

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

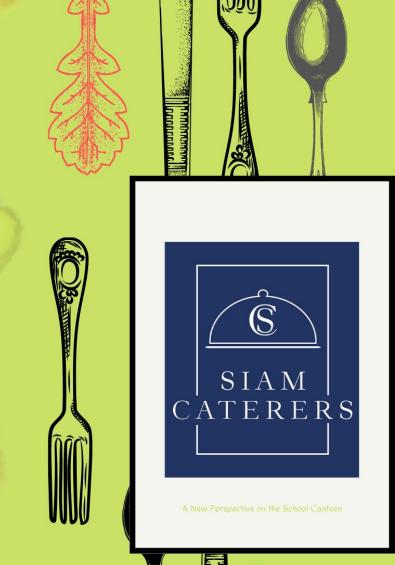
### MENU - JUNE 25

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 -



\* 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	Thusday	Friday			
	Bread		Bread - available every day							
	ERS	Salad & Appetizer	Salad of the day		Salad of the day	Salad of the day	Salad of the day			
	RTE	Appetizei	Salad bar availa	Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing!						
	STARTERS	Side-Soup	Seaweed and tofu soup		Tom Jued Tam- Leung	Corn soup	Pineapple & pork sour soup			
		WESTERN	Roasted chicken tomato & capsicum		Chicken Piccata	Stew beef (stroganoff), mustard & paprika	Baked fish, tomato & tarragon sauce			
			Sauteed potato		Couscous	Penne	Roasted potato			
	es	ASIAN	Stir fried pork & thai basil (Krapao moo)		Pork & morning glory curry (keang thepho)	Sauteed seafood & vegetable, oyster sauce	Chicken Massaman			
	urs		Steamed rice		Steamed rice	Steamed rice	Steamed rice			
	Main courses	VEGETARIAN	Simmered tofu, eggplant with soya sauce		Panang Potato	Mushroom & vegetable curry	Stir fried pumpkin & egg (fuk tong pad krai)			
	Σ	Vegetables	Vegetables of the day		Vegetables of the day	Vegetables of the day	Vegetables of the day			
NOW!		SOUP STATION	Crab cake tomato noodles		Sweet & sour pork & shrimps (kaeng som)	Kao Soi	Chicken vermicelli soup			
		PASTA STATION	Pasta station availa	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of you choice!						
	Da	iry product	Yogurt		Yogurt	Cheese	Yogurt			
		uit / Dessert		ay. Choose the fruit of y		aily selection or go for o				
	AL WOOD STATE									

#### 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 timing of deliveries)

П		WEEK 2	Monday	Tuesday	Wednesday	7husday	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	
		Appetizei	Salad bar avail	able everyday. Custom	your salad as your wis	hes and choice your fav	vorite dressing!	
	STA	Soup	Sweet & sour soup	Turnip potage with honey	Winter melon with meat soup	Cream of leek & potatoes soup	Vegetable & crab soup	
\  -		WESTERN	Braised pork & vegetables (navarin)	Creamy chicken & vegetables	Omelet with capsicum & bacon	Chicken with lemon & aromats	Fish finger with tartar sauce	
			Penne	Mashed potato	White beans	Potato gratin	steamed potato	
	rses	ASIAN	Hainanese Chicken (Khao man gai)	Steamed fish teriyaki sauce	Minced fried chicken (Larb Kai)	Braised pork with five spices (Palo)	Chicken in red curry (paneng kai)	
			Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	
	Main courses	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	
$ begin{array}{c} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \$	<	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	Steamed fish & vegetables soup	Pork with fried spring roll noodles	
		PASTA STATION	Pasta station availa	able everyday. Pasta o	or Udon noodles top choice !	ped with asian or wes	stern sauce of your	
	Da	airy product	Yogurt	Cheese	Yogurt	Cheese	Yogurt	
	Fru	uit / Dessert	Available everyda	ay. Choose the fruit of y	our choice from our da	aily selection or go for o	ur daily special!	

# Set Lunch Menu JUNE



Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special!

\* 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	Thusday	Friday		
	Bread	Bread - available every day						
IRS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day		
RTE	Appetizei	Salad bar avail	able everyday. Custom	your salad as your wisl	nes and choice your fav	vorite dressing!		
STARTERS	Soup	Seaweed and tofu soup	Mushroom soup	Tomato soup	Chicken coconut soup (Tom Kha Gai)	Minestrone soup		
	WESTERN	Roasted chicken with italian tomato sauce	Breaded pork with cheese sauce	Chicken & vegetables stew in pepper broth	Lasagna	Baked fish in lemon sauce		
		Sauteed potato	Penne	Mashed potato		Potato gratin		
es	ASIAN	Sauteed seafood & vegetable, oyster sauce	Chicken green curry	Grilled pork with spring onion Steamed rice	Chicken & eggs in tamarin sauce Steamed rice	Stew pork leg (Khao kha moo) Steamed rice		
Irs		Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice		
Main courses	VEGETARIAN	Simmered tofu, eggplant with soya sauce	Baked potato with beans & cheese	Stir fried Yakisoba noodles	Vegetable casserole with coconut	Gratined pasta & corn		
2	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 "Phổ" noodles soup	Chicken vermicelli soup	Fish curry soup (Kanom jeen nam val	Tom Yam chicken noodles soup		
	PASTA STATION	Pasta station availa	nble everyday. Pasta o	or Udon noodles topp choice!	oed with asian or we	stern sauce of your		
Da	airy product	Yogurt	Cheese	Yogurt	Cheese	Yogurt		

Fruit / Dessert

## Set Lunch Menu - June

Fruit / Dessert

\* 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	7uesday	Wednesday	7husday	Friday		
	Bread	Bread - available every day						
IRS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day		
STE	Appetizer	Salad bar avail	able everyday. Custom	your salad as your wis	hes and choice your fav	orite dressing!		
STARTERS	Soup	Watercress & pork soup	Pumpkin & bacon soup	Yam soup with minced pork	Chicken chowder	Tofu, chives & pork soup		
	WESTERN	Chicken with mushroom & pumpkin	Roasted pork with mushroom sauce	Breaded chicken Alla Milanese	Pork ribs with BBQ sauce	Steamed fish with mussel & dill sauce		
		Creamy polenta	Mashed potato	Spaghetti	Sauteed potato	Steamed potato		
Ş	ASIAN	Sauteed beef with ginger	Fried squid and vegetables.	Stir fried pork in yellow curry(keang karee moo)	Chicken adobo	Porc & pineapple sweet & sour		
rse		Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice		
Main courses	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 availa	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice!					
Da	airy product	Yogurt	Cheese	Yogurt	Cheese	Yogurt		





Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special!



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 coefficient the food counter - June

Students can choose their main course directly at the food counter

05 78		Students can oncose their main course all eatly at the rood counter							
WEEK 1		Monday	7uesday	Wednesday	7husday	Friday			
	Bread		Bread - available every day						
TERS	Salad & Appetizer	Salad of the day		Salad of the day	Salad of the day	Salad of the day			
STARTERS	Soup	Seaweed and tofu soup		Tom Jued Tam- Leung	Corn soup	Pineapple & pork sour soup			
ses	WESTERN	Roasted chicken tomato & capsicum		Breaded chicken "Alla Milanese"  Creamy polenta	Stew beef (stroganoff), mustard & paprika Penne	Baked fish, tomato & tarragon sauce  Roasted potato			
Main courses	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)			
Da	airy product	Yogurt		Yogurt	Cheese	Yogurt			
Fru	it / Dessert *	Available everyda	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





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)

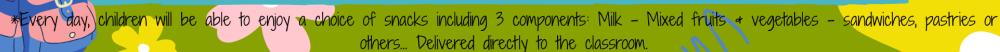


Set Lunch Menu - June

SIAM CATERERS

Students can choose their main comments directly at the food counter

		WEEK 2	Monday	7uesday	Wednesday	Thusday	Friday		
-		Bread	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Bread - available every day					
	rers	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day		
	STARTERS	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  Inavarint 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		
	Σ	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		
	Da	niry product	Yogurt	Cheese	Yogurt	Cheese	Yogurt		
	Fru	uit / Dessert	Available everyda	Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special!					



l Starter - l soup - l Main course

- 1 Dairy product 1 Fruit or dessert
- Bread & Seasonings and condiments



CATERERS

(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?

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	l	WEEK 3	Monday	7uesday	Wednesday	7husday	Friday
		Bread		Br	ead - available every d	ay	
	TERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day
	STARTERS	Soup	Seaweed and tofu soup	Mushroom soup	Tomato soup	Chicken coconut soup (Tom Kha Gai)	Minestrone soup
A dela	ses	WESTERN	Roasted chicken with italian tomato sauce Sauteed potato	Breaded pork with cheese sauce Penne	Chicken & vegetables stew in nenner broth Mashed potato	Lasagna	Baked fish in lemon sauce Potato gratin
	Main courses	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
	V	VEGETARIAN	Simmered tofu, eggplant with soya sauce	Baked potato with beans & cheese	Stir fried Yakisoba noodles	Vegetable casserole with coconut	Gratined pasta & corn
	Da	iry product	Yogurt	Cheese	Yogurt	Cheese	Yogurt
	Fru	uit / Dessert	Available everyda	ay. Choose the fruit of y	our choice from our da	aily selection or go for o	ur 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.

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

	WEEK 4	Monday	7uesday	Wednesday	7husday	Friday			
	Bread		Bread - available every day						
TERS	Salad & Appetizer	Salad of the day	Salad of the day	Salad of the day	Salad of the day	Salad of the day			
STARTERS	Soup	Watercress & pork soup	Pumpkin & bacon soup	Yam soup with minced pork	Chicken chowder	Tofu, chives & pork soup			
ses	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			
Main courses	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			
2	VEGETARIAN	Vegetable curry	Baked potatoes and vegetables	Vegetarian large Thai noodles	Simmered tofu with hoisin sauce	Fried tofu & vegetables			
Da	airy product	Yogurt	Cheese	Yogurt	Cheese	Yogurt			
Fr	uit / 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.