

LUNCH



Harrow International School Shanghai					
		Tuesday 6th Jan	Wednesday 7th Jan	Thursday 8th Jan	Friday 9th Jan
Asian 亚洲风味		Shanghai Style Smoked Fish, Black Rice, Mushroom with Cabbage 上海熏鱼黑米饭, 香菇炒白菜 Allergen: Seafood, Mushroom 过敏源: 海鲜, 蘑菇	Thai green chicken curry, Coconut Rice, Cabbage and Carrot 泰式绿咖喱鸡肉, 椰浆米饭, 清炒包菜胡萝卜 Allergen: Non 过敏源: 无	Braised Duck Wing, Rice, Chayote 美极鸭翅, 米饭, 佛手瓜 Allergen: Soya Sauce 过敏源: 酱油	Singapore Hainan Chicken Rice, Choy Sum 新加坡海南鸡饭, 广东菜心 Allergen: Non 过敏源: 无
Western 西餐档口		Beef Spaghetti Bolognese, Broccoli and Carrot 牛肉酱意面, 西兰花胡萝卜 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, Dairy 过敏源: 麦麸, 奶制品	Pan-fried Pork Sausage with Creamy Mashed Potatoes, Mixed Beans 铁板煎猪肉香肠配奶香土豆泥, 三色杂豆粒 Allergen: Dairy 过敏源: 奶制品	Beef lasagna, Broccoli and Cauliflower 牛肉千层面, 双花菜 Allergen: Gluten, Soya 过敏源: 麦麸, 豆制品
Noodles 面档		Braised Chicken Leg, Noodles, Ta Greens and Bamboo Shoots 香卤鸡腿面, 塔菜炒笋丝 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Beef Saozi Noodle, Bok Choy 牛肉臊子面, 青菜 Allergen: Gluten 过敏源: 麦麸	Homemade Shrimp & Egg & Mushroom Dumplings, Spinach 手工三鲜(虾, 鸡蛋, 木耳)饺子, 菠菜 Allergen: Seafood, Egg, Gluten 过敏源: 海鲜, 鸡蛋, 麦麸	Braised Pork Chops, Noodles, Hang Greens 红烧大排面, 杭白菜 Allergen: Soya Sauce 过敏源: 酱油
Vegetarian 素食主义		Mapo Tofu, Rice, Mushroom with Cabbage 麻婆豆腐, 米饭, 香菇炒白菜 Allergen: Soya, Mushroom 过敏源: 豆制品, 蘑菇	Roasted Pumpkin Quinoa Bowl, Mushroom and Cauliflower 烤南瓜藜麦碗, 口蘑花菜 Allergen: Egg, Mushroom 过敏源: 鸡蛋, 蘑菇	Halloumi Cheese and Tomato Basil Flatbread, Mixed Beans 哈罗米芝士番茄罗勒酱, 扁面包, 三色杂豆粒 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Fried Egg and Bean Sprout with Rice Noodle, Spinach 鸡蛋豆芽炒河粉, 菠菜 Allergen: Egg 过敏源: 鸡蛋
Soup 汤		Yam and Corn with Pork Ribs Soup 山药玉米排骨汤 Allergen: Non 过敏源: 无	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源: 奶制品	Kelp and Winter Melon Soup 海带冬瓜汤 Allergen: Non 过敏源: 无	Hainan Chicken Soup 海南鸡汤 Allergen: Mushroom 过敏源: 蘑菇
Fruit & Desert 水果 & 甜点		Fruit Platter/ Homemade Brownies 水果盘/ 手工布朗尼 Allergen: Egg, Gluten, Milk 过敏源: 鸡蛋, 麦麸, 奶制品	Fruit Platter/ Coconut Sago 水果盘/ 椰汁西米露 Allergen: Non 过敏源: 无	Fruit Platter/ Homemade Oat Cookie 水果盘/ 手工燕麦饼干 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Fruit Platter/ Ice Cream 水果盘/ 冰激凌 Allergen: Dairy 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



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Harrow International School Shanghai					
	Monday 12th Jan Meat Free Day	Tuesday 13th Jan	Wednesday 14th Jan	Thursday 14th Jan	Friday 15th Jan
Asian 亚洲风味	Tomato Fried Egg, Vegetables Rice, Hang Greens 番茄炒蛋,菜饭,杭白菜 Allergen: Egg 过敏源: 鸡蛋	Crispy Korean Fried Chicken, Seaweed Rice, Spinach 韩式炸鸡, 海苔饭, 菠菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork with Bean Curd, Corn Rice Tomato Fried Winter Melon 腐竹红烧肉,玉米饭,番茄烧冬瓜 Allergen: Soya Sauce 过敏源: 酱油	Hong Kong-Style Pork Chop with Tomato Sauce, Rice, Cabbage 港式猪排饭配番茄汁,卷心菜 Allergen: Non 过敏源: 无	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
Western 西餐档口	Baked Pasta with Mushroom, Cheese and Tomato Sauce, Broccoli 口磨芝士焗意面配番茄酱, 西兰花 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Shepards pie, Cauliflower and Carrot 牧羊人派, 胡萝卜条花菜 Allergen: Non 过敏源: 无	Meat ball pasta with tomato basil sauce, Mushroom and Broccoli 牛肉丸斜管面配番茄罗勒酱, 口磨西兰花 Allergen: Gluten 过敏源: 麦麸	Apple glazed duck with miso sweet potato mash, Baked Zucchini 苹果烤鸭配味增红薯泥, 烤西葫芦 Allergen: Gluten 过敏源: 麦麸	Mexican chicken fajitas, Baked Zucchini and Bell Pepper 墨西哥鸡肉法吉塔,彩椒西葫芦 Allergen: Non 过敏源: 无
Noodles 面档	Mixed Noodles with Scallion Oil, Bean Curd, Hang Greens with Gluten 葱油拌面, 香干,杭白菜面筋 Allergen: Gluten, Soya 过敏源: 麦麸,豆制品	Braised Beef Brisket, Noodles, Chinese Broccoli Shoot 红烧牛腩面, 芥兰苗 Allergen: Gluten 过敏源: 麦麸	Fish Fillet with Sour and Spicy Soup, Rice Noodles , Ta Greens 金汤鱼片配米粉,塔菜 Allergen: Seafood 过敏源: 海鲜	Homemade Mushroom and Pork Wonton, Chicken Soup, Greens 手工香菇青菜猪肉馄饨, 鸡汤, 鸡毛菜 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) 河粉, 豆芽青菜 Allergen: Gluten, Seafood 过敏源: 麦麸,海鲜
Vegetarian 素食主义	Thai Red Curry with Tofu, Rice, Greens 泰式纯素红咖喱豆腐,米饭, 清炒茼蒿 Allergen: Soya 过敏源: 豆制品	Fried Egg and Veggies with Rice Noodle, Choy Sum 星洲炒米粉炒蛋, 广东菜心 Allergen: Egg 过敏源: 鸡蛋	Spinach and Cheese Quiche, Baked Potato Wedges, Mushroom and Broccoli 菠菜芝士乳蛋饼, 烤土豆角, 口磨西兰花 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品	Fried Egg ,Mushroom and Cabbage with Rice Cake, Greens 白菜菌菇鸡蛋炒年糕,鸡毛菜 Allergen: Mushroom, Egg 过敏源: 蘑菇,鸡蛋	Dongbei Style Fried Potato, Eggplant, Pepper, Egg Fried Rice, Cabbage and Carrot 东北地三鲜,蛋炒饭,大白菜胡萝卜 Allergen: Egg 过敏源: 鸡蛋
Soup 汤	Mushroom and Egg Drop Soup 菌菇蛋花汤 Allergen: Egg, Mushroom 过敏源: 鸡蛋,蘑菇	Miso Soup 味噌汤 Allergen: Soya 过敏源: 豆制品	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Creamy Cauliflower Soup 奶油花菜汤 Allergen: Dairy 过敏源: 奶制品	West Lake Beef Soup 西湖牛肉羹 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Fruit Platter/Pumpkin Cake 水果盘/南瓜饼 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Raisin Bread Balls 水果盘/葡萄干小球 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Sweet Mini Rice Ball Soup 水果盘/酒酿小圆子 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Chinese Crispy Cake 水果盘/手工桃酥饼 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Ice Cream 水果盘/冰激凌 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。					

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Harrow International School Shanghai					
	Monday 19th Jan	Tuesday 20th Jan	Wednesday 21st Jan Italian Food Festival	Thursday 22nd Jan	Friday 23rd Jan
Asian 亚洲风味	Taiwanese three-cup chicken, Millet Rice, Greens 三杯鸡,小米饭,清炒,红菜苔 Allergen: Non 过敏源: 无	Thai Holy Basil Stir-fry Minced Pork Rice,Egg,Hang-Greens 泰式打抛猪肉饭杭白菜,卤蛋 Allergen: Soy Sauce 过敏源: 酱油	Chicken Cacciatore with roasted potatoes, Sweet Beans and Carrot 猎人风味炖鸡配烤土豆,甜豆胡萝卜 Allergen: Dairy, Mushroom 过敏源: 奶制品,蘑菇 NEW TRY NOW	Shanghai Braised Duck, Rice, Greens 上海酱鸭, 米饭, 清炒茼蒿 Allergen: Soy Sauce 过敏源: 酱油	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
Western 西餐档口	Korean beef bibimbap 韩式牛肉拌饭 Allergen: Non 过敏源: 无 NEW TRY NOW	Butter chicken and naan flat bread, Broccoli, Carrot and Cauliflower 印度奶油鸡配烤饼, 胡萝卜西兰花 Allergen: Gluten 过敏源: 麦麸 NEW TRY NOW	Eggplant Parmigiana Beef Bolognese, Buttered Baguette, Sweet Beans and Carrot 意式帕玛森牛肉酱焗茄子,黄油法棍,甜豆胡萝卜 Allergen: Dairy 过敏源: 奶制品 NEW TRY NOW	Roast Lamb with Mint Sauce ,Baked Zucchini and Potato 烤羊肉配薄荷酱, 烤土豆西葫芦 Allergen: Non 过敏源: 无 NEW TRY NOW	Baked Chicken with Honey and Mustard, Baked Potato Wedges, Broccoli and Cauliflower 烤鸡柳配蜂蜜芥末酱, 烤土豆仔,双花菜 Allergen: Non 过敏源: 无 NEW TRY NOW
Noodles 面档	Hot Pot(Ham, Quail Egg, Squid, Tofu, Fish Ball, Potato Noodle, Veggies) 麻辣烫(火腿,鹌鹑蛋,鱿鱼,蛋饺,鱼丸,豆腐,土豆粉,蔬菜) Allergen: Seafood, Gluten 过敏源: 海鲜,麦麸	Duck with Chinese Young Ginger with Duck Soup Noodle, Lettuce 仔姜鸭汤面, 生菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork and Celery Dumplings, Sour Soup, Hang Greens 手工芹菜猪肉水饺, 酸汤,杭白菜 Allergen: Gluten 过敏源: 麦麸 NEW TRY NOW	Japanese Tonkotsu Ramen, Pork Bone Soup, Braised Egg, Greens 日式豚骨拉面,卤蛋,上海青 Allergen: Gluten, Egg 过敏源: 麦麸鸡蛋	Korean Style Seafood Ramen(Shrimp, Fish, Squid),Bok Choy 韩式海鲜 (虾,鱼片,鱿鱼)拉面,青菜 Allergen: Seafood, Gluten 过敏源: 海鲜,麦麸
Vegetarian 素食主义	Fried Tofu, Egg Fried Rice, Garlic Lettuce 家常豆腐配蛋炒饭,蒜蓉生菜 Allergen: Egg, Mushroom 过敏源: 鸡蛋,蘑菇	Japanese Style Mushroom Fried Udon, Braised Egg, Cabbage 日式菌菇乌冬面,干锅包菜 Allergen: Egg, Soy 过敏源: 鸡蛋,豆制品	Black truffle mushroom risotto with halloumi cheese, Broccoli 哈罗米芝士黑松露蘑菇饭,西兰花 Allergen: Mushroom, Dairy 过敏源: 蘑菇,奶制品 NEW TRY NOW	Tomato and Cheese Macaroni, Creamy Cauliflower 番茄芝士焗意面, 奶油花菜 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品	Cheese and Veggie Wrap, Broccoli and Cauliflower 芝士蔬菜卷饼,双花菜 Allergen: Gluten, Milk 过敏源: 麦麸,奶制品
Soup 汤	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Pork Ribs with Radish Soup 排骨萝卜汤 Allergen: Non 过敏源: 无	Mushroom soup withy croutons 蘑菇黄油面包丁汤 Allergen: Mushroom, Dairy 过敏源: 蘑菇,奶制品 NEW TRY NOW	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Soya 过敏源: 豆制品	Cordyceps Flower Chicken Soup 虫草花鸡汤 Allergen: Mushroom 过敏源: 蘑菇
Fruit & Desert 水果 & 甜点	Fruit Platter/Chocolate Cookie 水果盘/巧克力饼干 Allergen: Egg, Milk Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/Danish 水果盘/丹麦酥 Allergen : Egg, Milk Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/Torrijas 水果盘/自制奶香煎吐司 Allergen: Egg, Milk Glut 过敏源: 鸡蛋, 牛奶, 麦麸 NEW TRY NOW	Fruit Platter/Mini Rice Ball with Red Bean Paste 水果盘/红豆沙小圆子 Allergen: Non 过敏源: 无	Fruit Platter/Ice Cream 水果盘/冰激凌 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。

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LUNCH



Harrow International School Shanghai					
	Monday 26th Jan	Tuesday 27th Jan	Wednesday 28th Jan	Thursday 29th Jan	Friday 30th Jan
Asian 亚洲风味	Fish Fillets in Rich Tomato Soup, Barley Rice, Mushroom with Baby Cabbage 番茄浓汤鱼片,麦仁饭,木耳炒娃娃菜 Allergen: Seafood, Mushroom 过敏源: 海鲜,蘑菇	Cantonese BBQ Pork, Rice, Lettuce 广式叉烧,白米饭,生菜 Allergen: Soy Sauce 过敏源: 酱油	Sweet and Sour Pork Strips, Red Bean Rice, Fried Eggplant with Pepper 糖醋排条, 红豆米饭, 青椒炒茄子 Allergen: Non 过敏源: 无	Peking Duck, Pancake, Cucumber, Carrot, Celery 北京烤鸭,卷饼,黄瓜丝,胡萝卜丝,芹菜条 Allergen: Gluten 过敏源: 麦麸	Singapore Bak Kut Teh, Fried Dough, Choy Sum and Mushroom 新加坡肉骨茶, 油条, 菜心炒木耳 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇
Western 西餐档口	Beef Scrambled Egg Wrap, Baked Potato, Broccoli 牛肉滑蛋卷, 烤土豆, 西兰花 Allergen: Dairy, Gluten 过敏源: 奶制品,麦麸	Thai Green Chicken Curry, Rice, Lettuce 泰式绿咖喱鸡,米饭,生菜 Allergen: Gluten 过敏源: 麦麸	Beef Spaghetti Bolognese, Broccoli 牛肉酱意面, 西兰花 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	Mexican chicken fajitas, Baked Zucchini and Pepper 墨西哥鸡肉法吉塔,彩椒西葫芦 Allergen: Non 过敏源: 无
Noodles 面档	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	Braised Duck Leg Ramen,Greens 红烧鸭腿拉面, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Xinjiang Big Plates Chicken with Chilli ,Daoxiao Noodles, Greens 新疆大盘鸡刀削面,青菜 Allergen: Gluten 过敏源: 麦麸	Homemade Shepherd's Purse Wonton, Bok Choy 手工荠菜猪肉馄饨,青菜 Allergen: Gluten 过敏源: 麦麸	Lanzhou Beef Ramen, Beef Soup, Bok Choy 兰州牛肉拉面, 牛肉汤,青菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Curry Tofu and Veggies Ball ,Rice , Zucchini 咖喱蔬菜豆腐丸子,白米饭, 西葫芦 Allergen: Soya ,Gluten 过敏源: 豆制品, 麦麸	Mixed Mushroom Fried Egg, Rice, Bean Curd with Greens 双菇滑蛋,米饭,千张炒青菜 Allergen: Mushroom, Egg, Soya 过敏源: 蘑菇,鸡蛋,豆制品	Singapore-style Fried Rice Noodles with Veggies and Mushroom, Greens 星洲炒米粉, 青菜 Allergen: Mushroom, Egg 过敏源: 蘑菇,鸡蛋	Thai Vegan Red Curry Tofu, Black Rice, Spinach 泰式纯素红咖喱豆腐,黑米饭,菠菜 Allergen: Soya 过敏源: 豆制品	Fried Egg and Greens Noodles, Bean Curd, Romaine 上海鸡蛋青菜炒面, 红烧素鸡, 油麦菜 Allergen: Soya, Egg, Gluten 过敏源: 豆制品,鸡蛋,麦麸
Soup 汤	Pork and Lotus Root Soup 排骨莲藕汤 Allergen: Non 过敏源: 无	Winter-Melon and Dry Shrimp Soup 冬瓜虾皮汤 Allergen: Seafood 过敏源: 海鲜	Tomato and Potato Soup 蕃茄土豆汤 Allergen: Non 过敏源: 无	Creamy Mushroom Soup 奶油蘑菇汤 Allergen: Milk 过敏源: 奶制品	Pork Minced with Radish Soup 肉米白萝卜汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Fruit Platter/Sweet Potato Ball 水果盘/红薯丸子 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Oat Cookie 水果盘/手工燕麦饼干 Allergen: Milk Gluten 过敏源: 牛奶, 麦麸	Fruit Platter/Homemade Pineapple and Taro Soup 水果盘/菠萝芋圆甜汤 Allergen: Non 过敏源: 无	Fruit Platter/Homemade Banana & Raisin Muffin 水果拼盘/手工香蕉提子麦芬 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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