

LUNCH

Harrow International School Shanghai



	Monday 6th Jan	Tuesday 7th Jan	Wednesday 8th Jan	Thursday 9th Jan	Friday 10th Jan
Asian 亚洲风味	Braised Duck Wing, Beans and Corn Fried Rice ,Bok Choy 美极鸭翅根, 青豆玉米炒饭,青菜 Allergen:Soy Sauce 过敏源:酱油	Singapore Bak Kut Teh, Deep Fried Dough Sticks, Choy Sum 新加坡肉骨茶,油条,广东菜心 Allergen: Gluten 过敏源: 麦麸	Thai Curry Beef Brisket,Millet Rice,Cabbage 泰式咖喱牛腩配米仁饭,大白菜 Allergen: Gluten 过敏源: 麦麸	Marinated & Salted Sliced Fish,Black Rice, Fried Potato,Pepper and Eggplant 糟溜鱼片配黑米饭地三鲜 Allergen: Seafood 过敏源: 海鲜	Japanese Chicken and Egg Oyakodon,Choy Sum 日式鸡肉滑蛋亲子丼, 广东菜心 Allergen: Egg 过敏源:鸡蛋
Western 西餐档口	Honey Stew Pork Ribs with Wasbi,Lyonnaised Potatoes,Sweet Pea 芥末蜂蜜烤肋排,里昂土豆,甜豆 Allergen: Non 过敏源:无	Beef Lasagne, Baby Corn and Carrot 意式牛肉千层面玉米笋胡萝卜 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	Cheese Fried Fish Fillet and Dill, Mashed Potato, Broccoli 蒜蓉芝士煎鱼排, 土豆泥, 西兰花 Allergen: Gluten,Milk ,Seafood 过敏源: 奶制品,麦麸,海鲜	Fried Chicken Leg, Corn, Cauliflower 美式炸鸡腿配玉米段花菜 Allergen: Gluten 过敏源: 麦麸	Cheese Hot Dog, French Fries, Corn and Beans 芝士热狗薯条胡萝卜玉米青豆 Allergen: Milk,Gluten 过敏源: 奶制品, 麦麸
Noodles 面档	Beef Ramen,Curry Soup, Greens 牛肉拉面配咖喱牛肉汤, 鸡毛菜 Allergen:Gluten 过敏源:麦麸	Xinjiang Big Plate Chicken, Sliced Noodles, Chicken Soup, Greens 新疆大盘鸡配刀削面青菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork Ball, Pork Soup Noodles, Spinach 红烧狮子头汤面菠菜 Allergen: Gluten 过敏源: 麸质	Homemade Shepherd's Purse and Pork Wonton, Lettuce 手工荠菜猪肉馄饨油麦菜 Allergen: Gluten 过敏源:麦麸	Braised Ginger Duck, Fujian Rice Noodle, Bok Choy 姜母鸭,福建面线,菜心 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Mapo Tofu,Rice ,Broccoli 植物肉麻婆豆腐配白米饭, 西兰花 Allergen: Soy 过敏源:豆制品	Cheese Quiche and Spinach, Baby Corn and Carrot 芝士菠菜乳蛋饼,玉米笋炒胡萝卜 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	Butter Potato, Baked Beans with Tomato ,Cauliflower 黄油土豆配茄汁焗豆花菜 Allergen: Gluten ,Dairy 过敏源: 麦麸,奶制品	Pad Thai, Lettuce 泰式炒河粉油麦菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Salt and Pepper Z-Rou, Rice, Cabbage 椒盐植物肉配米饭包菜 Allergen: Gluten, 过敏源: 麦麸
Soup 汤	Korean Kimchi and Pork Soup 韩式辣白菜豆腐汤 Allergen: Soy 过敏源: 豆制品	Spicy and Sour Soup 酸辣汤 Allergen: Soy 过敏源: 豆制品	Pork and Radish Soup 猪肉白萝卜汤 Allergen: Gluten 过敏源: 鸡蛋, 麦麸	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy ,Gluten 过敏源:奶制品,麦麸	Tomato and Potato Soup 番茄土豆汤 Allergen:Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Dragon Fruit/Egg Tart 火龙果/蛋挞 Allergen: Gluten 过敏源:麦麸	Hami-Melon/Butter Cake 哈密瓜/黄油蛋糕 Allergen : Gluten,Dairy 过敏源:麦麸, 奶制品	Orange/Sweet Mini Rice Ball 桔子/酒酿小圆子 Allergen:Egg,Gluten 过敏源: 鸡蛋, 麦麸	Banana/Muffin 香蕉/麦芬 Allergen: Egg Milk,Gluten 过敏源:鸡蛋 奶制品麦麸	Apple/Ice Cream 苹果/冰激淋 Allergen: Milk 过敏源: 奶制品

All Dish is Diced and no spicy food for EY
 幼儿园所有菜品都切小块, 没有辣椒和黑胡椒

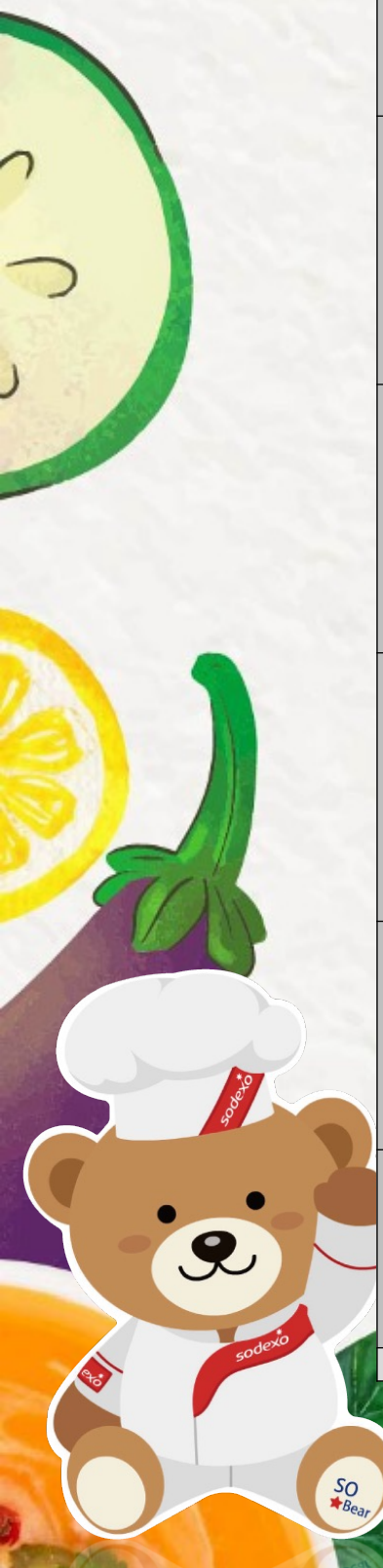


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Harrow International School Shanghai					
	Monday 13th Jan	Tuesday 14th Jan	Wednesday 15th Jan	Thursday 16th Jan	Friday 17th Jan
Asian 亚洲风味	Orleans Roast Chicken Wing ,Curry and Bean Rice ,Hang Greens 奥尔良烤鸡翅咖喱豆饭配炒杭白菜 Allergen: Gluten 过敏源:麦麸	Thai Sweet and Sour Pork Ball, Coconut Rice,Bok Choy 泰式酸甜肉丸配椰浆米饭, 青菜 Allergen: Soy Sauce,Mushroom 过敏源: 酱油,蘑菇	Corn Rice,Braised Chicken Leg,Cabbage 玉米饭配卤鸡腿,白菜 Allergen: Soy Sauce,Gluten 过敏源: 酱油,麦麸	Steamed Fish with Fermented Soya Beans,Pumpkin Rice,Braised Eggplant 豆豉葱姜鱼南瓜饭, 鱼香茄子 Allergen:Soy Sauce,Fish,Gluten 过敏源:豆制品,鱼,麦麸	Deep Fried Crispy Pork and Lotus Root, Preserved Pork and Vegetables Fried Rice, Water Spinach 香酥猪肉藕夹,咸肉菜饭, 空心菜 Allergen: Soy 过敏源: 豆制品
Western 西餐档口	Stir Beef Sausage, Mashed Potato,Black Pepper Sauce,Broccoli 香煎小牛肉土豆泥配黑胡椒汁西兰花 Allergen: Gluten 过敏源:麦麸	Orange Flavoured Duck, Onion Sauce, Butter Potato, Asparagus Lettuce and Carrot 法式香橙鸭红酒洋葱汁黄油土豆莴笋胡萝卜 Allergen: Dairy, Gluten 过敏源:奶制品, 麦麸	Bacon and Egg Cheese (Sliced Tomato,Lettuce) Sandwich , Corn Cob 培根煎蛋芝士三明治,玉米棒 Allergen: Gluten, Dairy, Egg 过敏源:麦麸,奶制品,鸡蛋	Honey Stew Pork,Salt and Pepper Potato Wedge,Choy Sum 蜜汁烤猪颈肉椒盐薯角广东菜心 Allergen: Gluten 过敏源: 麦麸	Tomato and Mushroom Pasta, Duck Confit, Cauliflower and Carrot 番茄菌菇意面, 油封鸭腿,花菜胡萝卜 Allergen: Gluten,Mushroom 过敏源: 麦麸, 蘑菇
Noodles 面档	Shanghai Style Smoked Fish and Braised Bean Curd, Hang Greens, Noodles 熏鱼汤面红烧素鸡,杭白菜 Allergen:Seafood,Soy 过敏源:海鲜,豆制品	Homemade Cabbage and Mushroom Pork Dumpling, Sour Soup 手工白菜香菇猪肉饺酸汤 Allergen: Gluten Soy Sauce 过敏源: 麦麸,酱油	Tom Yum Gong (Fish Ball,Shrimp,Quail Egg ,Korean Noodles, Bok Choy 冬阴功(鱼片,虾, 鹌鹑蛋) 汤 韩式拉面, 青菜 Allergen: Seafood, Mushroom 过敏源: 海鲜,蘑菇	Stew Beef and Tomato, Choy Sum 番茄牛腩面菜心 Allergen: Gluten, mushroom 过敏源: 麦麸, 蘑菇	Yunnan Bridge Rice Noodle (Sliced Chicken,Mushroom,Quail Egg,Tomato,Lettuce) 云南过桥米线(鸡肉片,菌菇, 鹌鹑蛋, 番茄片,生菜) Allergen: Gluten, mushroom 过敏源: 麦麸, 蘑菇
Vegetarian 素食主义	Tomato Fusilli with Basil,Broccoli 番茄萝勒菌菇螺丝面西兰花 Allergen: Gluten 过敏源:麦麸	Cantonese Style Fried Egg and Hefen , Bean Sprout Fried Cabbage 广式鸡蛋炒河粉,豆芽炒包菜 Allergen: Egg 过敏源: 鸡蛋	Macaroni, Zucchini Fried Carrot 奶油焗芝士小弯管,西葫芦炒胡萝卜 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Curry Z-Rou and Potato,Cauliflower and Carrot 咖喱植物肉碎土豆丁米饭, 花菜胡萝卜 Allergen: Gluten 过敏源: 麦麸	Xinjiang Style Tomato and Doughball with Egg Drop,Vegetables,Naan Bread 新疆青菜番茄鸡蛋疙瘩面,馕 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋
Soup 汤	Shepperd's Purse and Tofu Soup 荠菜汤 Allergen: Soy 过敏源: 豆制品	Cabbage and Potato Soup 卷心菜土豆汤 Allergen: Non 过敏源:无	Preserved Pork and Winter Melon Soup 咸肉冬瓜汤 Allergen:Non 过敏源: 无	Borscht 罗宋汤 Allergen: Non 过敏源:无	White Bean Soup 白豆浓汤 Allergen: Mushroom,Soy 过敏源:蘑菇,豆制品
Fruit & Desert 水果 & 甜点	Grapefruit /Spring Roll 柚子/春卷 Allergen: Gluten 过敏源:麦麸	Banana/Butter Cookie 香蕉/黄油曲奇 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Orange/Coconut Sago Soup 沙糖桔/椰汁西米露 Allergen: Gluten 过敏源: 麦麸	Hami-Melon/Mabel Cake 哈密瓜/大理石蛋糕 Allergen: Egg Milk Gluten 过敏源:鸡蛋 奶制品 麦麸	Pear/Ice Cream 梨/冰激淋 Allergen: Milk 过敏源:牛奶

Vegetable and starch can be freely selected and matched 蔬菜和主食可以自由选择搭配, 点心只提供给学生。

All dish is diced and no spicy food for EY
幼儿园所有菜品都切小块, 没有辣椒和黑胡椒



LUNCH



Harrow International School Shanghai					
	Monday 20th Jan Meat Free Day	Tuesday 21st Jan Spanish Food Festival	Wednesday 22nd Jan	Thursday 23rd Jan	Friday 24th Jan
Asian 亚洲风味	Z-ROU Curry and Potato,Rice ,Hang Greens Fried Bean Curd 咖喱素肉土豆丁米饭杭白菜云丝 Allergen: Gluten,Soy 过敏源: 麦麸, 豆类	Cocido Mdrileno (Spanish Pork Stew),Potato Wedges,Broccoli 马德里炖肉(猪肉肠,猪肉),西兰花 Allergen: Soy Sauce,Mushroom 过敏源: 酱油,蘑菇 NEW TRY NOW	Singapore Seafood(Squid,Shrimp,Fish) Pao Fan, Choy Sum 新加坡海鲜(鱿鱼,虾,鱼片)泡饭,广东菜心 Allergen: Seafood 过敏源: 酱油,麦麸	Braised Pork and Bean Curd,Water Spinach,Black Rice 百叶结烧肉,空心菜, 黑米饭 Allergen:Soy 过敏源:豆制品, 酱油	Chinese New Year Promotion Stewed Assorted Delicacies Meatball ,Crab Stick ,Egg Dumpling Fish ball ,Rice Noodle, Baby Cabbage 全家福 (肉丸 蟹柳 蛋饺 鱼丸 米粉 娃娃菜) Allergen: Gluten seafood 过敏源:麦麸 海鲜 Dumpling Homemade Pork dumpling, Chinese Green, Egg Soup 自制猪肉水饺,鸡蛋蔬菜汤 Allergen: Gluten 过敏源:麦麸 Homemade Vegetable dumpling 自制蔬菜水饺 Allergen: Gluten 过敏源:麦麸 Soup Corn and Yam with Pork Ribs Soup 玉米山药排骨汤 Allergen: Non 过敏源:无 Daily fruit; eight delicacies rice 每日水果/八宝饭 Allergen: Gluten 过敏源:麦麸
Western 西餐档口	Z-ROU Pasta with Tomato Sauce,Broccoli 植物肉碎番茄意面西兰花 Allergen: Milk,Gluten,Soy 过敏源: 奶制品, 麦麸,豆类	Mix Paella (Spainsh Seafood Risotto),Broccoli 西班牙海鲜烩饭, 西兰花 Allergen: Dairy, Gluten 过敏源:奶制品, 麦麸	Sausage and Cheese Penne,Grilled Zucchini and Pepper 香肠番茄芝士意面,烤西葫芦彩椒 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品	Herb Juiciest Baked Pork, Mashed Potato,Cauliflower and Carrot 香草烤猪柳,土豆泥,花菜胡萝卜 Allergen: Non 过敏源: 无	
Noodles 面档	Braised Gluten, Fried Egg, Greens,Red Soup Noodle 红烧烤麸配荷包蛋鸡毛菜, 红汤面 Allergen:Egg,Gluten 过敏源: 鸡蛋, 麦麸	Braised Duck with Red Soup Noodles, Hang Greens 酱鸭红汤面, 杭白菜 Allergen: gluten 过敏源: 麦麸	Homemade Pork Wonton, Mushrrom,Egg Soup,Spinach 手工猪肉大馄饨三鲜汤, 菠菜 Allergen: Gluten,Egg,Mushroom 过敏源: 麦麸,鸡蛋,蘑菇	Seafood (Fish)Pho,Lettuce 越南海鲜(鱼片) 河粉, 生菜 Allergen: Seafood 过敏源:海鲜	
Vegetarian 素食主义	Braised Tofu, Rice,Broccoli 家常豆腐配米饭西兰花 Allergen: Egg ,Gluten 过敏源: 鸡蛋, 麦麸	Spanish Vegetarian PISTO,Fries & Egg 西班牙炖菜, 薯条&鸡蛋 Allergen: 鸡蛋, 牛奶 NEW TRY NOW Allergen: Egg,Dairy	Fried Egg and Bok Choy Noodles 上海青菜鸡蛋炒面 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Fried Egg and Tomato Rice,Chinese Greens 番茄炒蛋配米饭, 青菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	
Soup 汤	Miso Soup 味噌汤 Allergen: Non 过敏源: 无	Zucchini Soup Cream 奶油西葫芦汤 Allergen: Dairy 过敏源:奶制品	Kelp Soup 海带汤 Allergen: Non 过敏源:无	Pork Ribs and Winter Melon Soup 排骨冬瓜汤 Allergen: Non 过敏源:无	
Fruit & Desert 水果 & 甜点	Orange/Pumpkin Cake 芦柑/南瓜饼 Allergen: Gluten 过敏源: 牛奶	Churros 香蕉/西班牙油条 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Hami-Melon/Red Bean Soup 哈密瓜/红豆汤 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Banana/Oats Biscuit 香蕉/燕麦饼干 Allergen: Egg Milk Gluten 过敏源:鸡蛋 奶制品 麦麸	

Vegetable and starch can be freely selected and matched 蔬菜和主食可以自由选择搭配, 点心只提供给学生。

