Pasta

Veggie Fried
Rice with Egg |
Steamed Rice
Margarita Pizza

Stir Fried Mixed
Vegetables /
Steamed Rice
Pad Sei ew

Thai Omelete |
Steamed Rice
Roasted Potato

Veggie Fried
Rice with Egg |
Steamed Rice
Hot Dog Bun
/French Fries

Veggie Fried
Rice with Egg |
Steamed Rice
Pasta |
Mushroom
Tomato sauce

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Menu

MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

SAT, 28/06

SUN, 29/06

DINNER

VEGAN SELECTION

Lentil with
Spinach Masala

White Bean
Cassoulet

Spinach &
Mixed Bean
Stew

Vegetable &
Soy Protein
Curry

Red Bean Stew

Mixed Bean
Non Cane

Stir-fried Tofu,
Pea, Carrot &
Pepper

FRUIT AND DESSERT

Seasonal Fruits

Seasonal Fruits

Seasonal Fruits

Seasonal
Fruits

Seasonal Fruits

Seasonal Fruits

Seasonal Fruits

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Veggie Fried Rice with Egg | Steamed Rice | Seasonal Fruits

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