



# Garden International School, Eastern Seaboard, Ban Chang, Rayong

## Lunch Menu Year 3- Year 13

### Term 2 Academic Year 2017/2018 January 9, 2018 - April 5, 2018

Week	Type	Monday	Tuesday	Wednesday	Thursday	Friday
		5 Feb/12 Mar	9 Jan/6 Feb/13 Mar	10 Jan/7 Feb/14 Mar	11 Jan/ 8 Feb/15 Mar	12 Jan/ 9 Feb/16 Mar
Week 1	International non-veg	Chicken Schnitzel	Pork steak gravy sauce	Fish and chips	Roasted chicken Tarragon	Spaghetti pork meatball
	International veg	Cream of mushroom soup	Caulibroc soup	Yakisoba with tofu & veggie	Chef's pasta	Spaghetti Napolitana
	Side dish	Potato and veggies casserole	Wedges potato	French fries	Mashed potato mix w/veggies	
	Thai spicy food	Stir-fried pork basil leaves	Chicken curry pineapple toma	Stir-fried chicken chilli paste	Spicy minced pork salad (Laal	Chicken coconut milk soup
	Non-spicy food	Fried egg	Thai omelette	Red roasted pork		Stir-fried mixed vegetables
	Asian vegetarian	Fried rice mixed veggies	Stir-fried mixed vegetables	Mussaman curry	Stir-fried tofu w/spring onion	Chicken Biryani
	Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
	Special menu				Noodles soup w/chicken	
	Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	
Week	Type	Monday	Tuesday	Wednesday	Thursday	Friday
		15 Jan/ 12 Feb/19 Mar	16 Jan/13 Feb/ 20 Mar	17 Jan/14 Feb/21 Mar	18 Jan/15 Feb/22 Mar	19 Jan/16 Feb/23 Mar
Week 2	International non-veg	Pork Tonkatsu	Pasta chicken Pesto sauce	Breaded fish lemon cream sau	Chicken Belgian creamy sauce	Pasta pork Bolognese
	International veg	Tomato cream soup	Pasta Pesto sauce	Jacket potato w/baked bean	Veggies Belgian creamy sauce	Pasta Napolitana w/cheese
	Side dish	Sauted potato & veggies		French fries	Pasta/ Mashed potato	
	Thai spicy food	Tom Yum chicken	Fried egg spicy salad	Pork Panang curry	Stir-fried pork w/black peppe	Stir-fried Chinese Kale crispy po
	Non-spicy food	Stir-fried vermicelli w/chicken	Thai fried chicken	Stir-fried pumpkin w/basil	Braised egg in soy soup	Chicken sweet and sour
	Asian vegetarian	Stir-fried mixed vegetables	Egg plant Green curry	Stir-fried noodles w/veggies	Stir-fried mixed vegetables	Indian fried rice
	Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
	Special menu				Noodles soup w/braised pork	
	Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	

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		22 Jan/19 Feb/26 Mar	23 Jan/20 Feb/27 Mar	24 Jan/21 Feb/28 Mar	25 Jan/22 Feb/29 Mar	26 Jan/23 Feb/30 Mar
Week 3	International non-veg	Pork steak Mexican sauce	Pasta chicken & broccoli Alfredo	Fish and chips	Chicken Tonkatsu	Spaghetti pork meatball
	International veg	Carrot soup	Pasta mushroom & broccoli	Shepherds pie	Pasta Primavera	Spaghetti Napolitana
	Side dish	Sauteed potatoes & veggies		French fries		
	Thai spicy food	Stir-fried chicken basil leaves	Mixed spicy salad w/minced pork	Chicken Mussaman curry	Stir-fried veggies, chicken, ch	Roasted pork garlic pepper
	Non-spicy food	Fried egg	Thai omelette soup	Stir-fried mixed vegetables	Stir-fried pork w/soy sauce	Fried tofu w/tamarind sauce
	Asian vegetarian	Stir-fried mixed vegetables	Stir-fried bean sprouts tofu	Stir-fried tofu with ginger	Fried rice w/veggies	Chicken Biryani
	Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
	Special menu				Noodles soup w/pork	
	Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	
Week	Type	Monday	Tuesday	Wednesday	Thursday	Friday
		29 Jan/5 Mar/2 Apr	30 Jan/6 Mar/3 Apr	31 Jan/7 Mar/ 4 Apr	1 Feb/8 Mar/5 Apr	2 Feb/ 9 Mar
Week 4	International non-veg	Chicken steak Bar-B-Q sauce	Pasta ham cream sauce	Breaded fish tomato sauce	Roasted chicken w/Rosemary	Spaghetti Carbonara
	International veg	Filipino chicken noodles soup	Pasta mushrooms cream sauce	Pumpkin carrot soup	Pasta Napolitana w/cheese	Spaghetti vegetarian Carbonara
	Side dish	Potatoes & veggies casserole		French fries		
	Thai spicy food		Sauteed chicken with ginger	Chicken Green curry	Marrow curry with pork	Somtum
	Non-spicy food	Thai omelette w/egg tofu		Stir-fried snowpeas w/pork	Stir-fried mixed vegetables	Fried chicken
	Asian vegetarian	Stir-fried mixed vegetables	Stir-fried tofu with garlic	Stir-fried noodles w/veggies	Garden fried rice	Crispy mushrooms zesty sauce
	Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
	Special menu		Korean Bibimbub pork		Noodles soup w/pork	
	Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	

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