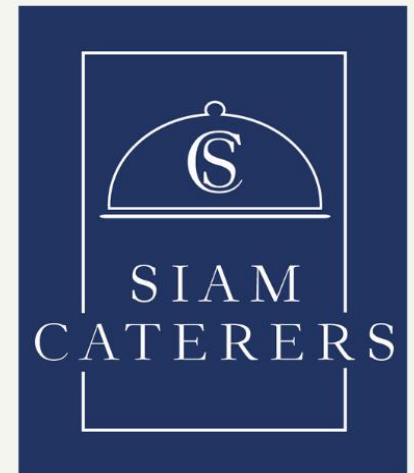




When you want healthy and delicious food, the canteen is the place to stop.

MENU - JUNE 25



A New Perspective on the School Canteen

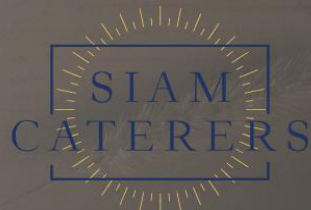
Year 1

To

Year 13 & Adults

For the youngest who may have difficulties with the salad bar, 'ready to eat' salads will be available.

SET LUNCH MENU - JUNE



* Set Lunch:
 Starter / Salad bar - 1 side-soup - 1 Main course
 - 1 Dairy product - Fruit/dessert
 - Bread & Seasonings and condiments

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day		Salad of the day	Salad of the day	Salad of the day
		Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !				
	Side-Soup	Seaweed and tofu soup		Tom Jued Tam-Leung	Corn soup	Pineapple & pork sour soup
Main courses	WESTERN	Roasted chicken tomato & capsicum Sauteed potato		Chicken Piccata Couscous	Stew beef (stroganoff), mustard & paprika Penne	Baked fish, tomato & tarragon sauce Roasted potato
	ASIAN	Stir fried pork & thai basil (Krapao moo) Steamed rice		Pork & morning glory curry (keang thepho) Steamed rice	Sauteed seafood & vegetable, oyster sauce Steamed rice	Chicken Massaman Steamed rice
	VEGETARIAN	Simmered tofu, eggplant with soya sauce		Panang Potato	Mushroom & vegetable curry	Stir fried pumpkin & egg (fuk tong pad krai)
	Vegetables	Vegetables of the day		Vegetables of the day	Vegetables of the day	Vegetables of the day
	SOUP STATION	Crab cake tomato noodles		Sweet & sour pork & shrimps (kaeng som)	Kao Soi	Chicken vermicelli soup
	PASTA STATION	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice !				
Dairy product		Yogurt		Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Flexible food options - choose directly at the counter

SET LUNCH MENU

JUNE

Wednesday
Discovery



(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

* Set Lunch:
1 Starter / Salad bar - 1 soup - 1 Main course
- 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments



WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	Soup	Sweet & sour soup	Turnip potage with honey	Winter melon with meat soup	Cream of leek & potatoes soup	Vegetable & crab soup
		Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !				
Main courses	WESTERN	Braised pork & vegetables (navarin) Penne	Creamy chicken & vegetables Mashed potato	Omelet with capsicum & bacon White beans	Chicken with lemon & aromats Potato gratin	Fish finger with tartar sauce steamed potato
	ASIAN	Hainanese Chicken (Khao man gai) Steamed rice	Steamed fish teriyaki sauce Steamed rice	Minced fried chicken (Larb Kai) Steamed rice	Braised pork with five spices (Palo) Steamed rice	Chicken in red curry (paneng kai) Steamed rice
	VEGETARIAN	Sauteed noodles & vegetables (Pad see ew)	Stir fried mushroom & tofu (kapao)	Sauteed noodles with vegetables	Fried egg salad (Yum krai dao)	Simmered tofu with garlic soy sauce
	Vegetables	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
	SOUP STATION	Chicken bamboo shoot noodles soup	Wonton & pork soup	Stewed beef & carrot noodles soup	Steamed fish & vegetables soup	Pork with fried spring roll noodles soup
	PASTA STATION	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice !				
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Flexible food options for students - choose directly at the counter

Set Lunch Menu - JUNE



* SET LUNCH:

1 STARTER / SALAD BAR - 1 SOUP - 1 MAIN COURSE
- 1 DAIRY PRODUCT - 1 FRUIT OR DESSERT
- BREAD & SEASONINGS AND CONDIMENTS

(THERE MAY BE OCCASIONAL CHANGES TO THE MENU THAT ARE RELATED TO THE QUALITY OR TIMING OF DELIVERIES)

WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	Soup	Seaweed and tofu soup	Mushroom soup	Tomato soup	Chicken coconut soup (Tom Kha Gai)	Minestrone soup
		Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !				
Main courses	WESTERN	Roasted chicken with italian tomato sauce Sauteed potato	Breaded pork with cheese sauce Penne	Chicken & vegetables stew in pepper broth Mashed potato	Lasagna	Baked fish in lemon sauce Potato gratin
	ASIAN	Sauteed seafood & vegetable, oyster sauce Steamed rice	Chicken green curry Steamed rice	Grilled pork with spring onion Steamed rice	Chicken & eggs in tamarin sauce Steamed rice	Stew pork leg (Khao kha moo) Steamed rice
	VEGETARIAN	Simmered tofu, eggplant with soya sauce	Baked potato with beans & cheese	Stir fried Yakisoba noodles	Vegetable casserole with coconut	Gratined pasta & corn
	Vegetables	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
	SOUP STATION	Wonton charsiu noodles soup	Beef "Phở" noodles soup	Chicken vermicelli soup	Fish curry soup (Kanom jeen nam val)	Tom Yam chicken noodles soup
	PASTA STATION	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice !				
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Flexible food options for students - choose directly at the counter

Set Lunch Menu - June

* Set Lunch:

- 1 Starter / Salad bar - 1 soup - 1 Main course
- 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

WEEK 4		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
		Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !				
	Soup	Watercress & pork soup	Pumpkin & bacon soup	Yam soup with minced pork	Chicken chowder	Tofu, chives & pork soup
Main courses	WESTERN	Chicken with mushroom & pumpkin Creamy polenta	Roasted pork with mushroom sauce Mashed potato	Breaded chicken Alla Milanese Spaghetti	Pork ribs with BBQ sauce Sauteed potato	Steamed fish with mussel & dill sauce Steamed potato
	ASIAN	Sauteed beef with ginger Steamed rice	Fried squid and vegetables. Steamed rice	Stir fried pork in yellow curry(keang karee moo) Steamed rice	Chicken adobo Steamed rice	Porc & pineapple sweet & sour Steamed rice
	VEGETARIAN	Vegetable curry	Baked potatoes and vegetables	Vegetarian large Thai noodles	Simmered tofu with hoisin sauce	Fried tofu & vegetables
	Vegetables	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
	SOUP STATION	Red pork noodles soup	Chicken noodles soup	Fish cake rice noodles soup	Pork, quail egg noodles soup	Beef ball noodles soup
	PASTA STATION	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice !				
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Flexible food options for students - choose directly at the counter

SIAM
CATERERS

Pre-Nursery To Reception

GOOD FOOD
GOOD MOOD

***Every day, children will be able to enjoy a choice of snacks including 3 components: Milk - Mixed fruits & vegetables - sandwiches, pastries or others... Delivered directly to the classroom.**

* Set Lunch:

- 1 Starter - 1 soup - 1 Main course
- 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

SIAM
CATERERS

Set Lunch Menu - June

Students can choose their main course directly at the food counter

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day		Salad of the day	Salad of the day	Salad of the day
	Soup	Seaweed and tofu soup		Tom Jued Tam-Leung	Corn soup	Pineapple & pork sour soup
Main courses	WESTERN	Roasted chicken tomato & capsicum Sauteed potato		Breaded chicken "Alla Milanese" Creamy polenta	Stew beef (stroganoff), mustard & paprika Penne	Baked fish, tomato & tarragon sauce Roasted potato
	ASIAN	Stir fried pork & thai basil (Krapao moo) Steamed rice		Pork & morning glory curry (keang thepho) Steamed rice	Sauteed seafood & vegetable, oyster sauce Steamed rice	Chicken Massaman Steamed rice
	VEGETARIAN	Simmered tofu, eggplant with soya sauce		Panang Potato	Mushroom & vegetable curry	Stir fried pumpkin & egg (fuk tong oad kral)
Dairy product		Yogurt		Yogurt	Cheese	Yogurt
Fruit / Dessert *		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

*Every day children will be able to enjoy a choice of snacks including 3 components: Milk - Mixed fruits + vegetables - Sandwiches, pastries or others... Delivered directly to the classroom



* Set Lunch:

- 1 Starter - 1 soup - 1 Main course
- 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

Students can choose their main course directly at the food counter

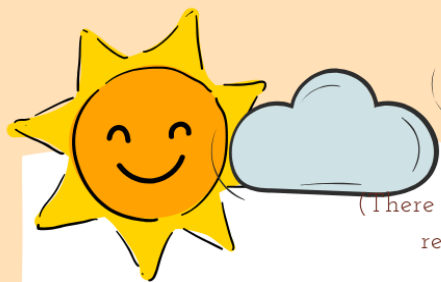


Set Lunch Menu - June

SIAM
CATERERS

WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	Soup	Sweet & sour soup	Turnip potage with honey	Winter melon with meat soup	Cream of leek & potatoes soup	Vegetable & crab soup
Main courses	WESTERN	Braised pork & vegetables (Inavarin) Penne	Creamy chicken & vegetables Mashed potato	Omelet with capsicum & bacon White beans	Chicken with lemon & aromats Potato gratin	Fish finger with tartar sauce steamed potato
	ASIAN	Hainanese Chicken (Khao man gai) Steamed rice	Steamed fish teriyaki sauce Steamed rice	Minced fried chicken (Larb Kai) Steamed rice	Braised pork with five spices (Palo) Steamed rice	Chicken in red curry (paneng kai) Steamed rice
	VEGETARIAN	Sauteed noodles & vegetables (Pad see ew) ewl	Stir fried mushroom & tofu (kapaol)	Sauteed noodles with vegetables	Fried egg salad (Yum krai dao)	Simmered tofu with garlic soy sauce
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

*Every day, children will be able to enjoy a choice of snacks including 3 components: Milk - Mixed fruits + vegetables - sandwiches, pastries or others... Delivered directly to the classroom.



* Set Lunch:

- 1 Starter - 1 soup - 1 Main course
- 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

Set Lunch Menu- June

SIAM
CATERERS

Students can choose their main course directly at the food counter

WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	Soup	Seaweed and tofu soup	Mushroom soup	Tomato soup	Chicken coconut soup (Tom Kha Gai)	Minestrone soup
Main courses	WESTERN	Roasted chicken with italian tomato sauce Sauteed potato	Breaded pork with cheese sauce Penne	Chicken & vegetables stew in pepper broth Mashed potato	Lasagna	Baked fish in lemon sauce Potato gratin
	ASIAN	Sauteed seafood & vegetable, oyster sauce Steamed rice	Chicken green curry Steamed rice	Grilled pork with spring onion Steamed rice	Chicken & eggs in tamarin sauce Steamed rice	Stew pork leg (Khao kha moo) Steamed rice
	VEGETARIAN	Simmered tofu, eggplant with soya sauce	Baked potato with beans & cheese	Stir fried Yakisoba noodles	Vegetable casserole with coconut	Gratined pasta & corn
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

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* Set Lunch:

1 Starter - 1 soup - 1 Main course - 1 Dairy product - 1 Fruit or dessert
- Bread & Seasonings and condiments

SIAM
CATERERS

(There may be occasional changes to the menu that are related to the quality or timing of deliveries)

Set Lunch Menu- June

Students can choose their main course directly at the food counter

WEEK 4		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	Soup	Watercress & pork soup	Pumpkin & bacon soup	Yam soup with minced pork	Chicken chowder	Tofu, chives & pork soup
Main courses	WESTERN	Chicken with mushroom & pumpkin Creamy polenta	Roasted pork with mushroom sauce Mashed potato	Breaded chicken Alla Milanese Spaghetti	Pork ribs with BBQ sauce Sauteed potato	Steamed fish with mussel & dill sauce Steamed potato
	ASIAN	Sauteed beef with ginger Steamed rice	Fried squid and vegetables. Steamed rice	Stir fried pork in yellow curry(keang karee mool) Steamed rice	Chicken adobo Steamed rice	Porc & pineapple sweet & sour Steamed rice
	VEGETARIAN	Vegetable curry	Baked potatoes and vegetables	Vegetarian large Thai noodles	Simmered tofu with hoisin sauce	Fried tofu & vegetables
Dairy product		Yogurt	Cheese	Yogurt	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

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