British
*oe International School, Phuket

## Lunch Menu Week 2

3-9 March 2024

|  | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Special Food | Chicken tendoori | Pork/chicken hot dog | Braised chicken noodle | Grilled seabass with teriyaki sauce | Chicken noodles curry soup | Korian fried chicken | Yellow noodles with chicken |
| Asian food | Stir fried chicken with curry paste | Pork stew in western stype | Deep fried fish with lemonglass | Boiled pickled pork ribs | Stir fried chicken with curry paste | Pork ribs \& pickled clear soup | Thai chicken stuffed omelette |
|  | Minced pork with seaweed clear soup | Omelette in sour spicy soup | Stir fried pork with chili paste | Panang with chicken | Fish in soy sauce | Chicken panang curry | Stir fried pork with cabbage |
| Vegan Food | Panang curry with tofu | Indian curry with white tofu | Mixed vegetable curry with tofu | Stir fried eggplant and tofu with basil | Fried eggplant dried curry | Vegetable Indian curry | Tofu massaman curry |
| Gluten Free Food (Asian) | Stir fried cabbage with eg9 | Stir fried shitake mushroom with chinese kale | Stir fried vegetable with eg9 | Stir fried Chinese cabbage | Stir fried plumkin with egg | Stir fried glass noodle with egg | Stir fried kale |
| Gluten Free Food (Western) | Grilled chicken with paprika | Grilled chicken with gravy | Fish steak with lemon cream sauce | Stew chicken | Grilled chicken with lemon butter sauce | Fish with lemon cream sauce | Paprika beef |
| Pasta | Pasta and sauce | Pasta and sauce | Pasta and sauce | Pasta and sauce | Pasta and sauce | Pasta and sauce | Pasta and sauce |
| Salad | Various salads | Various salads | Various salads | Various salads | Various salads | Various salads | Various salads |
| Dessert | Fresh cut fruit | Bakery <br> Fresh cut fruit | Fruit juice Milk drink Fresh cut fruit | Yoghurt <br> Fresh cut fruit | Thai dessert Fresh cut fruit | Assorted ice cream Fresh cut fruit | Fresh cut fruit |
| Everyday Items | Assorted breads Steamed rice Boiled vegetables Potatoes | Assorted breads Steamed rice Boiled vegetables Potatoes | Assorted breads, Steamed rice, Beans with tomato sauce \& Potatoes | Assorted breads Steamed rice Boiled vegetables Potatoes | Assorted breads, Steamed rice, Eggplant with tomato sauce \& Potatoes | Assorted breads Steamed rice Boiled vegetables Potatoes | Assorted breads Steamed rice Boiled vegetables Potatoes |

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[^0]:    *Menu changed may be appropriate*

