



**Bromsgrove International school**  
**Early year menu**  
**Tuesday 1<sup>st</sup> June 2010**



**Morning Snacks**



Sweet corn waffle and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Roast chicken with honey sauce

**Potato**



crispy potatoes

**Vegetable**



Broccoli and carrots



**Main Course (Thai)**

**Thai**



Fried egg with sweet and sour sauce

**Vegetarian**



Stir-fried bean sprout with tofu (J)

**Soup**



Radish and pork in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Cantaloupe and Guave

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Wednesday 2<sup>nd</sup> June 2010**



**Morning Snacks**



Crape and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Thai omelette

**Potato**



Parmentier potatoes

**Vegetable**



Grilled vegetables



**Main Course (Thai)**

**Thai**



Pork satay

**Vegetarian**



Stir-fried sponge ground with eggs

**Soup**



Radish soup with pork spare ribs

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Pineapple and Sali

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Thursday 3<sup>rd</sup> June 2010**



**Morning Snacks**



Yoghurt cakes and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Beef stroganoff

**Potato**



Mashed potatoes

**Vegetable**



Pumpkin



**Main Course (Thai)**

**Thai**



Boiled eggs

**Vegetarian**



Khao phad sam see (J)

**Soup**



Chicken and galangal soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Papaya and Water Melon

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Friday 4<sup>th</sup> June 2010**



**Morning Snacks**



Tuna sandwiches and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Fish and chips

**Potato**



French fries

**Vegetable**

French beans, Carrots and Broccoli



**Main Course (Thai)**

**Thai**



Steamed eggs

**Vegetarian**

Stir-fried mixed vegetables (J)

**Soup**



Enoki and minced pork in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Rose apple/ Ice cream

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Monday 7<sup>th</sup> June 2010**



**Morning Snacks**



Cinnamon rolls and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Chicken tender

**Potato**



Fancy potatoes

**Vegetable**



Spinach with cheese



**Main Course (Thai)**

**Thai**



Fried egg with sweet and sour sauce

**Vegetarian**



Penne with tomato sauce (J)

**Soup**



Tom jued lued moo

**Rice / Noodles**



Steamed rice / Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Cantaloupe and Pineapples

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Tuesday 8 June 2010**



**Morning Snacks**



Jam rolls and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Pork zurich

**Potato**



Maxim potatoes

**Vegetable**



Carrot stick



**Main Course (Thai)**

**Thai**



Khao maan gai

**Vegetarian**



Stir-fried noodles with black soy sauce (J)

**Soup**



Marrow and chicken in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Bananas and Papaya

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Wednesday 9<sup>th</sup> June 2010**



**Morning Snacks**



Banana cakes and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Beef navarin

**Potato**



Mashed potatoes

**Vegetable**



Grilled vegetables



**Main Course (Thai)**

**Thai**



Deep fried fish

**Vegetarian**



Yaki Soba (J)

**Soup**



Glass noodles in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Sali and Guave

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Thursday 10<sup>th</sup> June 2010**



**Morning Snacks**



Crape strawberry and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Boiled egg

**Potato**



Chip potatoes

**Vegetable**



Mixed vegetables



**Main Course (Thai)**

**Thai**



Roast pork with vegetables (Thai style)

**Vegetarian**



Massaman (J)

**Soup**



Tofu in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Guava and Pineapple

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Friday 11<sup>th</sup> June 2010



#### Morning Snacks



Assorted sandwiches and fresh milk

#### Lunch



#### Main Course (Western)

Western

Fish and chips

Potato



French fries

Vegetable

French beans, Carrots and Corn



#### Main Course (Thai)

Thai



Stir-fried pork with sweet and sour sauce

Vegetarian



Stir-fried Big cucumber(J)

Soup



Thai omelette in clear soup

Rice / Noodles



Steamed rice/ Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Rose apple/ Ice cream

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Monday 14<sup>th</sup> June 2010**



**Morning Snacks**



Butter cup cakes and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Fried egg

**Potato**



Fried potatoes

**Vegetable**



Pumpkin



**Main Course (Thai)**

**Thai**



Chicken with garlic

**Vegetarian**



stir-fried morning glory (J)

**Soup**



Minced pork and marrow in clear soup

**Rice / Noodles**



Steamed rice / Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Cantaloupe and Bananas

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Tuesday 15<sup>th</sup> June 2010**



**Morning Snacks**



Fruit yoghurt and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Pork steak

**Potato**



French fries

**Vegetable**



Garden vegetables



**Main Course (Thai)**

**Thai**



Stir-fried white cabbage with shrimps

**Vegetarian**



Penne with tomato sauce (J)

**Soup**



Seaweed in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Pineapple and Guave

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Wednesday 16<sup>th</sup> June 2010**



**Morning Snacks**



French toast and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Chicken in breadcrumb

**Potato**



Sauted potatoes

**Vegetable**



Grilled vegetables



**Main Course (Thai)**

**Thai**



Stir-fried noodles with black soy sauce

**Vegetarian**



Tofu steak (J)

**Soup**



Chicken in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Sali and Pineapple

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Thursday 17<sup>th</sup> June 2010



#### Morning Snacks



Tuna sandwiches and fresh milk

#### Lunch



#### Main Course (Western)

Western

Beef stroganoff

Potato



Mashed potatoes

Vegetable



Carrot stick



#### Main Course (Thai)

Thai



Fried pork

Vegetarian



Stir-fried tofu with sweet and sour sauce (J)

Soup



Fish balls in clear soup

Rice / Noodles



Steamed rice/ Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Sali and Guave

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Friday 18<sup>th</sup> June 2010



#### Morning Snacks



Pizza and fresh milk

#### Lunch



#### Main Course (Western)

Western

Fish and chips

Potato



French fries

Vegetable



Spinach with cream cheese



#### Main Course (Thai)

Thai



Fried eggs

Vegetarian

Fried rice with garlic (J)

Soup



Minced pork and seaweed in clear soup

Rice / Noodles



Steamed rice/ Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Rose apple/ Ice cream

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Monday 21<sup>st</sup> June 2010**



**Morning Snacks**



Salapao and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Chicken apollo

**Potato**



Lay potatoes

**Vegetable**



Broccoli, French bean, Carrots



**Main Course (Thai)**

**Thai**



Boiled egg fried in sweet and sour sauce

**Vegetarian**



Phaneang protein (J)

**Soup**



Radish soup with pork spare ribs

**Rice / Noodles**



Steamed rice / Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Bananas and Roes apple

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Tuesday 22<sup>nd</sup> June 2010**



**Morning Snacks**



Fruit yoghurt and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Fish and chips

**Potato**



French fries

**Vegetable**



Cauliflower with cheese



**Main Course (Thai)**

**Thai**



Stir-fried minced chicken with hot basil

**Vegetarian**



Stir-fried cucumber with egg (J)

**Soup**



Minced pork and tofu in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Sali and Water melon

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Wednesday 23<sup>rd</sup> June 2010**



**Morning Snacks**



Cookies and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Roast chicken with honey sauce

**Potato**



Parmentier potatoes

**Vegetable**



Broccoli and Carrots



**Main Course (Thai)**

**Thai**



Steamed fish with soy sauce

**Vegetarian**



Penne with tomato sauce

**Soup**



Minced pork and marrow in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Cantaloupe and Guava

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Thursday 24<sup>th</sup> June 2010



#### Morning Snacks



Garlic bread and fresh milk

#### Lunch



#### Main Course (Western)

Western

Chicken tender

Potato



Fancy potatoes

Vegetable



Spinach with cheese



#### Main Course (Thai)

Thai



Pla sam rod

Vegetarian



Mee sua (J)

Soup



Tom lued moo

Rice / Noodles



Steamed rice/ Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Papaya and Pineapple

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Friday 25<sup>th</sup> June 2010**



**Morning Snacks**



Assorted sandwiches and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Fish and chips

**Potato**



French fries

**Vegetable**

Garden vegetables



**Main Course (Thai)**

**Thai**



Stir-fried pork with sweet and sour sauce

**Vegetarian**

Stir-fried mixed vegetables with tofu (J)

**Soup**



Thai omelette in clear soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Rose apple/ Ice cream

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Monday 28<sup>th</sup> June 2010



#### Morning Snacks



Cookies and fresh milk

#### Lunch



#### Main Course (Western)

Western

Roast pork with Casanova sauce

Potato



Mixed vegetables

Vegetable



Grilled vegetables



#### Main Course (Thai)

Thai



Khao maan gai

Vegetarian



Massaman (J)

Soup



Chicken and marrow in clear soup

Rice / Noodles



Steamed rice / Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Bananas and Cantaloupe

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Tuesday 29<sup>th</sup> June 2010**



**Morning Snacks**



Yoghurt and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Beef stroganoff

**Potato**



Mashed potatoes

**Vegetable**



Carrot sticks



**Main Course (Thai)**

**Thai**



Grilled chicken

**Vegetarian**



Stir-fried glass noodles (J)

**Soup**



Miso soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Papaya and Water melon

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Wednesday 30<sup>th</sup> June 2010**



**Morning Snacks**



Banana fritter and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Fish torpidor

**Potato**



Thai omelette

**Vegetable**



Broccoli and Carrots



**Main Course (Thai)**

**Thai**



Roast pork (Hong Kong style)

**Vegetarian**



Vegetables curry (J)

**Soup**



Chicken with coconut soup

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad bar

**Mixed Fruits**



Rose and Pineapple

\* (J) = Jain



**Bromsgrove International school**  
**Early year menu**  
**Thursday 1<sup>st</sup> July 2010**



**Morning Snacks**



Banana pancakes and fresh milk

**Lunch**



**Main Course (Western)**

**Western**

Chicken in breadcrumbs

**Potato**



Mashed potatoes with corn

**Vegetable**



Grilled vegetables



**Main Course (Thai)**

**Thai**



Boiled eggs

**Vegetarian**



Stir-fried pumpkin with egg (J)

**Soup**



Radish soup with pork spare ribs

**Rice / Noodles**



Steamed rice/ Noodles

**Salad Of the day**



Salad Bar

**Mixed Fruits**



Guava and Water melon

\* (J) = Jain



# Bromsgrove International school

## Early year menu

### Friday 2<sup>nd</sup> July 2010



#### Morning Snacks



Jam sandwiches and fresh milk

#### Lunch



#### Main Course (Western)

Western

Fish and chips

Potato



French fries

Vegetable

Spinach with cheese



#### Main Course (Thai)

Thai



Thai omelette

Vegetarian



Fusilli with garlic and mushrooms (J)

Soup



Seaweed and tofu in clear soup

Rice / Noodles



Steamed rice/ Noodles

Salad Of the day



Salad Bar

Mixed Fruits



Rose apple/ Ice cream

\* (J) = Jain