

# Regents International School Pattaya

## Boarding Dinner: Menu 1

DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>• Grilled Sausages</li> <li>• Spinach Lasagna</li> <li>• Lyonnais potatoes</li> <li>• Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni Cheese</li> <li>• Bacon wrapped sausages (no bacon for breakfast)</li> <li>• Broccoli &amp; tomato</li> </ul>	<ul style="list-style-type: none"> <li>• Poor Man's Stroganoff with mushrooms</li> <li>• Beef with pepper sauce</li> <li>• Mashed potatoes</li> <li>• Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and Vegetable stew /puff pastry</li> <li>• Mediterranean stuffed peppers</li> <li>• Maxim potatoes</li> </ul>
<b>THAI/ASIAN</b>	<ul style="list-style-type: none"> <li>• Stir fried long beans with pork</li> <li>• Chinese style vegetables</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• White cabbage &amp; pork in a clear soup</li> <li>• Sweet &amp; sour chicken</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Minced pork &amp; glass noodles in a clear soup</li> <li>• Stir fried chicken with chili</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese style braised pork soup</li> <li>• Stir fried bean curd with oyster sauce</li> <li>• Steamed rice</li> </ul>
<b>SALAD &amp; FRESH FRUIT BAR</b>	<ul style="list-style-type: none"> <li>• Rice Salad</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> <li>• Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>

## Boarding Dinner: Menu 2

<b>DISHES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>• Pork sausages in cider</li> <li>• Fish with tomato sauce</li> <li>• Boiled potatoes</li> <li>• Mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti with tuna</li> <li>• Braised beef Chinese Style</li> <li>• Lyonnais potatoes</li> <li>• Buttered pumpkin</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese and Herb crusted cottage pie</li> <li>• Mushroom stroganoff</li> <li>• Maxim potatoes</li> <li>• Cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Pork 'Mexican'</li> <li>• Salmon fishcakes</li> <li>• Mashed potatoes</li> <li>• Carrots</li> </ul>
<b>THAI/ASIAN</b>	<ul style="list-style-type: none"> <li>• Chicken in coconut milk soup</li> <li>• Eggs in tamarind sauce</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Massaman chicken curry</li> <li>• Cauliflower</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Fish with soy sauce</li> <li>• Pork green curry</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Spicy &amp; sour chicken soup</li> <li>• Stir fried vegetables</li> <li>• Steamed rice</li> </ul>
<b>SALAD &amp; FRESH FRUIT BAR</b>	<ul style="list-style-type: none"> <li>• Russian Salad</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> <li>• Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>

## Boarding Dinner: Menu 3

<b>DISHES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>• Grilled fish</li> <li>• Chicken Satay</li> <li>• Sticky rice</li> <li>• Mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta carbonara</li> <li>• Grilled chicken</li> <li>• Maxim potatoes</li> <li>• Green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Lean Shepherd's Pie</li> <li>• Fish with breadcrumbs</li> <li>• Roast potatoes</li> <li>• Garden vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Oven roasted cauliflower and garlic</li> <li>• Chicken casserole</li> <li>• Potato crumble</li> <li>• Cabbage</li> </ul>
<b>THAI/ASIAN</b>	<ul style="list-style-type: none"> <li>• Yakisoba chicken</li> <li>• Stir fried broccoli</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed egg with minced pork</li> <li>• Chicken green curry</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Stir fried pork with cucumber</li> <li>• Chicken Khao Soi</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Chilli Beef</li> <li>• Fried rice</li> </ul>
<b>SALAD &amp; FRESH FRUIT BAR</b>	<ul style="list-style-type: none"> <li>• Papaya salad</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Cold Pasta Salad</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> <li>• Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>

## Boarding Dinner: Menu 4

<b>DISHES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>• Cheese &amp; Herb Fritters</li> <li>• Grilled chicken with BBQ sauce</li> <li>• Lyonnais potatoes</li> <li>• Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with chicken sauce</li> <li>• Courgette and tomatoes au gratin</li> <li>• Mashed potatoes</li> <li>• Garden vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Pork schnitzel</li> <li>• Indian chicken curry</li> <li>• Maxim potatoes</li> <li>• Sweet corn</li> </ul>	<ul style="list-style-type: none"> <li>• Roast beef , gravy and Yorkshire Puddings</li> <li>• Chinese Style Kale</li> <li>• Parmentier potatoes</li> </ul>
<b>THAI/ASIAN</b>	<ul style="list-style-type: none"> <li>• Chicken curry</li> <li>• Stir fried broccoli with Oyster sauce</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Stir fried chicken in oyster sauce</li> <li>• Beansprouts with minced pork</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish with 3 sauces</li> <li>• Stir fried vegetables in oyster sauce</li> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Chow Mein</li> </ul>
<b>SALAD &amp; FRESH FRUIT BAR</b>	<ul style="list-style-type: none"> <li>• Beetroot Salad</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> <li>• Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Self-service salad bar</li> <li>• 2 dressings</li> <li>• Seasonal fresh fruits</li> </ul>