






















































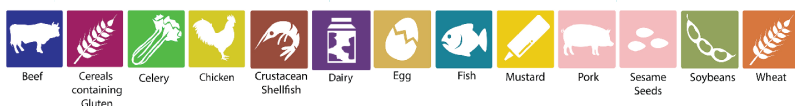


# The Basement Lunch Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Western	Roasted chicken with BBQ sauce 	Mediterranean baked fish 	Herb crusted dory fish 	Smoked pork and pak choy 	Battered dory fish 
Western	Sliced pork with mushrooms in cream sauce 	Pork stew 	Chicken with BBQ sauce 	Chicken fingers 	BBQ skewers 
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 	Baked cauliflower 	Potato-leek gratin 	Mushroom risotto 	Pasta-vegetable gratin 
Asian	Steamed dory fish with Thai herbs and chili 	Penang chicken 	Palo with pork 	Thai style grilled chicken 	Green curry with chicken 
Asian	Braised egg tofu with minced pork 	Vermicelli with prawns 	Stir fried chicken with broccoli and sesame 	Som tam Thai 	Stir fried minced pork with basil 
Asian vegetarian	Vegetable tempura and plum sauce 	Tom kha with tofu and mushrooms 	Phad se eaw 	Stir fried morning glory with chili and tofu 	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 



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

