

LUNCH



Harrow International School Shanghai					
	Monday 2nd Feb	Tuesday 3rd Feb	Wednesday 4th Feb	Thursday 5th Feb	Friday 6th Feb
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	Braised Pork with Quail Egg, Rice, Cabbage and Carrot 鹌鹑蛋红烧肉,米饭,大白菜胡萝卜 Allergen: Egg 过敏源: 鸡蛋	Hong Kong-Style Pork Chop Rice with Tomato Sauce,Bok Choy 港式猪排饭配番茄汁,小青菜 Allergen: Non 过敏源:无	Shanghai Style Smoked Fish,Black Rice,Greens 上海熏鱼, 黑米饭, 清炒茼蒿 Allergen: Seafood 过敏源: 海鲜	Classic Fried Chicken, Cabbage, Oat Rice 经典炸鸡, 卷心菜,燕麦饭 Allergen: Non 过敏源: 无
Western 西餐档口	Meat ball pasta with tomato basil sauce, Cauliflower and Carrot 牛肉丸斜管面配番茄罗勒酱,白花菜胡萝卜 Allergen: Gluten 过敏源: 麦麸	Shepherd's pie, Broccoli and Carrot 牧羊人派, 胡萝卜西兰花 Allergen: Non 过敏源: 无	Apple glazed duck with miso sweet potato mash, Baked Zucchini 苹果烤鸭配味噌红薯泥,烤西葫芦 Allergen:Gluten 过敏源:麦麸	Mexican chicken fajitas, Mixed Beans 墨西哥鸡肉法吉塔,三色杂豆粒 Allergen: Non 过敏源: 无	Korean beef bibimbap 韩式牛肉拌饭 Allergen: Non 过敏源: 无
Noodles 面档	Braised Duck Leg, Ta Greens and Bamboo Shoots 红烧鸭腿面,塔菜炒笋丝 Allergen: Gluten 过敏源:麦麸	Tom Yum Goong Rice Noodles(Shrimp, Squid, Fish Ball),Water Spinach 冬阴功米粉,清炒空心菜 Allergen: Seafood 过敏源: 海鲜	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	Homemade Pork and Corn, Carrot Dumpling, Pork Bone Soup, Greens 手工猪肉玉米胡萝卜水饺, 猪骨汤, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Homemade Braised Pork Ball, Noodles, Lettuce 手工红烧狮子头,汤面,生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Tomato and Cheese Macaroni, Broccoli and Carrot 蕃茄芝士焗意面,胡萝卜西兰花 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品	Veggie and Beans Curry, Rice, Cabbage and Carrot 咖喱时蔬杂豆, 米饭, 卷心菜胡萝卜丝 Allergen: Soy 过敏源: 豆制品	Fried Egg ,Mushroom and Cabbage with Rice Cake, Bok Choy 白菜菌菇鸡蛋炒年糕,小青菜 Allergen: Mushroom,Egg 过敏源: 蘑菇,鸡蛋	Cheese Lasagna, Mixed Beans 蔬菜芝士千层面,三色杂豆粒 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸	Fried Egg and Rice, Fried Yam and Mushroom and Beans, Lettuce 荷塘月色配蛋炒饭,生菜 Allergen: Mushroom, Egg, Beans 过敏源:蘑菇,鸡蛋,豆子
Soup 汤	Mushroom and Tofu Soup 菌菇豆腐汤 Allergen: Mushroom, Soy 过敏源: 蘑菇,豆制品	Tomato and Egg Drop Soup 番茄蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Winter-Melon and Dry Shrimp Soup 冬瓜虾皮汤 Allergen: Seafood 过敏源:海鲜	Creamy Corn Soup 玉米浓汤 Allergen: Dairy 过敏源:奶制品	Minestrone Soup 意大利蔬菜汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Fruit Platter/Oat Bread 水果盘/燕麦欧包 Allergen: Gluten 过敏源:麦麸	Fruit Platter/Homemade Mocha Cake 水果盘/手工抹茶蛋糕 Allergen: Gluten,Milk,Egg 过敏源: 麦麸,奶制品,鸡蛋	Fruit platter/Egg Tart 水果盘/手工蛋挞 Allergen: Egg 过敏源: 鸡蛋	Fruit Platter/Coconut Sago 水果盘/椰汁西米露 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。					

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 9th Feb Meat Free Day	Tuesday 10th Feb	Wednesday 11th Feb	Thursday 12th Feb Chinese New Year Promotion	
Asian 亚洲风味	Tomato Fried Egg, Greens, Rice 番茄炒蛋,清炒茼蒿, 饭 Allergen: Egg 过敏源: 鸡蛋	Korean Spicy Stir-Fried Squid, Vegetable Rice, Spinach 韩式辣炒鱿鱼,蔬菜饭,菠菜 Allergen: Seafood 过敏源: 海鲜	Sichuan Spicy Chicken, Rice, Ta Greens 川香口水鸡,米饭,塔菜 Allergen: Gluten 过敏源: 麦麸	Yan Du Xian(Marinated Pork, Pork Ribs, Bean Curd, Bamboo Shoots) Soup, Bun, Lettuce 腌笃鲜,刀切, 生菜 Allergen: Gluten 过敏源:无	
Western 西餐档口	Cheese Pizza, Broccoli 芝士披萨,西兰花 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品	Baked Chicken with Honey and Mustard, Baked Potato, Cauliflower and Broccoli 烤鸡柳配蜂蜜芥末酱, 烤土豆仔, 双花菜 Allergen: Gluten 过敏源: 麦麸	Roast lamb with mint sauce, Baked Potato ,Zucchini 烤羊肉配薄荷酱,烤土豆,西葫芦 Allergen: Non 过敏源: 无	Beef Spaghetti Bolognese, Broccoli and Carrot 牛肉酱意面,西兰花胡萝卜 Allergen: Gluten 过敏源: 麦麸	
Noodles 面档	Mixed Veggies(Mushroom, Bamboo Shoots, Gluten) Noodles, Bean Curd, Hang Greens 罗汉素面, 兰花干,杭白菜 Allergen: Gluten, Soya 过敏源: 麦麸,豆制品	Beef Saozi Noodle, Bok Choy 牛肉臊子面,青菜 Allergen: Gluten 过敏源: 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	Homemade Shrimp & Egg& Mushroom Mixed Dumplings, Egg and Mushroom with Veggies Soup, Lettuce 手工三鲜(虾,鸡蛋,木耳)饺子,蛋皮三鲜汤, 生菜 Allergen: Seafood, Egg, Gluten 过敏源: 海鲜,鸡蛋,麦麸	
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	Dongbei Style Fried Potato, Eggplant, Pepper, Egg Fried Rice, Lettuce 东北地三鲜,蛋炒饭,生菜 Allergen: Egg 过敏源: 鸡蛋	Japanese Style Mushroom Fried Udon, Braised Egg, Bok Choy 日式菌菇乌冬面,卤蛋,小青菜 Allergen: Egg, Soy, Mushroom 过敏源: 鸡蛋,豆制品,蘑菇	Homemade Vegetable Dumplings, Egg and Mushroom with Veggies Soup, Bok Choy 手工蔬菜饺子,蛋皮三鲜汤,青菜 Allergen: Mushroom, Egg 过敏源: 蘑菇,鸡蛋	
Soup 汤	Spicy and Sour Soup 酸辣汤 Allergen: Soya 过敏源: 豆制品	Tofu and Kelp Soup 豆腐海带汤 Allergen: Soy 过敏源: 豆制品	Cabbage and Potato Soup 卷心菜土豆汤 Allergen: Non 过敏源:无	Creamy Mushroom Soup 奶油蘑菇汤 Allergen: Dairy 过敏源: 奶制品	
Fruit & Desert 水果 & 甜点	Fruit Platter/Homemade Chocolate Cookie 水果盘/手工巧克力饼干 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Fruit Platter/Homemade Zucchini Cake 水果盘/手工西葫芦蛋糕 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: Milk, Gluten 过敏源: 牛奶,麦麸	Fruit Platter/Eight delicacies Rice 水果盘/八宝饭 Allergen:Non 过敏源:无	

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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