

KINDERGARTEN TO GRADE 12

Menu

MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

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

LUNCH

VEGAN SELECTION

Lentil Bolognese

Chick Peas Sambar

Mapo Tofu

Red Bean Cassoulet

Baked Mixed Bean

WESTERN SELECTION

Beef Bolognese

Beef Stew

Roasted Pork
Mustard

Beef Stroganoff

Chicken Fajitas

ASIAN SELECTION

Chicken Teriyaki

Stir Fried Chicken with
Garlic

Massaman Chicken

Roasted Chicken
Drumsticks

Beef Con Cane

CARB/PASTA SELECTION

Spaghetti Cream Sauce

Mashed Potato

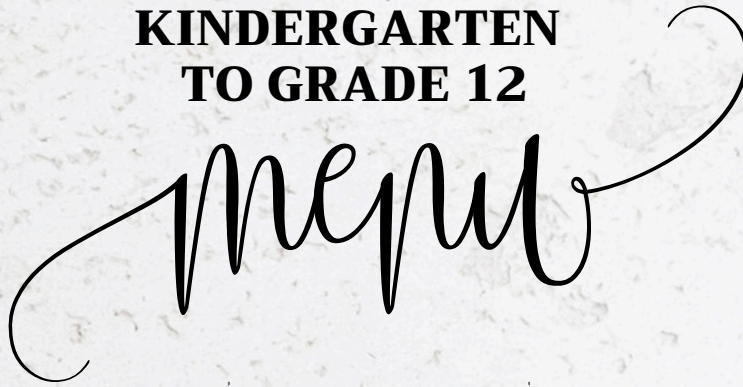
Pad Thai with Tofu

Potato Wedges
Parmesan Cheese

Tortilla, Nacho

*Gluten Free or Dairy Free available

KINDERGARTEN TO GRADE 12



MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

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

Available each day for lunch:

Veggie 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 egg 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

*Gluten Free or Dairy Free available



KINDERGARTEN TO GRADE 12

menu

MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

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

LUNCH

VEGAN SELECTION

Vegan Burger

Vegan Lasagna

Pumpkin and Chickpea
Massaman

Lentil Dal

Mapo Tofu

WESTERN SELECTION

Chicken Burger

Stir Fried Pork Garlic
Oyster Sauce

Beef Bolognese

Roasted Beef with
Gravy Sauce served on
the side

Steamed Hainan Chicken

ASIAN SELECTION

Beef Burger

Chicken Korean

Chicken Teriyaki

Roasted Chicken with
Thai Herbs (โรตีสายไหม)

Roasted Red Pork

CARB/PASTA SELECTION

Bun & French Fries

Pad Thai with Tofu

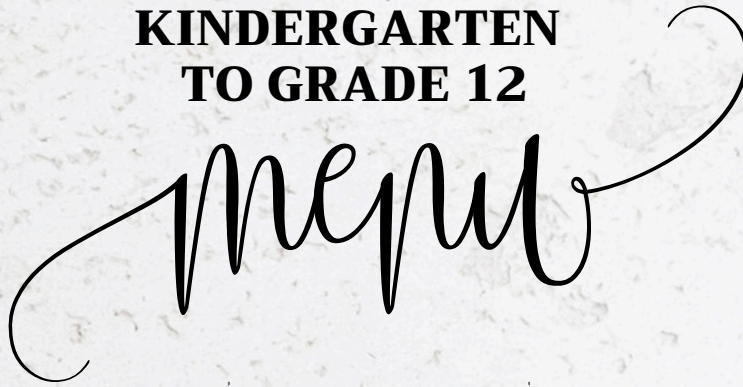
Pasta Bolognese
Sauce on the side

Margarita Pizza

Vegetable Gyo Za

*Gluten Free or Dairy Free available

KINDERGARTEN TO GRADE 12



MON, 23/06

TUE, 24/06

WED, 25/06

THU, 26/06

FRI, 27/06

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

Available each day for lunch:

Veggie 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 egg 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

Power Salad
Cinnaman Roll*
Guava

Brownie*
Cantaloupe

Russian Salad
Blueberry Muffin*
Pineapple

Crackers with
Hummus*
Banana

SomTom
Whole grain cheese
sandwich*
Orange

**Gluten Free or Dairy Free available*



BOARDING