

LUNCH



Harrow International School Shanghai					
				Thursday 21st, Aug	Friday 22nd, Aug
Asian 亚洲风味				Xinjiang Hand Pilaf Rice with Mutton, Fried Cumin Potato and Pepper 新疆羊肉手抓饭孜然青椒土豆片 Allergen: Non 过敏源: 无	Zhangcha Duck with Sweet and Spicy Sauce, Corn Rice, Lettuce 樟茶鸭配甜辣酱, 玉米渣饭,炒生菜 Allergen: Soy Sauce 过敏源: 酱油
Western 西餐档口				Pan-Fried Pork Tenderloin with Thyme, Baked Sweet Potato, Broccoli 百里香煎猪柳,烤红薯,西蓝花 Allergen: Non 过敏源: 无	Hot Dog,French Fries,Baked Zucchini with Cherry Tomato 热狗薯条,烤西葫芦配小番茄 Allergen: Milk,Gluten 过敏源: 奶制品, 麦麸
Noodles 面档				Homemade Pork Wontons Mixed with Chilli, Mushroom with Bok Choy 手工红油抄手, 香菇菜心 Allergen: Gluten 过敏源:麦麸	Mixed Noodles with Scallion Oil,Braised Smoked Fish,Greens 葱油拌面,上海熏鱼, 鸡毛菜 Allergen: Gluten,Seafood 过敏源: 麦麸,鱼
Vegetarian 素食主义				Tomato Fried Eggs, Rice, Mushroom with Bok Choy 番茄炒鸡蛋,白米饭,香菇菜心 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Margherita Pizza,French Fries,Baked Zucchini with Cherry Tomato 玛格丽特披萨,薯条,烤西葫芦配小番茄 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品
Soup 汤				Pork Ribs with Raddish Soup 萝卜排骨汤 Allergen: Non 过敏源:无	Spicy and Sour Soup 酸辣汤 Allergen: Soya 过敏源:豆制品
Fruit & Desert 水果 & 甜点				Orange/Back School Cake 芦柑/开学小蛋糕 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



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Harrow International School Shanghai					
	Monday 25th, Aug	Tuesday 26th, Aug	Wednesday 27th, Aug	Thursday 28th, Aug	Friday 29th, Aug
Asian 亚洲风味	Oyako-don (Japanese Chicken Rice) Bok Choy 日式亲子丼配米饭, 青菜 Allergen: Non 过敏源:无	Singapore Hainan Chicken Rice,Leaf Lettuce 新加坡海南鸡饭,油麦菜 Allergen: Soy Sauce 过敏源: 酱油	Roasted Miso Fish, Beans sprout fried cabbage and Mushroom, Steamed Rice 烤味噌鱼,豆芽蘑菇炒包菜,米饭 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Thai Holy Basil Stir-fry Minced Pork Rice, Braised Egg, Hang-Greens 泰式打抛猪肉饭杭白菜,卤蛋 Allergen: Soy Sauce 过敏源:酱油	Fried Pork in Scoop, Corn Rice, Lettuce 东北锅包肉,玉米渣饭,炒生菜 Allergen: Soy Sauce 过敏源: 酱油
	Grilled Sausage, Sweet Pea Fried Carrot Mashed Potato 焗猪肉肠, 荷兰豆胡萝卜,土豆泥 Allergen: Gluten 过敏源:麦麸	Beef Bolognese, 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	Roasted Duck with Orange Sauce, Baked Potato, Carrot and Cauliflower 烤鸭配橘子酱, 百里香烤土豆角, 胡萝卜花菜 Allergen: Gluten 过敏源:麦麸	Beef in Black Pepper Sauce Pizza, Zucchini 黑椒汁牛肉披萨配玉米, 烤西葫芦 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Ham & Cheese & Vegetables Sandwich, Butter Corn 火腿芝士蔬菜三明治, 玉米 Allergen: Milk,Gluten 过敏源: 奶制品, 麦麸
Noodles 面档	Beef in Sour Soup and Rice Noodle, Bok Choy 金汤肥牛米粉配青菜 Allergen:Seafood,Egg 过敏源:海鲜,鸡蛋	Shanghai Braised Duck Leg, Bok Choy 上海酱鸭腿面,小青菜 Allergen: gluten 过敏源: 麦麸	Hot Pot with Pork Soup Base(Fish Ball,Shrimp,Squid,Quail Egg,Kelp,Baby Cabbage, Potato Noodles) 猪骨汤麻辣烫(鱼丸,虾,鱿鱼,鹌鹑蛋, 海带,娃 娃菜,土豆粉) Allergen:Seafood,Gluten 过敏源: 海鲜,麦麸	Homemade Pork and Cabbage Dumplings , Oily Tofu and Greens in Chicken Flavor Soup 手工白菜猪肉饺子, 油豆腐青菜鸡汤 Allergen: Gluten 过敏源:麦麸	Xinjiang Big Plate Chicken, Sliced Noodles, Greens and Mushroom 新疆大盘鸡刀削面配鸡毛菜黑木耳 Allergen: Gluten ,mushroom 过敏源: 麦麸, 蘑菇
Vegetarian 素食主义	Singapore Fried Rice Noodle with Egg and Vegetable, Bean curd 星洲蔬菜炒米粉,素鸡 Allergen: Soy 过敏源:豆制品	Indian style Masala Vegetables and Beans, Bok Choy 印度玛莎拉蔬菜炖杂豆 Allergen: Bean 过敏源: 大豆	Mushroom Pasta in Tomato Sauce, Choy Sum 番茄菌菇炒意面配广东菜心 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Broccoli Frittata 意大利西蓝花蛋饼, 番茄莎莎 Allergen: Gluten,Milk,Egg 过敏源: 麦麸,奶制品,鸡蛋	Fried Eggplant, Pepper and Potato, Rice, Greens 东北地三鲜,米饭,鸡毛菜 Allergen: Gluten 过敏源: 麦麸
Soup 汤	Winter Melon Soup and Dried Small Shrimp 虾皮冬瓜汤 Allergen: Seafood 过敏源: 海鲜	Creamy Carrot Soup 奶油胡萝卜汤 Allergen: Milk 过敏源:奶油	Shepherd's Purse with Tofu Soup 荠菜豆腐汤 Allergen: Soy 过敏源: 豆制品	Basil tomato 罗勒番茄汤 Allergen: Non 过敏源:无	Spicy and Sour Soup 酸辣汤 Allergen Soy 过敏源:豆制品
Fruit & Desert 水果 & 甜点	Pear/Brownies 香梨/布朗尼蛋糕 Allergen:Gluten 过敏源:麦麸	Orange/Butter Cookie 橙子/黄油饼干 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Banana/Green Bean Soup 香蕉/冰糖绿豆汤 Allergen: Egg,Gluten 过敏源: 鸡蛋, 麦麸	Orange/Pumpkin Pie 芦柑/南瓜派 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
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	Monday 1st Sep	Tuesday 2nd Sep	Wednesday 3rd Sep	Thursday 4th Sep	Friday 5th Sep
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	Japanese Curry Pork Chop ,Rice, Oily Tofu 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 in Tomato Sauce, Pumpkin Rice, Fried Cabbage and 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 Celery with Tofu 内沫炖蛋配白米饭, 芹菜炒香干 Allergen: Egg, Soya 过敏源: 鸡蛋, 豆制品
Western 西餐档口	Pan Fried Fish Fillet with Cheese, Baked Potato, Carrot and Cauliflower 芝士煎鱼配柠檬汁, 胡萝卜花菜 Allergen: Dairy, Gluten, Seafood 过敏源: 奶制品, 麦麸, 海鲜	Baked Chicken Leg in Honey and Mustard, Onion and Sliced Potato, Sweet Beans 蜂蜜芥末烤鸡腿, 洋葱土豆片, 甜豆 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 牛奶, 鸡蛋	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 Lasagna, Broccoli 牛肉千层面, 西兰花 Allergen: Milk, Gluten 过敏源: 奶制品, 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	Diced Pork with Spicy Paste, Noodles in Red Soup, Bok Choy 八宝肉丁汤面, 卤蛋, 鸡毛菜 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, Pork Bone Soup, Dry pot Cabbage 手工猪肉荠菜大馄饨, 骨头汤, 干锅卷心菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Buldak Noodles (Mixed Spicy Sauce), Shredded Chicken, Sliced Cucumber and Carrot with Kelp 火鸡面, 鸡肉丝, 黄瓜丝, 胡萝卜丝, 海带丝 Allergen: gluten 过敏源: 麦麸
Vegetarian 素食主义	Curry Tofu and Veggies Ball, Rice, Cauliflower 咖喱蔬菜豆腐丸子, 白米饭, 花菜 Allergen: Soya, Gluten 过敏源: 豆制品, 麦麸	Fried Egg and Noodles with Bok Choy, Oily Tofu Fried Bean Sprout and Greens 鸡蛋青菜炒面, 油豆腐烧黄豆芽和青菜 Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋	Italian Vegetable and Beans Stew, Rice, Cabbage Fried 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	Cheese Maccaroni, Cherry Tomato and Zucchini 芝士焗小弯管, 樱桃番茄西葫芦 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品
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 Allergen: 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/Chasiu 哈密瓜/叉烧酥 Allergen: Gluten 过敏源: 麦麸	Watermelon/ 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

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	Monday 8th Sep Meat Free Day	Tuesday 09th Sep	Wednesday 10th Sep	Thursday 11th Sep	Friday 12th Sep
Asian 亚洲风味	Fried Mixed Mushroom with Pepper and Salt, Tofu, Bok Choy, Quinoa Rice 椒盐混合菌菇配香干,青菜,藜麦饭 Allergen: Mushroom,Soy 过敏源: 蘑菇,豆制品	Fried Shrimps with Bread Crumb,Curry Vegetables Rice,Spinach 避风塘大虾咖喱蔬菜饭,菠菜 Allergen: Gluten, Seafood 过敏源:麦麸,海鲜	Singapore Bak Kut Teh,Mushroom and Greens 新加坡肉骨茶,香菇菜心 Allergen: Mushroom 过敏源: 蘑菇	Nanjing Salted Duck, Rice, Romaine 南京盐水鸭,米饭,油麦菜 Allergen: Soy Sauce 过敏源: 酱油	Fried Fish and Pineapple in Tomato Sauce ,Pumpkin Rice,Mixian 茄汁菠萝鱼块, 南瓜饭, 米苳 Allergen: Seafood 过敏源: 海鲜
Western 西餐档口	Vegetarian Lasagna with Tomato Sauce, Carrot and Cauliflower 蔬菜千层面配番茄酱, 胡萝卜花菜 Allergen: Gluten, Soya, Milk 过敏源:麦麸,豆制品,奶制品	Tagliatelle with Black Pepper Beef Tenderloin and Veggies, Mixed Beans and Carrot 黑椒牛柳炒宽面,青豆玉米胡萝卜 Allergen: Gluten 过敏源: 麦麸	Spanish Seafood (Shrimp,Squid,Mussel) Risotto, Baked Zucchini, Galic Bread 西班牙海鲜烩饭,烤节瓜,香蒜面包 Allergen: Dairy, Gluten, Seafood 过敏源: 奶制品, 麦麸, 海鲜	Fried Chicken Sandwich, Tomato, Lettuce, Corn 蔬菜炸鸡三明治,玉米 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Bacon-wrapped Beef Filet with Gravy, Baked Potato, Broccoli 培根裹牛柳配肉汁,烤小土豆,西兰花 Allergen: Non 过敏源: 无
Noodles 面档	Tomato Fried Egg,Soup Noodle,Pickles and Edamame,Bok Choy 番茄鸡蛋面配咸菜毛豆,青菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Pan-Fried Cabbage and Pork Dumplings,Mixed Sliced Cucumber,Carrot and Mushroom 白菜猪肉煎饺,拌黄瓜胡萝卜丝木耳丝 Allergen: Gluten 过敏源: 麦麸	Braised Chicken Leg, Wate Spinach , Noodles 香卤鸡腿面,空心菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Beijing Style Noodles with Fried Bean Paste and Minced Pork, Braised Egg, Cabbage 老北京炸酱面,卤蛋,牛心菜 Allergen: Gluten,Soy Sauce,Egg 过敏源: 麦麸,酱油,鸡蛋	Su-style Braised Pork with White Soup Noodle, Lettuce 苏式焖肉面, 生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Creamy Mushroom Pasta, Carrot and Cauliflower 奶油菌菇意面,胡萝卜花菜 Allergen: Gluten,Milk,Mushroom 过敏源: 麦麸,奶制品,蘑菇	Falafel wrap Roasted potato, Mixed Beans and Carrot 中东蔬菜丸子卷配烤土豆,青豆玉米配胡萝卜 Allergen: Non 过敏源: 无	Thai Curry Vegetables(Chickpea, Mushroom),Coconut Rice, Water Spinach 泰式鹰嘴豆蘑菇绿咖喱,椰浆饭,空心菜 Allergen: Gluten, Beans 过敏源: 麦麸,豆类	Fried Egg and Pineapple,Carrot,Beans,Bean Curd,Cabbage 菠萝鸡蛋炒饭 (胡萝卜丁、青豆),素鸡,牛心菜 Allergen: Gluten,Egg,Soya 过敏源: 麦麸,鸡蛋,豆制品	Japanese Fried Udon with Mushroom and Vegetables ,Fried Egg, Lettuce 日式炒乌冬面,煎蛋, 生菜 Allergen: Gluten,Egg,Mushroom 过敏源: 麦麸,鸡蛋,蘑菇
Soup 汤	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Mushroom, Soybean 过敏源:蘑菇,豆制品	Winter Melon Soup 冬瓜汤 Allergen: Non 过敏源: 无	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源: 奶制品	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Egg 过敏源: 鸡蛋
Fruit & Desert 水果 & 甜点	Orange/Homemade Brownies 橙子/手工布朗尼 Allergen: Gluten,Milk,Egg 过敏源:麦麸,牛奶,鸡蛋	Dragon Fruit/Donut 火龙果/甜甜圈 Allergen: Gluten 过敏源:麦麸	Hami-Melon/Homemade Oat Biscuit 哈密瓜/手工麦片饼干 Allergen: Gluten,Milk,Egg 过敏源:麦麸,牛奶,鸡蛋	Hami-Melon/Sweet Mini Rice Ball 哈密瓜/酒酿小圆子 Allergen: Non 过敏源: 无	Sweet Melon/Ice Cream 甜瓜/冰激淋 Allergen: Milk 过敏源:牛奶
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Harrow International School Shanghai					
	Monday 15th Sep	Tuesday 16th Sep	Wednesday 17th Sep	Thursday 18th Sep	Friday 19th Sep
Asian 亚洲风味	Teriyaki Chicken, Seaweed Rice, Fried Bean Sprout with Pepper 日式照烧鸡肉,青椒炒绿豆芽,海苔饭 Allergen: Soy Sauce 过敏源: 酱油	Cantonese Claypot Sausage Rice, Braised Egg, Choy Sum 广式腊肠煲仔饭,酱蛋,广东菜心 Allergen :Soy Sauce, Gluten 过敏源: 酱油,麦麸	Fried Sliced Beef in Oyster Sauce, Bok Choy ,Rice 蚝油牛肉,米饭,鸡毛菜 Allergen: Soy Sauce, 过敏源: 酱油	Shanghai Style Braised Duck, Oats Rice, Cabbage 上海酱鸭,麦仁饭,牛心菜 Allergen: Gluten 过敏源: 麦麸	Sweet and Sour Fish, Black Rice, Lettuce 糖醋鱼块,黑米饭,生菜 Allergen: Fish 过敏源: 鱼
Western 西餐档口	Beef Goulash,Rice,Broccoli 匈牙利红烩牛肉,米饭,西蓝花 Allergen: Dairy 过敏源:奶制品	Roasted Chicken Leg with Honey, Butter Potato, Choy Sum 蜜汁烤鸡腿,黄油土豆,菜心 Allergen: Dairy 过敏源:奶制品	Crispy Duck,Cheese Mashed Potato,Cauliflower and Carrot 法式香酥鸭,芝士土豆泥,花菜胡萝卜 Allergen: Dairy 过敏源:奶制品	Salami Pizza, Baked Zucchini 萨拉米芝士披萨,烤西葫芦 Allergen: Gluten Dairy 过敏源: 麦麸 奶制品	Creamy Bacon and Asparagus Pasta, Broccoli, Baked Sweet Potato 奶油培根芦笋意面,西蓝花,烤红薯 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品
Noodles 面档	Shanghai Style Red Soup Noodles, Pork with Chili Sauce, Greens 上海辣酱红汤面,上海青 Allergen: Gluten 过敏源: 麦麸	Laksa (Shrimp,Squid,Fish Ball,Egg Dumpling)Rice Noodle,Greens 马来西亚海鲜叻沙米粉(虾、鱿鱼、鱼丸、蛋饺) 鸡毛菜 Allergen: Seafood,Gluten 过敏源: 海鲜,麦麸	Braised Pork Chop, Noodles with Red Soup, Spinach 红烧大排面,蒜泥菠菜 Allergen: Gluten 过敏源: 麦麸	Homemade Pork and Shepherd's Purse Wonton, Mushroom and Egg Soup, Hang Greens 手工猪肉荠菜馄饨,三鲜汤,杭白菜 Allergen: Gluten,Mushroom 过敏源:麦麸,蘑菇	Taiwanese Braised Minced Pork Noodles, Braised Egg, Lettuce 台式卤肉拌面, 酱蛋, 生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Fried Egg and Vegetable with Rice Noodle,Bean Curd,Greens 鸡蛋蔬菜炒米粉,素鸡,上海青 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Spinach Cheese Quiche, Carrot and baby Corn 芝士菠菜乳蛋饼配胡萝卜玉米笋 Allergen: Gluten, Milk Mushroom 过敏源: 麦麸, 奶制品, 蘑菇	Fried Eggplant, Pepper and Potato, Braised Egg, Rice, Bok Choy 东北地三鲜,卤蛋, 米饭,鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Cheese Corn Pizza,Baked Zucchini 玉米芝士披萨,烤西葫芦 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Cheese Maccaroni, Broccoli and Mushroom 芝士焗小弯管,西兰花炒蘑菇 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品
Soup 汤	Spicy and Sour Soup 酸辣汤 Allergen: Egg,Beans,Mushroom 过敏源: 鸡蛋 ,豆制品,蘑菇	Ham and Raddish Soup 火腿白萝卜汤 Allergen: Non 过敏源:无	Mushroom and Egg Soup 菌菇鸡蛋汤 Allergen: Egg Mushroom 过敏源: 鸡蛋 蘑菇	Miso Soup 味噌汤 Allergen: Seaweed Bean 过敏源:海带 豆制品	Winter Melon and Kelp Soup 海带冬瓜汤 Allergen: Seaweed 过敏源:海带
Fruit & Desert 水果 & 甜点	Water-melon/Homemade Chocolate Cup Cakes 西瓜/巧克力杯子蛋糕 Allergen: Egg,Gluten,Milk 过敏源: 鸡蛋,麦麸,牛奶	Hami-Melon/Sweet Potato Ball 哈密瓜/山芋丸 Allergen: Gluten 过敏源:麦麸	Banana/Homemade Cookie 香蕉/自制曲奇 Allergen: Egg,Gluten,Milk 过敏源: 鸡蛋,麦麸,牛奶	Orange/Pear and Fungus Soup 橙子/冰糖雪梨银耳汤 Allergen: None 过敏源:无	Apple/Ice Cream 苹果/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 22nd Sep	Tuesday 23rd Sep	Wednesday 24th Sep Korean Food Festival	Thursday 25th Sep	Friday 26th Sep
Asian 亚洲风味	Steamed Fish and Vermicelli with Fermented Soya Beans, Hang Greens and Tofu, Black Rice 豆豉葱姜粉丝蒸鱼,杭白菜云丝,黑米饭 Allergen: Seafood,Soy 过敏源: 海鲜,豆制品	Sweet and Sour Pork, Rice, Fried Pepper and Potato 糖醋排骨白米饭, 青椒土豆片 Allergen: Soy Sauce 过敏源: 酱油	Korean Fried Chicken ,Spicy Stir-Fry Rice Cakes, Spinach 韩式炸鸡配辣炒年糕,菠菜 Allergen: Non 过敏源:无	Crispy Lotus Root Stuffed with Pork Minced, Bacon and Veggie Rice, Cabbage 香酥藕夹,咸肉菜饭,大白菜 Allergen: Soy Sauce 过敏源:酱油	Peking Roast Duck, Pancakes, Sliced Cucumber, Carrot 北京烤鸭,面饼,黄瓜丝,胡萝卜丝 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸 
Western 西餐档口	Kastler pork loin, Sauerkraut, Potato Wedges, Broccoli 德式猪肉配酸菜, 烤土豆角, 西兰花 Allergen: Non 过敏源: 无	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 Beef Rice Bowl,Bean Sprout and Carrot,Kimmich 韩式肥牛饭,豆芽炒胡萝卜,泡菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Orleans Roast Chicken , Potato Wedges, Cauliflower and Carrot 奥尔良烤鸡, 薯角, 花菜胡萝卜 Allergen: Gluten 过敏源: 麦麸	Beef Hamburger, French Fries, Corn and Beans 牛肉汉堡配薯条, 杂豆粒 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, Mixian 酸菜鱼汤米粉, 米苳 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,Seafood 过敏源: 麦麸,海鲜	Pan-Fried Cabbage and Pork Dumplings,Mixed Sliced Cucumber,Carrot and Mushroom 白菜猪肉煎饺,拌黄瓜胡萝卜丝木耳丝 Allergen: Gluten 过敏源: 麦麸	Noodles with Scallion Oil, Braised Pork Chop, Lettuce 葱油拌面, 红烧大排, 生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Vegetarian Buldak Noodles,Fried Egg,Lettuce 素火鸡面,煎蛋,生菜 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Cheese and Veggie Wrap, Spinach and Mushroom 芝士蔬菜卷饼, 菠菜蘑菇 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Korean Style Sundubu Jjigae(Tofu,Veggies and Mushrrom),Rice,Romaine 韩式豆腐锅 (豆腐,蘑菇,蔬菜) ,米饭,油麦菜 Allergen:Soya 过敏源:豆制品 	Curry Veggie and Beans Rice, Cauliflower and Carrot 咖喱蔬菜杂豆配白米饭,花菜胡萝卜 Allergen: Gluten,Milk,Egg 过敏源: 麦麸,奶制品,鸡蛋	Pad Thai, Spinach Fried Mushroom 泰式鸡蛋炒河粉, 菠菜炒蘑菇 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	Dried Shrimp and Winter Melon Soup 虾皮冬瓜汤 Allergen: Seafood 过敏源:海鲜	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/Pear and White Fungus Soup 橙子/银耳雪梨甜汤 Allergen Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Dragon Fruit/Pear and White Fungus Soup 火龙果/手工韩式蜂蜜蛋糕 Allergen:Egg,Milk,Gluten 过敏源: 鸡蛋,奶制品,麦麸	Banana/Oat Cookie 香蕉/黄油饼干 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

