

Bromsgrove International School - Windsor Park Campus Menu

Breakfast







2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28/06/2010	29/06/2010	30/06/2010				
Cereal	Cornflakes	Cornflakes	Cornflakes				
Milk	Fresh milk	Fresh milk	Fresh milk				
Fruit juice	Guava juice	Orange juice	Pineapple juice				
Western	Fried eggs, Scrambled eggs or Omelette	Fried eggs, Scrambled eggs or Omelette	Fried eggs, Scrambled eggs or Omelette				
Assorted dish	Sausages	Ham	Bacon				
Assorted dish	Oat meal	Grilled tomatoes	Sweet corn fritters				
Assorted dish	Fish with boiled rice	Pork congee	Wonton soup				
Assorted dish	Oat meal	Baked beans	Grilled tomatoes				
Fruit	Water melon	Orange	Dragon fruits				
Snack	Buttered bread with jam and honey	Buttered bread with jam and honey	Buttered bread with jam and honey				



2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31/05/2010	01/06/2010	02/06/2010	03/06/2010	04/06/2010	05/06/2010	06/06/2010
Snack	Brownies	Sweetcorn waffle	Crepe and fruits	Yoghurt	Tuna sandwiches	Ham/Cheese sandwiches	French toast ham
Milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Salad	Roast chicken salad	Rice noodle salad	Coleslaw salad	Egg salad	Cucumber and yoghurt salad	-	-
Main Western	Cornish pasty	Baked spinach with cheese & mushroom	Chicken tender	Oven baked seafood	Cottage Pie	-	-
Main Western	Roast chicken (Hawaiian style)	Marinated chicken	Beefburger and onion rings	Pork Cordon blur	Fish in breadcrumbs	Chicken in breadcrumbs	-
Vegetables	Cauliflower with cream	Grilled vegetables	Ratatouille	Chinese Cabbage	Garden vegetables	-	-
Potatoes	Maxim potatoes	Natural cut potatoes	Maxim potatoes	Roast potatoes	French fries		
Pasta	Creamed tuna with corn pasta	Bacon and Mozzarella pasta	Fusilli with asparagus and ham	Macaroni with Cheese sauce	Spaghetti in tomato sauce	-	Stir-fried pork with black soy sauce
Korean dish	Korean curry with rice	Korean glass noodles	Bibimbab	chicken stew with chilli paste	Pork belly with chilli paste	Grilled chicken with sesame	Sushi
Asian food	Chicken Satay/Peanut Sauce	Pork satay with peanut sauce	Boiled chicken with black soy sauce	Stir-fried pork with green bean	Fish with teriyaki	Thai omelette with minced pork	Torikago
Asian food	Bibimbab	Hot and spicy soup with seafood	Tom kha gai	Gang kuie moo	Beef with green curry	Minced pork and tofu in clar soup	Miso soup
Rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Chicken fried rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Shrimp fried rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice
Main Course (Vegetarian)	Yam woon sen	Tofu steak	Tofu maan poo	Stir-fried cauliflower with yellow curry	Phad mee thang tek	-	-
Noodles	Pork with noodles	Braised pork with noodles	Chicken with noodles	Roast pork with noodles	Wonton soup	-	-
Fruits	Seasonal fresh fruit	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Dessert	-		Bread in syrup		Ice cream		









* J = Jain



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	07/06/2010	08/06/2010	09/06/2010	10/06/2010	11/06/2010	12/06/2010	13/06/2010
Snack 	Cinnamon rolls	Jam rolls	Banana cakes	Crepe strawberry	Assorted sandwiches	Cookies	Salapao
Milk 	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad 	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Salad 	Caesar salad	Coleslaw salad	Salad Nicoise	Egg salad	Potato salad	-	-
Main Western 	Grilled Pork Loin with apple sauce	Pork balls with mushroom sauce	Grilled vegetables	Pepper steak	Chicken pot pie	Beef pie	-
Main Western 	Garlic with chicken	Beef lasagne	Weinner schnitzel	Cottage pie	Fish in breadcrumbs	-	-
Vegetables 	Chinese Cabbage	Garden vegetables	Pak Choi	Spinach with cream sauce	Broccoli and carrots	-	-
Potatoes 	Roast potatoes	Natural cut potatoes	Baked potatoes	Sauted potatoes	French fries	-	-
Pasta 	Carbonara	Penne with ham and asparagus	Pasta with tomato sauce	Tagliatelle with bacon and pesto	Baked pasta with spinach	Pork spare rib with chilli paste	Stir-fried pork (Hong kong style)
Korean dish 	Stir-fried beef with kimchee	Torisutogo	Korean miso soup with pork stew	Stir-fried squid with vegetables	Chawamushi	Stir-fried noodles	Roast beef with vegetables
Asian food 	Stir-fried chicken with hot basil	Chickenw tih chinese mushroom soup	Khai song krung	Fish cakes	Pla duk fuu	Bibimbab	Guye tiew phad songkrung
Asian food 	Tom klong pla korb	Phad look lonk	Egg soup	Grilled pork with red hot curry	Beef with green curry	Beef and seaweed in clear soup (Koren style)	Bamboo soup
Rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Chicken fried rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Shrimp fried rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice
Main Course (Vegetarian) 	Stir-fried egg and cucumber	Tofu nam deang	Vegetables cutlet	B.B.Q. tofu	Yaki soba	-	-
Noodles 	Pork pork with noodles	Guye chabb	Suki yaki chicken	Lard naa moo	Pork balls with noodles	-	-
Fruits 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Dessert 	Pineapple crumble	-	Black bean with sweet sticky rice	-	Ice cream	-	-

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	14/06/2010	15/06/2010	16/06/2010	17/06/2010	18/06/2010	19/06/2010	20/06/2010
Snack 	Butter cup cakes	Fruit yoghurt	French toast	Ham melt	Pizza	Pancakes with sausage	Tuan melt
Milk 	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad 	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Salad 	Greek salad	Potato salad	Salsa Salad	Pasta salad	Ham salad	-	-
Main Western 	Pork piccata	Fish provencal	Stewed pork with sweetcorn	Fish Pie	Chicken pot pie	-	-
Main Western 	Spagetti Bolognese	Marinated pork loin	Fish finger	Mushroof Stroganoff	Fish in breadcrumbs	-	-
Vegetables 	Pumpkin with cream cheese	Buttered vegetables	Cabbage caraway	Broccoli and carrots	Cream spinach	-	-
Potatoes 	Sweet potatoes	Leonaise potatoes	Au gratin potatoes	Rosti Potatoes	French Fries	-	-
Pasta 	Penne with mushroom and garlic	Tuna pasta	Cannelloni	Macaroni with cheese sauce	Pasta parmira	Fried pork with garlic	Butadon
Korean dish 	Stir-fried squid with chilli paste	Stir-fried glass noodles	Stir-fried pork with kimchee	Chicken with chilli paste	Papaya salad	Khao maan gai	Chicken teriyaki
Asian food 	Geang som krung sod	Marrow in clear soup	Masaman chicken	Yam gai yor	Larb moo	Phad Thai krung	French bean with sesame
Asian food 	Tofu song krung	Stir-fried kale with crispy pork	Stir-fried chicken with cabbage	Tom kha gai	Beef with hot and spicy soup	Grilled chicken	Miso soup
Rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Chicken fried rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Shrimp fried rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice
Main Course (Vegetarian) 	Mee tang tek	Stir-fried tofu with vegetables	Stir-fried big cucumber	Steak tofu	Mee sua	-	-
Noodles 	Braised beef with noodles	Pork with noodles in hot and spicy soup	Roast pork with noodles	Buta ramen	Chicken with noodles	-	-
Fruits 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Dessert 	Tab tim krob	-	Black jelly in syrup	-	Ice cream	-	-

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2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	21/06/2010	22/06/2010	23/06/2010	24/06/2010	25/06/2010	26/06/2010	27/06/2010
Snack 	Salapao	Fruit yoghurt	Cookies	Garlic bread	Assorted sandwiches	Banana cakes	Strawberry waffles
Milk 	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad 	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Salad 	Cucumber salad	Fruit salad	Egg salad	Ham salad	Coleslaw salad	-	-
Main Western 	Roast Chicken with chestnut stuffing and gravy	Meatloaf	Snapper fish termidor	Roast Ham with Gravy	Fish in breadcrumbs	Chicken with cream sauce	Pork weinner
Main Western 	Grilled fish with cauliflower	Chilli con carne	Chicken in breadcrumbs	Chicken marinated	Pork with crackling	-	Steam mushroom pie
Vegetables 	Peas and carrots	Garden vegetables	Broccoli and carrots	French bean and pumpkin	Sweetcorn and carrots	-	Spinach of cream cheese
Potatoes 	Spud potatoes	Maxim potatoes	Natural cut potatoes	Mashed potatoes	French fries	-	Mashed potatoes
Pasta 	Pasta with bacon	Baked pasta	Spaghetti in tomato sauce	Pasta carbonara	Pasta with sausage and vegetables	-	Chicken lasagne
Korean dish 	Chawanmushi	Buta kimchee	Bibimbab	Stir-fried minced pork with kimchee	Chicken with snow peas	Fish teriyaki	-
Asian food 	Stir-fried chicken with broccili	Tofu with crab	Fried egg	Phaneang gai	Khai look khui	Stir-fried broccoli with crab	-
Asian food 	Khai palow	Kha moo	Pickles and spare ribs in clear soup	Fish balls with green curry	Bakuteh	Miso soup	-
Rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Chicken fried rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Shrimp fried rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice
Main Course (Vegetarian) 	Yaki soba	Stir-fried glass noodles	Mee kati	Stir-fried mushroom	Phad pak see sa hai	-	-
Noodles 	Yen ta four	Kiam ee	Chicken lard naa	Fish maw soup	Guye chabb	-	-
Fruits 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
Dessert 	Pineapple pie	-	Buttered pudding	-	Ice cream	-	-










2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28/06/2010	29/06/2010	30/06/2010				
Snack 	Cookies	Yoghurt	Banana fritter				
Milk 	Fresh milk	Fresh milk	Fresh milk				
Salad 	Salad bar	Salad bar	Salad bar				
Salad 	Cesar salad	Pasta salad	Chicken salad				
Main Western 	Fish cakes with herbs	Beef Hungarian	Chilli con carne				
Main Western 	Chicken parmesan	Chicken fajitas	Chicke kebabs				
Vegetables 	Mixed vegetables		Vegetables lagoon	Zucchini and Carrots			
Potatoes 	Parmentier potatoes	Mashed potatoes	Roast potatoes				
Pasta 	Broccoli and pasta with ham	Penne with pesto and bacon	Pasta with garlic and mushrooms				
Korean dish 	Bibimbab	Pork belly with chilli paste	Chicken wings with chilli paste				
Asian food 	Torisuboro	Stir-fried chicken taro	Stir-fried minced pork with hot basil				
Asian food 	Sweet pork soup (Japanese style)	Geang leang krung sod	Geang som pla tod				
Rice	Brown steamed rice or White steamed rice	Brown steamed rice or White steamed rice	Brown/White steamed rice and Chicken fried rice				
Main Course (Vegetarian) 	Tofu with red sauce	Phad thai (J)	Phad mee sua				
Noodles 	Braised beef with noodles		Tom yam moo	Yen ta four			
Fruits 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits				
Dessert 	Coconut jelly in suryp		Taro in coconut milk				

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Western 	Chicken in breadcrumbs	Meat lofty	Sweet pork	Marinated fish	Pork stew with sweet corn		
Western 	Fish termidor	Pork wiener	Baked beef in tomato sauce	Roast chicken in mushroom sauce	Roast beef in pineapple sauce		
Vegetables 	Grilled vegetables	Grilled tomato	Cauliflower with cream sauce	Garden vegetables	Vegetables lagoon		
Potatoes 	Lyonaised potatoes	Sauted potatoes	Roast potatoes	Parmentier potatoes	Fancy potatoes		
Pasta 	Pasta with asparagus and bacon	Penne with chicken and broccoli	Spaghetti with meat balls	Pasta seafood	Tuna pasta	Salad bar	Crab salad
Asian food 	Thai omelette	Phaneang moo	Gai obb yod pak	Roast chicken with honey sauce	Sausage with spicy sauce	Chicken stew with chilli paste	Torisobogo
Asian food 	Roast pork with hong khong style	Stir-fried mixed vegetables	Stir-fried glass noodles	Stir-fried bean sprout with minced pork	Stir-fried pork with cabbage	Korean glass noodles	Tori don
Asian food 	Minced pork with seaweed in clear soup	Marrow in clear soup	Tom kha gai	Chicken with hot and spicy soup	Marinated minced beef with kimchee	Bibimbab	Sushi
Asian food 	Park belly with chilli paste	Pizza (Korean style)	Chicken stew with chilli paste	Pork belly with kimchee	Korea curry	Moso stew koren style	Sweet pork soup (Japan style)
Steamed ric 	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fruits 	Fruits	Fruits	Fruits	Fruits	Fruits	Fruit	Ice cream










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Western 	Chicken B.B.Q.	Pork clackling	Misi burger	Chicken tender	Fish with garlic and butter sauce	-	-
Western 	Pork piccata	Marinade fish	Pork weiner	Grillef sih with shallot sauce	Beef stew	-	-
Vegetables 	Cabbage caraway	Carrot stick	Green beans	Corn on the cob	Onion ring	Vegetable tempura	-
Potatoes 	French fries	Fancy potatoes	Roast potatoes	Natural cut potatoes	Mashed potatoes	-	-
Pasta 	Penne with tripple cheese	Pasta with crab meat	Spaghetti with asparagus and bacon	Stir-fried macaroni with ham	Pasta with tomato sauce	-	-
Asian food 	Chciekn stew with kimchee	Korean miso soup with pork stew	Stir-fried glass noodles with egg	Stir-fried pork belly with chilli paste	Fried rice with kimchee	Yaki soba	Grilled chicken
Asian food 	Fish cakes	Fried sausage	Chicken teriyaki	American fried rice	Katsu don	Fried rice	Larb moo
Asian food 	Stir-fried noodles with black soy sauce	Phad thai	See sa hai nam deang	Larb gai	Fried egg	Stir-fried pork with soy sauce	Sitr-fried beef with oyster sauce
Asian food 	Hot and sour seaweed soup	Spare ribs with bamboo in clear soup	Korean curry with rice	Tom yam gai	Egg soup	Grilled fish with soy sauce	Tom yam krung
Steamed ric 	Steamed rice	Steamed rice		Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fruits 	Fruit	Fruits	Fruits	Fruits	Fruit	Fruit	Ice cream












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	14/06/2010	15/06/2010	16/06/2010	17/06/2010	18/06/2010	19/06/2010	20/06/2010
Western 	Roast chicken with orange sauce	Chicken parmasan	Friish with ginger sauce	Pork zurich	Marinated chicken	-	Roast beef
Western 	Fish in breadcrumbs	Weinner snitzel	Sweet pork	Beef chabonade	Mixed grilled	-	Roast leg ham
Vegetables 	Carrots and Broccoli	Garden vegetables	Vegetables lisole	Cauliflowre with cream cheese	Grilled tomato	-	Carrot and Broccoli
Potatoes 	Baked potatoes	Au gratin potatoes	Fancy potatoes		Sweet corn potaotes	Leonet potatoes	-
Pasta 	Tuna fusilli	Spaghetti with cream and mushroom sauce	Penne with ham and vegetables	Stir-fried macaroni with ham	Grilled pork (Korean style)	Stir-fried chicken with kimchee	Pasta demon
Asian food 	Stir-fried pork with bamboo	Tori karage	Boiled egg	Phaneang moo	Steamed egg	Korean glass noodles	Pepper sauce
Asian food 	Stir-fried morning glory	Stir-fried crispy pork with kale	Chicken stew with chilli paste	Roast chicken with honey sauce	Pizza korean style	Marinated minced pork with kimchee	Mushroom cream sauce
Asian food 	Kimchee stew	Grilled chicken salad	Fried rice with crab meat	Korean glass noodles	Gai sam rod	Sweet pork soup (Japan style)	-
Asian food 	Khao maan gai tod	Fish balls with green curry	Tom yam por tek	Chicken in coconut milk	Minced pork with seaweed in clear soup	Bibimbab	-
Steamed ric 	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fruits 	Fruit	Fruits	Fruits	Fruits	Fruit	Fruit	Ice cram









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Western 	Pork stew with corn	Fish provencal	Roast chicken (Hawaiian style)	Chimichanga	Braised beef loin with capper sauce	-	Roast pork and roast beef
Western 	Baked beef	Chicken a la king	Marinated pork loin	Fish with leek cream sauce	Pork cordonblur	-	Salad bar
Vegetables 	Grilled vegetables	Vichy carrots	Spinach with cream sauce	Garden vegetables	Broccoli and Carrots	-	Pasta station
Potatoes 	Spud potatoes	Leonet potatoes	Parmentier popatoes	French fries	Fancy potatoes	Kanom pang naa moo	Tomato sauce
Pasta 	Baked pasta	Bacon and mozzarella pasta	Spinach lasagne	Pasta with garlic and mushroom	Ravioli	Bibibab	Cream sauce
Asian food 	Philipine prok leg soup	Nam tok moo	Tofu with crab	Toridon	Steamed fish with soy sauce	Sausage with red sauce	Potatoes
Asian food 	Pizza korean style	Marinated pork with fried kimchee	Bibibab	Chinese sausage salad	Pla sam rod	Vegetables spring rolls	Gravy and pepper cream sauce
Asian food 	Tofu and fish steak	Sushi	Chicken with teriyaki sauce	Yam khai dao	Mee hong kong	Fried corn cakes	Spinach crea sauce
Asian food 	Fried chicken with basil leaves	Tom yam por tek	Miso soup	Seaweed and chicken balls in clear soup	Korean curry with beef	Fried rice with ham	Ice cream
Steamed ric 	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Fruits 	Fruit	Fruits	Fruits	Fruits	Fruit	Fruit	Fruit

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	28/06/2010	29/06/2010	30/06/2010				
Western 	Chicken piccata	Fish royale	Pork zurich				
Western 	Pork Gordon blur	Cornish pastry	B.B.Q. chicken				
Vegetables 	Vegetables on skewer	Butter vegetables	Grilled tomatoes				
Potatoes 	Leonaise potatoes	Roast potatoes	French fries				
Pasta 	Baked macaroni with ham and leek	Tuna fusilli	Lasagne				
Asian food 	Fried pork with kimchee	Roast chicken with vegetables	Roast shrimps with glass noodles				
Asian food 	Stir-fried morning glory	Gai sam rod	Fried egg				
Asian food 	Yasai yaki	Stir-fried cabbage with chicken	Bibibab				
Asian food 	Tom lued moo	Miso stew korean style	Pork and ternip in clear soup				
Steamed rice 	Steamed rice	Steamed rice	Steamed rice				
Fruits 	Fruit	Fruits	Fruits				