

LUNCH

Harrow International School Shanghai



	Monday 3rd Mar	Tuesday 4th Mar	Wednesday 5th Mar	Thursday 6th Mar	Friday 7th Mar World Book Day
Asian 亚洲风味	Braised Duck Wing,Cron Rice,Bok Choy 美极鸭翅玉米饭, 青菜 Allergen: Soy 过敏源: 酱油	Japenese Curry Pork Chop,Rice,Oily Bean Curd Fried Bean Sprout and Greens 日式咖喱猪排饭, 油豆腐烧黄豆芽和青菜 Allergen:Gluten,Soya 过敏源: 麦麸,豆制品	Fish Fillet with Tomato Sauce,Pumpkin Rice, Fried Cabbage and Black Mushroom 番茄鱼片南瓜饭, 白菜木耳 Allergen: Seafood,Mushroom 过敏源: 海鲜,蘑菇	Orleans Chicken Wing,Curry and beans Rice,Shanghai Greens 奥尔良烤鸡翅, 胡萝卜青豆咖喱饭,上海青 Allergen: Non 过敏源: 无	Steamed Egg with Pork Minced,Rice,Fried Eggplant,Pepper and Potato 内沫炖蛋配白米饭,地三鲜 Allergen: Egg 过敏源:鸡蛋
Western 西餐档口	Beef Pasta in Black Pepper Sauce,Broccoli 意式牛肉酱配意大利面, 西兰花 Allergen: Milk,Gluten 过敏源: 奶制品, 麦麸	Fish Fillet with Cheese,Lemon,Baked Potato Wedges,Pepper and Beans 芝士鱼排黄油柠檬汁, 烤薯角, 彩椒甜豆 Allergen: Dairy,Seaffod 过敏源: 奶制品, 海鲜	Grilled Chicken Leg with Black Pepper,Mashed Potato,Cauliflower and Broccoli 铁板无骨鸡腿配黑椒汁, 土豆泥, 双花菜 Allergen: Non 过敏源: 无	Bacon and Egg Sandwich, Corn, Zucchini Fried Pepper 培根鸡蛋三明治,烤玉米,节瓜彩椒 Allergen: Milk,Egg,Gluten 过敏源: 奶制品,鸡蛋,麦麸	Beef Gulash,Rice,Hang Greens 匈牙利炖牛肉, 米饭, 杭白菜 Allergen: Gluten 过敏源:麦麸
Noodles 面档	Xinjiang Fried Chicken with Chilli, Sliced Noodle, Bok Choy 新疆大盘鸡, 刀削面, 青菜 Allergen: Gluten 过敏源:麦麸	Shanxi Beef Saozi,Rice Noodle, Greens 山西牛肉臊子配米粉, 鸡毛菜 Allergen: Non 过敏源: 无	Braised Duck Leg,Noodles,Bok Choy 红烧鸭腿面,红汤面,上海青 Allergen: Gluten, Soy Sauce 过敏源: 麸质,酱油	Homemade Pork and Shepherd's Purse Dumplings, Dry pot Cabbage 手工猪肉荠菜大馄饨,干锅卷心菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Yuxiang Sliced Chicken Mixed Noodles,Romaine,Braised Bean Curd 鱼香鸡丝拌面,豆腐干,油麦菜 Allergen: Gluten,Soy 过敏源: 麦麸,豆制品
Vegetarian 素食主义	Curry Tofu and Veggies Ball,Rice,Broccoli 咖喱蔬菜豆腐丸子, 白米饭, 西兰花 Allergen: Soya ,Gluten 过敏源: 豆制品, 麦麸	Fried Egg and Noodles, Bok Choy, Pepper and Beans 鸡蛋青菜炒面, 彩椒甜豆 Allergen: Gluten, Egg 过敏源: 麦麸,鸡蛋	Italian Vegetable and Beans Stew,Rice,Cabbage Fried Black Mushroom 意式蔬菜烩杂豆, 白米饭, 白菜木耳 Allergen: Mushroom 过敏源: 蘑菇	Homemade Braised Tofu, Black Rice, Shanghai Greens 家常豆腐, 黑米饭, 上海青 Allergen: Gluten, Milk Mushroom 过敏源: 麦麸, 奶制品, 蘑菇	Korean Style Fried Rice Cake with Kimchi and Egg, Hang Greens 韩式泡菜鸡蛋炒年糕,杭白菜 Allergen: Egg 过敏源: 鸡蛋
Soup 汤	Pork Minced and Mushroom Soup 肉糜(猪肉) 菌菇汤 Allergen: Mushroom 过敏源: 蘑菇	Pork Ribs with Corn and Carrot Soup 排骨玉米胡萝卜汤 Allergen: Non 过敏源: 无	Tomato and Egg Drop Soup 番茄鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋	Miso Soup 味噌汤 Allergen: Egg ,Gluten 过敏源:鸡蛋 奶制品麦麸	Borscht 罗宋汤 Allargen:Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Sweet Melon/Homemade Carrot Cake 甜瓜/自制胡萝卜蛋糕 Allergen: Egg,Cheese,Gluten 过敏源: 麦麸,牛奶,鸡蛋	Orange/Homemade Cookie 砂糖桔/手工曲奇 Allergen : Gluten,Egg,Cheese 过敏源:麦麸,鸡蛋, 奶制品	Hami-Melon/Homemade Banana Cake 哈密瓜/自制香蕉蛋糕 Allergen:Egg,Gluten,Dairy 过敏源: 鸡蛋,麦麸, 奶制品	Water Melon/ Sweet Rice Ball 西瓜/桂花小圆子 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

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 10th March Meat Free Day	Tuesday 11th March	Wednesday 12th March	Thursday 13th March	Friday 14th March Pie Day
Asian 亚洲风味	Braised Mixed Mushroom and Tofu, Millet Rice, Hang Greens 素烧什锦(木耳,香菇,腐竹)豆腐,小米饭,杭白菜 Allergen: Gluten,Soy,Mushroom 过敏源: 麦麸, 豆类,蘑菇	Japanese Style Chicken and Seaweed Rice, Choy Sum 日式鸡肉亲子丼海苔饭, 广东菜心 Allergen: Soy Sauce, Mushroom 过敏源: 酱油,蘑菇	Curry Chicken with lemongrass, Purple Potato Rice, Celery Fried Bean Curd 香茅咖喱鸡块, 紫薯饭, 芹菜香干 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Fried Duck in Oyster Sauce,Rice,Cabbage and Carrot 蚝油鸭肉片, 白米饭, 大白菜炒胡萝卜 Allergen: Soy Sauce 过敏源:酱油	Braised Pork and Quail Egg, Corn Rice,Ta Greens and Bamboo shoots 红烧肉鹌鹑蛋, 黑米饭, 塔菜笋丝 Allergen: Soy, Egg 过敏源: 酱油, 鸡蛋
Western 西餐档口	Creamy Asparagus and Pepper with Pasta, Broccoli 奶油芦笋彩椒意面,西兰花 Allergen: Milk,Gluten,Soy 过敏源: 奶制品, 麦麸,豆类	BBQ Pork Ribs, Potato Wedges, Carrot and Cauliflower BBQ烤猪排, 薯角, 胡萝卜花菜 Allergen: Gluten 过敏源:麦麸	Beef Stew,Bread,Mini Tomato and Zucchini 意式土豆炖牛肉配面包, 西葫芦烤小番茄 Allergen: Gluten 过敏源:麦麸	Deep Fried Fish Fillet, Tomato Salsa, Mixed Beans, Corn Flakes 英式炸鱼, 番茄莎莎, 杂豆,玉米脆片 Allergen: Gluten, Seafood 过敏源: 麦麸,海鲜	Minced Beef & Onion Pie 牛肉洋葱派 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Tomato and Egg Noodles, Bean Curd, Greens 番茄鸡蛋面, 素鸡, 青菜 Allergen:Egg,Gluten 过敏源: 鸡蛋, 麦麸	Braised Beef Brisket Noodles, Choy Sum 红烧牛腩汤面, 广东菜心 Allergen: gluten 过敏源: 麦麸	Malaysia Lakasa (Shrimp, Fish Ball, Squid)Bean Sprout and Greens 马来西亚叻沙海鲜 (虾,鱼丸,鱿鱼)米粉, 豆芽青菜 Allergen: Gluten, Seafood 过敏源: 麦麸,海鲜	Homemade Pork and Shepherd's Purse Wonton, Seaweed and Egg Drop Soup, Greens 手工荠菜猪肉大馄饨配紫菜蛋汤, 鸡毛菜 Allergen: Gluten 过敏源:麦麸	Su-Style Chicken Leg Noodles, Hang Greens 苏式鸡腿汤面, 杭白菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Fried Mushroom and Egg with Millet Rice,Broccoli 扒双菇鸡蛋小米饭, 西兰花 Allergen: Egg ,Mushroom 过敏源: 鸡蛋,蘑菇	Tomato and Mushroom Pasta, Carrot and Cauliflower 番茄菌菇意面, 胡萝卜花菜 过敏源: 麦麸 Allergen: Gluten	Fried Egg and Carrot, Beans with Rice, Bean Sprout and Greens 胡萝卜青豆玉米鸡蛋炒饭, 豆芽青菜 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Braised Tofu, Carrot and Cabbage 红烧豆腐, 大白菜炒胡萝卜 Allergen: Gluten, Egg 过敏源: 麦麸,鸡蛋	Spinach Quiche,Ta Greens and Bamboo Shoots 菠菜乳蛋饼, 塔菜笋丝 Allergen: Gluten,Egg,Milk 过敏源: 麦麸,鸡蛋,奶制品
Soup 汤	Sour and Spicy Soup 酸辣汤 Allergen: Non 过敏源: 无	Winter-Melon and Dry Shrimp Soup 冬瓜虾皮汤 Allergen: Seafood 过敏源:海鲜	Cabbage and Potato Soup 卷心菜土豆汤 Allergen: Dairy 过敏源: 奶制品	Duck and Bamboo Shoots Soup 老鸭扁尖汤 Allergen: Non 过敏源:无	Creamy Mushroom Soup 奶油蘑菇汤 Allergen: Mushroom,Milk 过敏源:蘑菇,奶制品
Fruit & Desert 水果 & 甜点	Apple/Homemade Butter and Galic Bread 苹果/自制黄油蒜香面包片 Allergen: Milk ,Gluten 过敏源: 麦麸,牛奶	Hami-Melon/Coconut Milk with Sago 哈密瓜/椰汁西米露 Allergen: Non 过敏源:无	Watermelon/Spring Roll 西瓜/春卷 Allergen: Milk, Gluten 过敏源: 牛奶, 麦麸	Orange/Homemade Chocolate Cake 芦柑/自制巧克力蛋糕 Allergen: Egg Milk Gluten 过敏源:鸡蛋 奶制品 麦麸	Melon/Ice Cream 甜瓜/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 17th March	Tuesday 18th March	Wednesday 19th March	Thursday 20th March	Friday 21st March
Asian 亚洲风味	Cantonese Clay Pot Sausage Rice with Braised Egg, Carrot and Cabbage 广式腊肠煲仔饭配酱蛋, 大白菜胡萝卜 Allergen: Egg, Soy 过敏源: 鸡蛋, 酱油	Indian Beef Curry, Quinoa Rice, Water Romaine 印度咖喱牛腩, 藜麦饭, 油麦菜 Allergen: Gluten 过敏源: 麦麸	Singapore Hainan Chicken Rice, Choy Sum 新加坡海南鸡饭, 广东菜心 Allergen: Soy 过敏源: 酱油	Shanghai Style Braised Duck, Black Rice, Pepper Fried Bean Sprout 上海酱鸭, 黑米饭, 青椒绿豆芽 Allergen: Soy 过敏源: 酱油	Fish Fillet in Tomato Sauce and Pineapple, Millet Rice, Hang Greens 茄汁菠萝鱼块, 米仁饭, 杭白菜 Allergen: Soy 过敏源: 豆制品
Western 西餐档口	Beef Lasagne, Roast Potato, Broccoli 牛肉千层面, 烤土豆, 西兰花 Allergen: Milk, Gluten 过敏源: 奶制品, 麦麸	Grilled Pork Sausage, Black Pepper, Mashed Potato, Baked Zucchini and Mushroom 香煎猪肉肠, 黑胡椒汁, 土豆泥, 烤时蔬 (节瓜口蘑) Allergen: Dairy, Gluten 过敏源: 奶制品, 麦麸	Honeydew Pork, Potato Wedge, Choy Sum 蜜汁烤猪颈肉, 薯角, 广东菜心 Allergen: Gluten 过敏源: 麦麸	Salami and Cheese Pizza, Carrot and Cauliflower 萨拉米芝士披萨, 胡萝卜花菜 Allergen: Gluten, Cheese 过敏源: 麦麸, 芝士	Swedish Pork Ball, Potato Wedges, Beans and Corn 瑞典猪肉丸, 烤薯角, 杂菜粒 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Shanghai Smoked Fish Fillet with Soup Noodle, Shanghai Greens 上海熏鱼汤面, 鸡毛菜 Allergen: Seafood, Gluten 过敏源: 海鲜, 麦麸	Tom Yam Gong Rice Noodle (Fish Ball, Egg Dumpling, Ham, Quail Egg), Romaine 冬阴功米粉 (鱼丸蛋饺火腿片鹌鹑蛋), 油麦菜 Allergen: gluten 过敏源: 麦麸	Beef Ramen, Curry Soup, Bok Choy 牛肉拉面, 咖喱牛肉汤, 青菜 Allergen: Gluten, Soy Sauce 过敏源: 麦麸, 酱油	Homemade Pork and Cabbage Dumpling, Sour Soup, Greens 手工猪肉青菜水饺配酸汤, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Fried Duck with Ginger, Rice Noodle, Duck Soup, Lettuce 仔姜鸭米粉, 老鸭汤, 生菜 Allergen: Non 过敏源: 无
Vegetarian 素食主义	Japanese Style Fried Egg and Mushroom Udon, Broccoli 日式鸡蛋菌菇乌冬面, 西兰花 Allergen: Egg, Gluten, Mushroom 过敏源: 鸡蛋, 麦麸, 蘑菇	Pepper and Veggies Pasta in Tomato Sauce, Zucchini 茄汁彩椒时蔬炒空心粉, 西葫芦 Allergen: Gluten 过敏源: 麦麸	Tomato Fried Egg and Rice, Bok Choy 番茄炒蛋配米饭, 青菜 Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋	Singapore Style Fried Bee Hoon, Greens 星洲炒米粉, 青菜 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 奶制品, 鸡蛋	Curry Z-rou and Potato Rice, Hang Greens 咖喱植物肉沫土豆丁配米饭, 杭白菜 Allergen: Gluten 过敏源: 麦麸
Soup 汤	Miso Soup 味噌汤 Allergen: Non 过敏源: 无	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Milk 过敏源: 牛奶	Winter-Melon and Seaweed Soup 冬瓜紫菜汤 Allergen: Non 过敏源: 无	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Soy 过敏源: 豆制品	Kelp and Pork Ribs Soup 海带排骨汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Banana/Brownie 香蕉/布朗尼 Allergen: Egg, Gluten, Milk 过敏源: 麦麸, 牛奶, 鸡蛋	Orange/Marble Cake 橙子/大理石蛋糕 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Melon/Pumpkin Cake 甜瓜/南瓜饼 Allergen: Gluten 过敏源: 麦麸	Orange/Red Bean and Mini Rice Ball Soup 砂糖桔/红豆沙小圆子 Allergen: Gluten 过敏源: 麦麸	Dragon Fruit/Ice-cream 火龙果/冰淇淋 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。

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 24th Mar	Tuesday 25th Mar	Wednesday 26th Mar Korean Food Festival	Thursday 27th Mar	Friday 28th Mar
Asian 亚洲风味	Fish Fillet in Rice Wine, Black Rice, Hang Greens and Bean Curd 糟溜鱼片黑米饭, 杭白菜云丝 Allergen: Seafood, Soy 过敏源: 海鲜, 豆制品	Sweet and Sour Pork, Rice, Fried Pepper and Potato 糖醋排条白米饭, 青椒土豆片 Allergen: Soy Sauce 过敏源: 酱油	Korean Style Roast Chicken with Honey and Mustard, Multigrain Rice, Bok Choy 韩式蜂蜜芥末烤鸡, 杂粮饭, 青菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Crispy Lotus Root and Pork Minced Filled, Bacon and Veggie Rice, Fried Greens and Bean Sprout 香酥藕夹, 咸肉菜饭, 鸡毛菜炒绿豆芽 Allergen: Soy Sauce 过敏源: 酱油	Japanese Karaage Chicken Nuggets, Spinach, Green Bean Rice 日式唐扬鸡块, 菠菜, 绿豆饭 Allergen: Bean 过敏源: 豆类
Western 西餐档口	Beef and Mushroom Pasta with Black Pepper, Broccoli 黑椒菌菇牛肉意大利面, 西兰花 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇	Roast Chicken Leg with Thyme, Mashed Potato, Spinach 百里香烤鸡腿, 土豆泥, 菠菜 Allergen: Dairy 过敏源: 奶制品	Korean Roast Pork with Potato, Zucchini 韩式烤猪肉配烤土豆, 西葫芦 Allergen: Non 过敏源: 无	Beef Hamburger, French Fries, Corn and Beans 牛肉汉堡配薯条, 杂豆粒 Allergen: Gluten 过敏源: 麦麸	Crispy Duck, Potato Wedges, Cauliflower and Carrot 法式香酥鸭配烤薯角, 花菜胡萝卜 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Braised Pork Ball and Red Soup Noodle, Hang Greens and Bean Curd 红烧狮子头面, 杭白菜云丝 Allergen: Gluten 过敏源: 麦麸	Boiled Fish with Sichuan Pickles, Rice Noodle, Ta Greens 酸菜鱼汤米粉, 塔菜 Allergen: Seafood 过敏源: 海鲜	Korean Army Hot Pot(Ham, Fish Ball, Tofu) Ramen, Romaine 韩式部队锅(火腿, 鱼丸, 豆腐) 韩式拉面, 油麦菜 Allergen: Gluten, Soy Sauce 过敏源: 麦麸, 酱油	Homemade Pork and Cabbage Dumpling, Pork Bone Soup, Greens 手工猪肉白菜水饺, 大骨汤, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork Fillet and Soup Noodle, Lettuce 红烧大排汤面, 生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Fried Egg and Rice Noodle with Cabbage, Bean Curd 白菜鸡蛋炒年糕, 素鸡 Allergen: Egg, Soya 过敏源: 鸡蛋, 豆制品	Cheese and Veggie Wrap, Spinach 芝士蔬菜卷饼, 菠菜 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Korean Style Fried Rice Cake and Kimchi, Zucchini 韩式泡菜炒年糕, 西葫芦 Allergen: Non 过敏源: 无	Curry Veggie and Beans Rice, Fried Greens and Bean Sprout 咖喱蔬菜杂豆配白米饭, 鸡毛菜绿豆芽 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 奶制品, 鸡蛋	Pad Thai, Spinach 泰式鸡蛋炒河粉, 菠菜 Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋
Soup 汤	Creamy Carrot Soup 奶油胡萝卜汤 Allergen: Milk 过敏源: 奶制品	Tomato and Egg Drop Soup 番茄蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Korean Style Soybean Paste Soup 韩式大酱汤 Allergen: Soy 过敏源: 豆制品	Bacon 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
Fruit & Desert 水果 & 甜点	Water-Melon/Char Siu 西瓜/叉烧酥 Allergen: Gluten 过敏源: 麦麸	Orange/Homemade Carrot Cake 橙子/自制胡萝卜蛋糕 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Dragon Fruit/Pear and White Fungus Soup 火龙果/雪梨银耳汤 Allergen: Non 过敏源: 无	Banana/Pumpkin Tart 香蕉/南瓜塔 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 奶制品, 麦麸	Hami-Melon/Ice Cream 哈密瓜/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 31st March	Tuesday 1st Apr	Wednesday 2nd Apr	Thursday 3rd Apr	
Asian 亚洲风味	Sweet and Sour Pork with Litchi, Black Rice, Bok Choy 荔枝咕咾肉,黑米饭, 青菜 Allergen: Gluten 过敏源: 麦麸	Teriyaki Chicken, Seaweed Rice, Choy Sum 日式照烧鸡, 海苔饭, 广东菜心 Allergen: Soy Sauce, Mushroom 过敏源: 酱油,蘑菇	Brised Beef Briket, with Radish,Rice,Pepper and Bean Sprout 红烧萝卜牛腩饭, 青椒绿豆芽 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Shanghai Braised Duck, Corn Rice, Hang Greens 上海酱鸭,玉米饭, 杭白菜 Allergen: Soy Sauce 过敏源:酱油	
Western 西餐档口	Stir-Fry Vanilla Chicken Fillet, Black Pepper, Mashed Potato, Cauliflower and Carrot 香草煎鸡排, 胡椒汁土豆泥,菜花胡萝卜 Allergen: Milk,Gluten,Soy 过敏源: 奶制品, 麦麸,豆类	Pan Fried Fish Fillet with Dill and Lemon Sauce, Mashed Potato, Sweet Pea 蒜蓉煎鱼排配柠檬汁, 土豆泥, 甜豆 Allergen:Dairy,Seafood 过敏源:奶制品,海鲜	Spanish Baked Chicken Leg, Baked Potato, Zucchini and Pepper 西班牙烤鸡腿, 焗土豆, 西葫芦彩椒 Allergen: Gluten 过敏源:麦麸	Bacon and Cheese Sandwich, Potato Wedges, Broccoli 培根芝士三明治, 烤薯角, 西兰花 Allergen: Gluten 过敏源: 麦麸	
Noodles 面档	Beef Saozi Noodle, Bok Choy 牛肉臊子面, 青菜 Allergen: Gluten 过敏源: 麦麸	Curry Beef Ramen,Bok Choy 咖喱汤牛肉拉面, 青菜 Allergen: Gluten 过敏源: 麦麸	Korean Style Seafood Ramen(Shrimp,Fish,Squid),Greens 韩式海鲜 (虾,鱼片,鱿鱼)面, 鸡毛菜 Allergen: Seafood 过敏源: 海鲜	Braised Pork, Bamboo Shoot, Potato with Chilli Mixed Noodle, Hang Greens, Bean Curd 八宝(猪肉,笋丁,土豆)辣酱拌面, 杭白菜,素鸡 Allergen: Gluten 过敏源:麦麸	
Vegetarian 素食主义	Shanghai Style Fried Egg and Bean Sprout Noodle, Lettuce 上海炒面 (鸡蛋、豆芽) 配生菜 Allergen: Egg ,Gluten 过敏源: 鸡蛋, 麦麸	Z-rou Fried Rice Noddle, Choy Sum 植物肉炒米粉, 广东菜心 Allergen: Soy, Gluten 过敏源:豆制品,麦麸	Tomato and Mushroom Pasta with Pepper, Sweet Pea 番茄菌菇彩椒意面, 甜豆 Allergen: Gluten 过敏源: 麦麸	Curry Chickpea and Veggies Rice, Broccoli 鹰嘴豆蔬菜咖喱饭, 西兰花 Allergen: Gluten, Beans 过敏源: 麦麸,豆制品	
Soup 汤	Radish Soup 萝卜汤 Allergen: Non 过敏源: 无	Seaweed and Egg Soup 紫菜蛋汤 Allergen: Egg 过敏源:鸡蛋	Onion Soup 洋葱汤 Allergen: Dairy 过敏源: 奶制品	West Lake Beef Soup 西湖牛肉羹 Allergen: Gluten 过敏源:麦麸	
Fruit & Desert 水果 & 甜点	Watermelon/Homemade Banan Cake 西瓜/自制香蕉蛋糕 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Hami-Melon/Green Bean Soup 哈密瓜/绿豆汤 Allergen: Beans 过敏源:豆类	Apple/Croissant 苹果/羊角 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Pear/Ice Cream 香梨/冰激凌 Allergen: Milk 过敏源:奶制品	

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

