The Basement Lunch Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Western	Honey glazed chicken	Stuffed cabbage	Paprika chicken	Pork picatta	Battered dory fish
Western	Roasted pork in mushroom cream sauce	Chicken provencal	American style loaf	Chicken stew	Beef or pork burger
Side dish	Mashed potatoes	Rosemary potatoes	Fried potatoes	Parsley potatoes	French fries
Side dish	Sauteed mixed vegetables	Buttered carrots	Buttered sweet corn and peas	Creamy spinach	Buttered mixed vegetables
Western vegetarian	Mac and cheese	Ratatouille	Pumpkin lasagna	Vegetable strudel	Pineapple fried rice
Asian	Roasted dory fish with lime and ginger	Massaman chicken	Phad Thai with prawns	Thai style grilled chicken	Stir fried pork with bell peppers
Asian	Ton katsu	Red curry with pork	Stir fried chicken in oyster sauce	Som tam Thai	Stir fried minced chicken with basil
Asian vegetarian	Indian vegetable curry	Vegetarian spring rolls with plum sauce	Yellow curry with vegetables & mushrooms	Baked eggplant with sour cream dip	Mixed vegetables in soy sauce
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice or sticky rice	Steamed rice
Noodles	Chicken noodles	Yellow noodles with pork	Yen ta fo	Noodles with red pork	Braised chicken noodles
Live cooking	Chicken teriyaki	Stir fried Hong Kong noodles with chicken	Red pork with rice	American fried rice	Korean pork with rice
Pasta station	Penne seafood marinara	Spaghetti carbonara	Penne Napoli	Spaghetti bolognese	Fussili arrabiata

Allergy key: Beef, Cereals containing Gluten, Celery, Chicken, Crustacean Shellfish, Dairy, Egg, Fish, Mustard, Pork, Sesame Seeds, Soybeans, Wheat
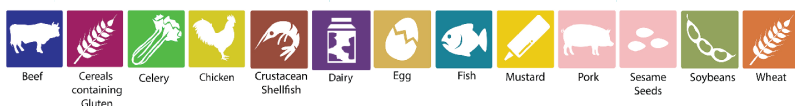
The allergy key serves as a convenience guide only, cross contamination of allergens is not guaranteed as our menus are prepared in shared facilities.

REGENTS INTERNATIONAL SCHOOL PATTAYA
A NORD ANGLIA EDUCATION SCHOOL

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