

LUNCH



Harrow International School Shanghai					
	Monday 3rd Nov	Tuesday 4th Nov	Wednesday 5th Nov	Thursday 6th Nov	Friday 8th Nov
Asian 亚洲风味	Singapore Hainan Chicken Rice, Choy Sum 新加坡海南鸡饭,广东菜心 Allergen: Non 过敏源: 无	Fish in Tomato Sauce with Pineapple, Black Rice, Greens 菠萝茄汁鱼块, 黑米饭,鸡毛菜 Allergen: Seafood 过敏源: 海鲜	Shrimp, Ham & Scrambled Eggs, Rice, Mushroom Fried Greens 虾仁火腿滑蛋米饭,上海炒素 Allergen: Seafood, Egg 过敏源: 海鲜,鸡蛋	Braised Pork and Tofu Skin, Barley Kernel Rice, Tomato Fried Winter Melon 腐竹红烧肉, 麦仁饭, 番茄烧冬瓜 Allergen: Soya 过敏源: 豆制品	
Western 西餐档口	Roast lamb with mint sauce , Broccoli 烤羊肉配薄荷酱,西兰花 Allergen: Non 过敏源: 无	Beef scrambled egg wrap, Baked Pumpkin, Cherry Tomato 牛肉炒蛋卷,烤南瓜,樱桃番茄 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Meatball pasta with tomato basil sauce, Cauliflower and Carrot 肉丸斜管面配番茄罗勒酱,胡萝卜花菜 Allergen:Gluten 过敏源:麦麸	Butter chicken and naan flat bread, Zucchini and Bell Pepper 印度奶油鸡配烤饼,彩椒炒西葫芦 Allergen: Gluten,Soya 过敏源: 麦麸,豆制品	
Noodles 面档	Beef Saozi with Sour Soup, Noodles, Romaine 酸汤牛肉哨子面,油麦菜 Allergen: Gluten 过敏源:麦麸	Su-Style Braised Chicken Leg Noodle, Greens 苏式鸡腿面,鸡毛菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Shanghai Shepherd's Purse with Pork Wonton, Chicken Soup, Lettuce 上海鲜肉荠菜大馄饨,鸡汤,生菜 Allergen: Gluten 过敏源:麦麸	Laksa Rice Noodles(Fish Ball, Shrimp, Squid, Tofu),Greens 新加坡海鲜叻沙米粉,鸡毛菜 Allergen: Seafood 过敏源: 麦麸	
Vegetarian 素食主义	Fried Egg Rice with Mixed Mushroom, Romaine 扒双菇蛋炒饭,油麦菜 Allergen: Egg, Mushroom 过敏源: 鸡蛋,蘑菇	Mushroom & Bell Pepper Vegetable Pasta, Baked Cherry Tomato 菌菇彩椒时蔬意面,樱桃番茄 Allergen: Gluten 过敏源: 麦麸	Singapore-style Fried Rice Noodles,Mushroom Fried Greens 星洲鸡蛋时蔬炒米粉,上海炒素 Allergen: Non 过敏源: 无	Cheese Lasagna,Zucchini and Bell Pepper 芝士蔬菜千层面配番茄酱,彩椒炒西葫芦 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸	
Soup 汤	Pork Ribs with Kelp Soup 排骨海带汤 Allergen: Non 过敏源: 无	Spicy and Sour Soup 酸辣汤 Allergen: Egg 过敏源: 鸡蛋	Seaweed and Egg Drop Soup 紫菜鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源:奶制品	
Fruit & Desert 水果 & 甜点	Fruit Platter/Homemade Butter Cake 水果盘/手工黄油蛋糕 Allergen: Egg, Gluten, Milk 过敏源: 鸡蛋,麦麸,奶制品	Fruit Platter/Pain au chocolaté 水果盘/巧克力面包卷 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Fruit platter/Red Bean Paste and Mini Rice Ball 水果盘/红豆沙小圆子 Allergen: Beans 过敏源: 豆子	Fruit Platter/Homemade Oat Cookie 水果盘/手工燕麦饼干 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 11th Nov	Tuesday 11th Nov	Wednesday 12th Nov	Thursday 13th Nov	Friday 14th Nov
Asian 亚洲风味		Korean beef bibimbap(Bean Sprout, Kelp, Zucchini, Broad Bean) 韩式牛肉拌饭 Allergen: Soya 过敏源: 豆制品 	Japanese Pork Chop with Curry, Garlic Water Spinach 日式猪排饭配素咖喱汁,蒜泥空心菜 Allergen: Gluten 过敏源: 麦麸	Coconut Milk Curry Chicken Rice, Fried Greens 椰浆咖喱鸡米饭, 清炒茼蒿 Allergen: Non 过敏源:无	Braised Duck, Millet Rice, Bok choy 上海酱鸭, 小米饭, 炒青菜 Allergen: Soy Sauce 过敏源: 酱油
Western 西餐档口		Fusilli with Bacon, Tomato & Basil Sauce, Broccoli 番茄罗勒培根螺丝面,西兰花 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸	Roast chicken with honey mustard sauce, Baked Potato, Zucchini and Cherry Tomato 烤鸡柳配蜂蜜芥末酱,烤土豆,西葫芦樱桃番茄 Allergen: Non 过敏源: 无 	Beef lasagne , Broccoli 牛肉千层面, 西兰花 Allergen: Gluten 过敏源: 麦麸 	Grilled Beef Tenderloin with Black Pepper Mushroom Sauce, Baked Mini Potato, Baked Vegetables 烤牛里脊配黑椒蘑菇汁, 烤土豆仔, 烤时蔬 Allergen: Mushroom 过敏源: 蘑菇 
Noodles 面档		Braised Duck Leg, Noodle, Spinach 红烧鸭腿面,菠菜 Allergen: Gluten 过敏源:麦麸	Shanghai Style Smoked Fish, Mixed Noodle with Scallion Oil, Hang Greens 上海熏鱼,葱油拌面,杭白菜 Allergen: Seafood, Gluten 过敏源: 海鲜,麦麸	Homemade Pork Dumplings with Sour Soup, Greens 手工猪肉白菜水饺, 酸汤, 清炒茼蒿 Allergen: Gluten 过敏源:麦麸	Xinjiang Big Plate Chicken, Sliced Noodles, Bok Choy 新疆大盘鸡配刀削面,青菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义		Fried Egg and Veggies with Rice Noodle, Braised Bean Curd with Celery 广式鸡蛋炒河粉,西芹炒香干 Allergen: Soya, Egg 过敏源: 豆制品,鸡蛋	Cheese and Vegetables Pie, Zucchini and Cherry Tomato 意式蔬菜芝士派,西葫芦樱桃番茄 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Fried Tomato and Egg, Rice, Mushroom and Broccoli 番茄炒鸡蛋,米饭,口蘑西兰花 Allergen: Mushroom, Egg 过敏源: 蘑菇,鸡蛋	Halloumi Cheese and Tomato Basil Flat bread, Baked Vegetables 哈罗米芝士番茄罗勒酱扁面包,烤时蔬 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品 
Soup 汤		Pork Minced and Radish Soup 肉沫白萝卜汤 Allergen: Non 过敏源: 无	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Tomato and Potato Soup 番茄土豆浓汤 Allergen: Non 过敏源:无	Cordyceps Flower Chicken Soup 虫草花鸡汤 Allergen: Mushroom 过敏源:蘑菇
Fruit & Desert 水果 & 甜点		Fruit Platter/Egg Tart 水果盘/手工蛋挞 Allergen: Egg, Gluten 过敏源: 鸡蛋,麦麸	Fruit Platter/Homemade Zucchini Cake 水果盘/手工西葫芦蛋糕 Allergen: Egg,Milk,Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/White Fungus and Snow Pear 水果盘/银耳雪梨 Allergen: Mushroom 过敏源:蘑菇	Fruit Platter/Ice Cream 水果盘/冰激凌 Allergen: Milk 过敏源:牛奶
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Harrow International School Shanghai					
	Monday 17th Nov	Tuesday 18th Nov	Wednesday 19th Nov	Thursday 20th Nov	Friday 21st Nov Indian Guest Chef
Asian 亚洲风味	Braised Beef Shank in Soy Sauce, Curry Rice, Greens 酱牛腩配咖喱饭,青菜 Allergen: Soy Sauce 过敏源: 酱油	Thai Holy Basil Stir-fry Minced Pork Rice, Choy Sum 泰式打抛猪肉饭, 广东菜心 Allergen: Non 过敏源: 无	Roasted Miso Fish, Bean Sprout and Cabbage, Rice 烤味噌鱼,豆芽炒包菜,米饭 Allergen: Seafood 过敏源: 海鲜	Japanese Teriyaki Chicken, Seaweed Rice, Greens 日式照烧鸡配海苔饭, 茼蒿 Allergen: Seaweed 过敏源: 紫菜	Goan Beef Chilli Fry 葡印秘传-乾椒牛柳 Allergen : Non 过敏源: 无
Western 西餐档口	Mexican chicken fajitas, Baked Zucchini 墨西哥鸡肉法吉塔, 烤西葫芦 Allergen: Dairy, Gluten 过敏源:奶制品, 麦麸	Beef scrambled egg wrap,Baked Potato,Carrot and Cauliflower 牛肉炒蛋卷, 烤小土豆, 松花菜胡萝卜条 Allergen: Egg, Gluten 过敏源:鸡蛋, 麦麸	Butter chicken and naan flat bread, Zucchini 印度奶油鸡配烤饼,西葫芦 Allergen: Gluten 过敏源:麦麸	Garlic Pork Chop, Potato Wedges, Sweet Bean with Carrot 秘制蒜香烤猪排, 烤薯角, 甜豆炒胡萝卜 Allergen: Non 过敏源: 无	Apple glazed duck with miso , sweet potato mash, Broccoli 苹果烤鸭配味噌红薯泥, 西兰花 Allergen: Non 过敏源: 无
Noodles 面档	Boiled Fish with Chilli, Rice Noodle, Garlic Lettuce 水煮鱼片配米粉, 蒜泥生菜 Allergen: Seafood 过敏源:海鲜	Korean Army Stew (budae jjigae), Greens 韩式部队锅配韩式泡面, 茼蒿 Allergen: Gluten 过敏源: 麦麸	Black Pepper Beef Tenderloin with Mushrooms, Mixed Noodles, Water Spinach 黑椒牛柳菌菇拌面, 空心菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油,麦麸	Dongbei Preserved Vegetables and Pork Dumpling, Pork Bone Soup, Greens 东北酸菜猪肉水饺, 大骨汤, 上海青 Allergen: Soy Sauce 过敏源: 酱油	Braised Pork and Red Soup Noodle, Shanghai Greens 红烧大排配红汤面, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Fried Rice Cake with Egg and Vegetables, Mushroom and Choy Sum 白菜鸡蛋炒年糕, 菌菇炒菜心 Allergen: Egg, Mushroom 过敏源: 鸡蛋,蘑菇	Curry Vegetable & Radish Ball, Rice Cauliflower and Carrot 咖喱蔬菜萝卜丸子, 米饭, 胡萝卜花菜 Allergen: Egg,Soy 过敏源: 鸡蛋,豆制品	Fried Egg and Vegetables with Soba, Bean Curd, Greens 上海鸡蛋青菜炒荞麦面,素鸡,鸡毛菜 Allergen: Gluten, Egg 过敏源: 麦麸,鸡蛋	Thai red curry with tofu, Rice, Greens 泰式纯素红咖喱豆腐,米饭,上海青 Allergen: Soya, Gluten 过敏源:豆制品,麦麸	Mushroom & Spinach Arroz (Rice) 松野时蔬烩饭 Allergen: Mushroom, Gluten, Dairy 过敏源: 蘑菇,麦麸,奶制品
Soup 汤	Minestrone Soup 意大利蔬菜浓汤 Allergen: Non 过敏源: 无	Shrimp and Winter Melon Soup 冬瓜虾皮汤 Allergen: Seafood 过敏源: 海鲜	Mushroom and Yam 口蘑山药汤 Allergen: Mushroom 过敏源: 蘑菇	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Soya 过敏源: 豆制品	Caldo de Galinha (Chicken and potato soup) 葡式慢煨清鸡汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Fruit Platter/Sweet Potato Ball 水果盘/芋泥地瓜丸 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Banana Cake 水果盘/手工香蕉蛋糕 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Coconut Sago 水果盘/椰汁西米露 Allergen: Non 过敏源: 无	Fruit Platter/Raisin Bread 水果盘/葡萄干小球 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Fruit Platter/Ice Cream 水果盘/冰激淋 Allergen: Milk 过敏源: 牛奶

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LUNCH



Harrow International School Shanghai					
	Monday 24th Nov	Tuesday 25th Nov	Wednesday 26th Nov	Thursday 27th Nov Thanksgiving Day	Friday 28th Nov
Asian 亚洲风味	Steamed Pork and Potato, Rice, Celery Fried Bean curd 土豆粉蒸肉, 米饭, 西芹炒豆干 Allergen: Soya 过敏源: 豆制品	Thai green chicken curry, Choy Sum Black Rice 泰式绿咖喱鸡, 广东菜心,黑米饭 Allergen: Non 过敏源: 无	Sautéed Fish Slices with Shrimp and Shepherd's Purse,Quinoa Rice,Cabbage 虾仁荠菜绘鱼片,藜麦饭,干锅卷心菜 Allergen: Seafood 过敏源:海鲜	Shepherd's pie, Carrot and Sweet Beans 牧羊人派, 胡萝卜炒甜豆 Allergen: Beans 过敏源: 豆子	Braised Duck Wing, Oat Rice, Bok Choy 美极鸭翅,燕麦饭,上海青菜 Allergen: Gluten 过敏源: 麦麸
Western 西餐档口	Spaghetti with Bacon, Asparagus and Cream Sauce, Baked Bell Pepper and Zucchini 奶油培根芦笋意面,烤彩椒配西葫芦 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸	Pan-Fried German Mixed Sausages,Butter Corn,Mushroom and Broccoli 香煎德式混合香肠,黄油玉米,口蘑炒西兰 花 Allergen: Mushroom 过敏源: 蘑菇	Beef lasagne, Baked Zucchini 牛肉千层面, 烤节瓜时蔬 Allergen: Gluten 过敏源:麦麸	Butter Herb Roast Turkey, Mini Potato, Baked Mixed Vegetables 感恩节烤火鸡,葱油烤土豆仔,烤时蔬 Allergen: Non 过敏源: 无	Roast lamb with mint sauce, Baked Potato and Vegetables 烤羊肉配薄荷酱,烤土豆时蔬 Allergen: Non 过敏源: 无
Noodles 面档	Tom Yun Gong Seafood Rice Noodle, Bean Sprout and Greens 冬阴功海鲜米粉, 豆芽鸡毛菜 Allergen: Seafood, Gluten 过敏源: 海鲜,麦麸	Duck with Chinese Young Ginger , Duck Soup Noodle, Baby Cabbage 仔姜鸭面配老鸭汤, 娃娃菜 Allergen: Gluten 过敏源: 麦麸	Su-style Noodles, Braised Chicken Leg, Hang Greens 苏式鸡腿阳春面, 杭白菜 Allergen: Gluten 过敏源: 麦麸	Family Reunion Rice Noodle(Egg Dumpling,Ham,Pork Ball) Greens 全家福米线,鸡毛菜 Allergen: Egg 过敏源: 鸡蛋	Homemade Shepherd's Purse Wonton, Spinach 手工鲜肉荠菜馄饨, 鸡骨汤, 菠菜 Allergen: Gluten 过敏源:麦麸
Vegetarian 素食主义	Black truffle mushroom risotto with halloumi cheese, Baked Bell Pepper and Zucchini 哈罗米黑松露蘑菇烩饭,烤彩椒配西葫芦 Allergen: Dairy, Mushroom 过敏源: 奶制品,蘑菇	Fried Egg and Rice, Fried Yam and Mushroom and Beans, Baby Cabbage 荷塘月色配蛋炒饭,娃娃菜 Allergen: Mushroom, Egg, Beans 过敏源:蘑菇,鸡蛋,豆子	Japanese Style Mushroom Fried Udon, Braised Egg, Romaine 日式菌菇炒乌冬面,酱蛋,油麦菜 Allergen: Mushroom, Egg 过敏源: 蘑菇,鸡蛋	Mushroom & Lentil Shepherd's Pie 扁豆蘑菇素牧羊人派 Allergen: Beans, Mushroom 过敏源:豆子, 蘑菇	Mapo Tofu, Vegetable Rice, Mushroom and Bok Choy 麻婆豆腐, 橄榄菜炒饭, 香菇青菜 Allergen: Soya 过敏源:豆制品
Soup 汤	Radish Soup 白萝卜汤 Allergen: Non 过敏源:无	Pork Ribs and Lotus Root Soup 排骨莲藕汤 Allergen: Non 过敏源:无	Miso Soup 味噌汤 Allergen: Soya 过敏源: 豆制品	Roasted Carrot & Ginger Soup 烤胡萝卜姜汤 Allergen: Non 过敏源:无	West Lake Beef Soup 西湖牛肉羹 Allergen: Non 过敏源:无
Fruit & Desert 水果 & 甜点	Fruit Platter/Chocolate Bread 水果盘/巧克力欧包 Allergen: Gluten 过敏源:麦麸	Fruit Platter/Homemade Butter Cookie 水果盘/手工黄油饼干 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Fruit Platter/Mini Rice Ball 水果盘/酒酿小圆子 Allergen: Non 过敏源:无	Fruit Platter/Cinnamon apple Pie 水果盘/肉桂苹果派 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Fruit Platter/Ice Cream 水果盘/冰激凌 Allergen: Milk 过敏源:奶制品

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