Junior School Lunch Menu

WYCOMBE ABBEY BANGKOK

epicure Catering

Morning Break			
Week Day	**Morning Snack**	**Fruit**	**Beverage**
Monday	Fruit Yoghurt	Selection of Fruits	Milk
Tuesday	French Toast with Maple Syrup	Selection of Fruits	Milk
Wednesday	Pizza Twist	Selection of Fruits	Milk
Thursday	BLT Sandwich	Selection of Fruits	Milk
Friday	Carrot Muffin	Selection of Fruits	Milk

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*

Junior School Lunch Menu

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Lunch Menu			
Week Day	**Salad**	**Fruits**	**Asian Noodles**
Monday	Assorted Greens, Vegetables & Composed Salads	Selection of Fruits	Rice Noodles with Chicken & Chicken Balls
Tuesday	Assorted Greens, Vegetables & Composed Salads	Selection of Fruits	Yen Ta Fo
Wednesday	Assorted Greens, Vegetables & Composed Salads	Selection of Fruits	Egg Noodles with Red Roasted Pork
Thursday	Assorted Greens, Vegetables & Composed Salads	Selection of Fruits	Tom Yam Noodles with Shrimps
Friday	Assorted Greens, Vegetables & Composed Salads	Selection of Fruits	Egg Noodles with Pork & Pork Balls

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Lunch Menu			
Week Day	**Main Asian**		
Monday	Shrimp Cake	Chinese Lemon Chicken	Steamed Jasmine Rice
Tuesday	Japanese Hamburg Steak	Bamboo Mushroom Soup with Chicken	Steamed Jasmine Rice
Wednesday	Fried Chicken with Pandan	Massaman Beef Curry	Steamed Jasmine Rice
Thursday	Korean Fried Chicken	Red Curry with Duck	Steamed Jasmine Rice
Friday	Thai Style Grilled Chicken	Spicy Grilled Pork Salad	Sticky & Steamed Jasmine Rice

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Junior School Lunch Menu

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Lunch Menu				
Week Day	**Main Western**			
Monday	Beef Burrito & Guacamole	Spaghetti Carbonara	Potato Wedges	Garden vegetables
Tuesday	Chicken Nuggets	Fish a la Provence	Garlic Roasted Potatoes	Ratatouille
Wednesday	Pork-Paprika Stew	Honey glazed Chicken Breast	Mashed Potatoes	Steamed Broccoli
Thursday	Pork Schnitzel	Fish & Tomato Ragu	Roasted Rosemary Potatoes	Steamed Mixed Vegetables
Friday	Pork Lasagna	Fish & Chips	French Fries	Garden Peas

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Junior School Lunch Menu

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epicure Catering

Lunch Menu			
Week Day	**Vegetarian**		**Live Cooking**
Monday	Poached Eggs with Enoki Mushrooms	Mixed Vegetables in Soy Sauce	Butadon
Tuesday	Deep-Fried Mushrooms with Tartare Sauce	Penne Puttanesca	Stir-Fried Spaghetti with Bacon and Basil
Wednesday	Spicy Thai Mushroom Salad	Eggplant Schnitzel & Sour Cream	Omelete with Minced Chicken
Thursday	Yellow Chickpea Curry	Baked Cauliflower & Cheese	Kimchi Fried Rice with Pork
Friday	Mac & Cheese	Baked Eggs with Spinach and Tomato	Thai Papaya Salad

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Junior School Lunch Menu

Afternoon Break		
Week Day	**Afternoon Snack**	**Beverage**
Monday	Pork Gyoza	Milk
Tuesday	Danish Jam	Milk
Wednesday	Thai Coconut Jelly	Milk
Thursday	Banana Muffin	Milk
Friday	Chinese Black Bean Buns	Milk

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