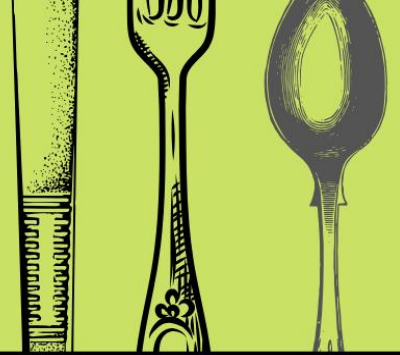




When you want healthy and delicious food, the canteen is the place to stop.



MENU - JANUARY 25

Year 1

To

Year 13 & Adults



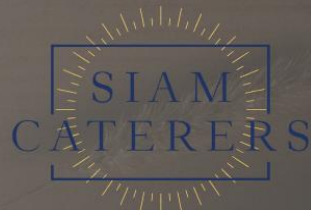
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A New Perspective on the School Canteen

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



SET LUNCH MENU - JANUARY



* 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		Bamboo chicken soup	Pumpkin & minced pork	Spinach soup	Taro and shrimp soup
Main courses	WESTERN		Braised chicken tomato & capsicum Mashed potato	Grilled pork with mustard sauce Sauteed potato	Fish with italian basil tomato sauce Farfale pasta	Stew pork & vegetables (navarin) Baked layered potato
	ASIAN		Red curry pork (panang) Steamed rice	Thai seafood curry Steamed rice	Beef teriyaki Steamed rice	Grilled chicken & sesame seeds Steamed rice
	VEGETARIAN		Braised tofu with pineapple	Vegetable casserole	Fried egg & tofu in tamarind sauce	Vegetables flan
	Vegetables		Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
	SOUP STATION		Shredded chicken noodles soup	Kao Soi	Yellow noodles with braised pork	Seafood noodles soup
	PASTA STATION	Pasta station available everyday. Pasta or Udon noodles topped with asian or western sauce of your choice !				
Dairy product			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 - choose directly at the counter

SET LUNCH MENU

JANUARY

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	Spanish salad	Salad of the day	Salad of the day
	Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !					
	Soup	Seaweed and tofu soup	Mushroom soup	Gaspacho	Chicken coconut soup (Tom Kha Gai)	Minestrone soup
Main courses	WESTERN	Roasted chicken and gravy sauce Sautéed potato	Braised pork loin with olives Penne	Cocido madrilenio Chickpeas	Lasagna	Steamed fish with lemon sauce Potato gratin
	ASIAN	Sautéed 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	Pork Larb 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	Sobaos Pasiegos	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 - JANUARY



* 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
	Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !					
	Soup	Sweet & sour soup	Pumpkin & bacon soup	Winter melon with meat soup	Cream of leek & potatoes soup	Vegetable & crab soup
Main courses	WESTERN	Breaded pork with cheese sauce Creamy polenta	Chicken with lemon & aromats Potato gratin	Omelet with capsicum & bacon White beans	Creamy chicken & vegetables Mashed potato	Baked fish in capers sauce steamed potato
	ASIAN	Sauteed seafood with garlic & pepper Steamed rice	Tofu and beef casserole Steamed rice	Hainanese chicken (khao man gai) Steamed rice	Braised pork with five spices (Palo) Steamed rice	Fried chicken with sweet pear sauce Steamed rice
	VEGETARIAN	Braised straw mushroom in coconut	Potato & eggplant in tomato sauce and basil	Sauteed noodles with vegetable	Stir fried mushroom & tofu (kapao)	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	Beef ball 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 - January

* 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	Special salad	Salad of the day	Salad of the day
	Salad bar available everyday. Custom your salad as your wishes and choice your favorite dressing !					
Main courses	Soup	Watercress & pork soup	White radish soup	Dumpling soup	Chicken chowder	Tofu, chives & pork soup
	WESTERN	Grill chicken with thyme, garlic & lemon Lentils	Pork ribs with BBQ sauce Potato wedges	Stew chicken with honey & rosemary (Tajine) Semolina	Roasted pork with sage & gerkins tomato sauce Mashed potato	Fish finger & tartar sauce steamed potato
	ASIAN	Sauteed beef with ginger Steamed rice	Sauteed squid and vegetables Steamed rice	Roasted pork belly with Beijing sauce Steamed rice	Simmered chicken & potato massaman Steamed rice	Porc & pineapple sweet & sour Steamed rice
	VEGETARIAN	Vegetables 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	Stewed beef & carrot 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	Lunar new year dessert	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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Menu sample



Nursery To Reception

GOOD FOOD
GOOD MOOD



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Set Lunch Menu - January

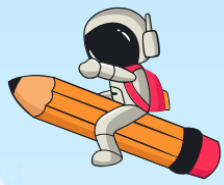
* Set Lunch:

- 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)

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		Bamboo chicken soup	Pumpkin & minced pork	Spinach soup	Taro and shrimp soup
Main courses	WESTERN		Braised chicken tomato & capsicum Mashed potato	Grilled pork with mustard sauce Sauteed potato	Fish with italian basil tomato sauce Farfale pasta	Stew pork & vegetables (navarin) Baked layered
	ASIAN		Red curry pork (panang) Steamed rice	Thai seafood curry Steamed rice	Beef teriyaki Steamed rice	Grilled chicken & sesame seeds Steamed rice
	VEGETARIAN		Braised tofu with pineapple	Vegetable casserole	Fried egg & tofu in tamarind sauce	Vegetables flan
Dairy product			Yogurt	Cheese	Cheese	Yogurt
Fruit / Dessert *		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Students can choose their main course directly at the food counter



* 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)



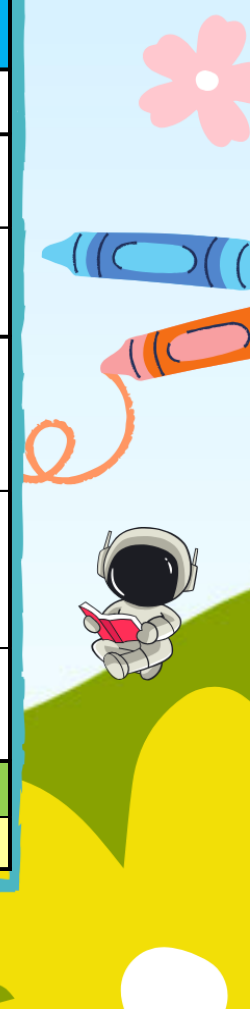
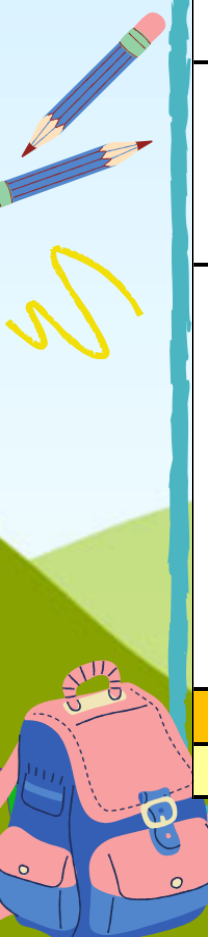
Set Lunch Menu - January

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Discovery

WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
Bread		Bread - available every day				
STARTERS	Salad & Appetizer	Salad of the day	Salad of the day	Spanish salad	Salad of the day	Salad of the day
	Soup	Seaweed and tofu soup	Mushroom soup	Gaspacho	Chicken coconut soup (Tom Kha Gai)	Minestrone soup
Main courses	WESTERN	Roasted chicken and gravy sauce Sautéed potato	Braised pork loin with olives Penne	Cocido madrilenio Chickpeas	Lasagna	Steamed fish with lemon sauce Potato gratin
	ASIAN	Sautéed 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	Pork Larb 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	Sobaos Pasiegos	Cheese	Yogurt
Fruit / Dessert		Available everyday. Choose the fruit of your choice from our daily selection or go for our daily special !				

Students can choose their main course directly at the food counter



Set Lunch Menu- January

* Set Lunch:

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

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(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	Sweet & sour soup	Pumpkin & bacon soup	Winter melon with meat soup	Cream of leek & potatoes soup	Vegetable & crab soup
Main courses	WESTERN	Breaded pork with cheese sauce Creamy polenta	Chicken with lemon & aromats Potato gratin	Omelet with capsicum & bacon White beans	Creamy chicken & vegetables Mashed potato	Baked fish in capers sauce steamed potato
	ASIAN	Sauteed seafood garlic & pepper Steamed rice	Tofu and beef casserole Steamed rice	Hainanese chicken (khao man gai) Steamed rice	Braised pork with five spices (Palo) Steamed rice	Deep fried chicken with sweet pear sauce Steamed rice
	VEGETARIAN	Braised straw mushroom in coconut	Potato & eggplant in tomato sauce and basil	Sauteed noodles with vegetable	Stir fried mushroom & tofu (kapao)	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 !				

Students can choose their main course directly at the food counter

* 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- January

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	White radish soup	Yam soup with minced pork	Chicken chowder	Tofu, chives & pork soup
Main courses	WESTERN	Grill chicken with thyme, garlic Lentils	Pork ribs with BBQ sauce Potato wedges	Stew chicken with honey & rosemary (Taiinel) Semolina	Roasted pork with sage & gerkins tomato sauce Mashed potato	Fish finger & tartar sauce steamed potato
	ASIAN	Sauteed beef with ginger Steamed rice	Sauteed squid and vegetables Steamed rice	Stir fried porc & vegetables in yellow currv Steamed rice	Simmered chicken & potato massaman Steamed rice	Porc & pineapple sweet & sour Steamed rice
	VEGETARIAN	Vegetables 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 !				

Students can choose their main course directly at the food counter