# Senior School Lunch Menu

WYCOMBE ABBEY BANGKOK

epicure Catering

| Week Days | Monday 05-Oct-26 | Tuesday 06-Oct-26 | Wednesday 07-Oct-26 | Thursday 08-Oct-26 | Friday 09-Oct-26 |
|---|---|---|---|---|---|
| **Morning Break** | | | | | |
| Morning Snack | Butter Croissant | Coconut Sangkaya | Ham & Cheese Sandwich | Raspberry Muffin | Tuna Puff |
| Fruit | Selection of Fruits | Selection of Fruits | Selection of Fruits | Selection of Fruits | Selection of Fruits |
| Beverage | Milk | Milk | Milk | Milk | Milk |
| **Lunch Menu** | | | | | |
| Salad | Assorted Greens, Vegetables & Composed Salads | Assorted Greens, Vegetables & Composed Salads | Assorted Greens, Vegetables & Composed Salads | Assorted Greens, Vegetables & Composed Salads | Assorted Greens, Vegetables & Composed Salads |
| Fruits | Selection of Fruits | Selection of Fruits | Selection of Fruits | Selection of Fruits | Selection of Fruits |
| Asian Noodles | Rice Noodles with Pork & Pork Balls | Tom Yam Noodles with Shrimps | Egg Noodles with Red Roasted Pork | Clear Chicken Soup & Rice Vermicelli | Thai Boat Noodles with Pork |
| Main Asian | Clear Soup with Tofu and Minced Pork<br>Stir Fried Chicken & Basil<br>Steamed Jasmine Rice | Chicken Tikka Masala<br>Stir Fried Pork & Bell Peppers<br>Steamed Jasmine Rice | Stir Fried Fish in Curry Powder<br>Tom Yam Chicken<br>Steamed Jasmine Rice | Ton Katsu & Japanese Curry<br>Miso Soup with Tofu<br>Steamed Jasmine Rice | Stir Fried Pork & Mushrooms in Oyster Sauce<br>Egg Drop Soup with Wakame<br>Steamed Jasmine Rice |
| Main Western | Penne Carbonara<br>Honey & Mustard Chicken<br>Rosemary Potatoes<br>Steamed Mixed Vegetables | Buffalo Chicken<br>Lasagna al Forno<br>Potato Wedges<br>Sauted Green Beans | Roasted Fish & Lemon Butter Sauce<br>Pork Parmigiana<br>Maccaroni Napoli<br>Parsley Potatoes | Spaghetti Aglio e Olio<br>Chicken & Tomato Stew<br>Mashed Potatoes<br>Garden Vegetables | Pizza Margherita<br>Fish & Chips<br>French Fries<br>Garden Peas |
| Vegetarian | Vegetable Spring Rolls<br>Green Bean Casserole | Pumpkin Lasagna<br>Grilled Tofu Teriyaki | Vegetarian Samosa<br>Palo with Eggs | Stir Fried Mixed Vegetables in Soy Sauce & Tofu<br>Baked Spinach & Cheese | Clear Soup with Vegetables & Egg Tofu<br>Potato Gratin |
| Live Cooking | Fried Egg | Pad Thai with Pork | Chicken Kua Gai | Stir fried Kale & Crispy Pork | Fried Hong kong Noodles with Chicken |

## Allergen Labels

*With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.*

Beef, Pork, Chicken, Tree Nuts, Peanuts, Soy, Celery, Gluten, Eggs, Fish, Crustaceans, Molluscs, Lupin, Sesame, Sulfur Dioxide ($SO_2$), Milk, Mustard, Mushroom