

LUNCH

Harrow International School Shanghai



	Monday 2nd Mar	Tuesday 3rd Mar	Wednesday 4th Mar	Thursday 5th Mar	Friday 6th Mar
<b>Asian</b> 亚洲风味	Japanese Pork Chop with Curry Mushroom and Cabbage 日式猪排饭配咖喱蔬菜酱, 香菇炒白菜 Allergen: Mushroom 过敏源: 蘑菇	Shanghai Style Smoked Fish, Black Rice, Bok Choy 上海熏鱼配黑米饭, 青菜 Allergen: Seafood 过敏源: 海鲜	Thai green chicken curry, Coconut Rice, Cabbage and Bean Sprout, 泰式绿咖喱鸡肉, 椰酱米饭, 包菜丝炒绿豆芽 Allergen: Non 过敏源: 无	Beef Goulash, Rice, Choy Sum 红烩牛肉, 米饭, 广东菜心 Allergen: Non 过敏源: 无	Cantonese Claypot Sausage Rice, Braised Egg, Choy Sum, Cabbage 广式腊肠煲仔饭, 卤蛋, 卷心菜 Allergen: Egg 过敏源: 鸡蛋
<b>Western</b> 西餐档口	Beef lasagna ,Broccoli 牛肉千层面配番茄罗勒酱, 西兰花 Allergen: Gluten 过敏源: 麦麸	Beef scrambled egg wrap, Baked Potato, Carrot and Cauliflower 牛肉炒蛋卷, 烤土豆, 花菜胡萝卜 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Bacon and Egg Sandwich, Baked Potato, Broccoli 培根蛋三明治, 烤土豆, 西兰花 Allergen: Gluten, Egg, Dairy 过敏源: 麦麸, 鸡蛋, 奶制品	Apple glazed duck with miso sweet potato mash, Roasted Zucchini and Bell Pepper 苹果烤鸭配味噌红薯泥, 烤节瓜彩椒时蔬 Allergen: Non 过敏源: 无	Meatball pasta with tomato basil sauce, Mixed Beans 牛肉丸斜管面配番茄罗勒酱, 三色杂豆粒 Allergen: Gluten 过敏源: 麦麸
<b>Noodles</b> 面档	Su-Style Braised Chicken Leg Noodle, Baby Broccoli 香卤鸡腿面, 芥兰苗 Allergen: Gluten 过敏源: 麦麸	Braised Duck with Ginger, Soup Noodle, Bok Choy 仔姜鸭汤面, 青菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Japanese Seafood Udon (Squid, Crab Stick, Fish Ball), Lettuce 日式海鲜 (鱿鱼, 蟹肉棒, 鱼丸) 乌冬面, 生菜 Allergen: Seafood 过敏源: 海鲜	Pork with Mushroom and Greens Wonton, Chicken Bone Soup, Greens 香菇青菜猪肉馄饨, 鸡汤, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Xinjiang Big Plate Chicken, Sliced Noodles, Romaine 新疆大盘鸡拌刀削面, 油麦菜 Allergen: Gluten 过敏源: 麦麸
<b>Vegetarian</b> 素食主义	Sichuan Mapo Tofu, Rice, Mushroom and Cabbage 四川麻婆豆腐, 米饭, 香菇炒白菜 Allergen: Soya, Mushroom 过敏源: 豆制品, 蘑菇	Pasta with Basil, Tomatoes and Mushrooms, Cauliflower and Carrot 罗勒番茄菌菇意面, 花菜胡萝卜 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇	Butter Potato with Beans in Tomato Sauce, Broccoli 黄油烤土豆配茄汁黄豆, 西兰花 Allergen: Dairy, Soya 过敏源: 奶制品, 豆制品	Shanghai Style Fried Egg and Veggies Noodle, Zucchini Fried Egg 上海青菜蛋炒面, 西葫芦炒蛋 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Cheese and Veggies Wrap, Mixed Beans 芝士蔬菜卷饼, 三色杂豆粒 Allergen: Gluten 过敏源: 麦麸
<b>Soup</b> 汤	Pork Minced with Radish Soup 肉沫白萝卜汤 Allergen: Non 过敏源: 无	Miso Soup 味噌汤 Allergen: Soya 过敏源: 豆制品	Tom Sab 泰式酸辣蔬菜汤 Allergen: Non 过敏源: 无	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源: 奶制品	Winter Melon and Salted Pork Soup 咸肉冬瓜汤 Allergen: Non 过敏源: 无
<b>Fruit &amp; Desert</b> 水果 & 甜点	Fruit Platter/Pumpkin Pancakes 水果盘/南瓜饼 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Brownie 水果盘/手工布朗尼 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 奶制品, 鸡蛋	Fruit platter/Coconut Sago 水果盘/椰汁西米露 Allergen: Non 过敏源: 无	Fruit Platter/Homemade Chinese Crispy Cake 水果盘/手工桃酥饼 Allergen: Gluten, Milk 过敏源: 麦麸, 牛奶	Fruit Platter/Ice Cream 水果盘/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



LUNCH



HARROW SHANGHAI

Harrow International School Shanghai					
	Monday 9th Mar Meat Free Day	Tuesday 10th Mar	Wednesday 11th Mar	Thursday 12th Mar	Friday 13th Mar
Asian 亚洲风味	Vegan Crab-style(Egg, Carrot, Potato) Tofu, Rice, Bok Choy 素蟹粉 (鸡蛋) 豆腐,米饭,青菜 Allergen: Egg 过敏源: 鸡蛋	Hainan Chicken Rice, Choy Sum 海南鸡饭, 广东菜心 Allergen: Non 过敏源:无	Braised Pork with Bean curd, Yimi Rice, Carrot and Cabbage 腐竹红烧肉,薏米饭,胡萝卜炒白菜 Allergen: Gluten 过敏源: 麦麸	Swiss Chicken Wing, Black Rice, Baby Cabage 瑞士鸡中翅,黑米饭,娃娃菜 Allergen:Non 过敏源:无	Sweet and Sour Pork with Pineapple in Tomato Sauce, Rice, Lettuce 茄汁菠萝咕咾肉,米饭,生菜 Allergen: Soy Sauce 过敏源: 酱油
Western 西餐档口	Tomato Pasta with Veggie Ball, Carrot and Cauliflower 番茄意大利面配蔬菜丸子,胡萝卜花菜 Allergen: Dairy, Gluten 过敏源: 蘑菇,奶制品,麦麸	Roast lamb with mint sauce, Baked Potato ,Spinach 烤羊肉配薄荷酱, 菠菜 Allergen: Non 过敏源: 无 <b>NEW TRY NOW</b>	Butter chicken and naan flat bread, Zucchini 印度奶油鸡配烤饼,西葫芦 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品 <b>NEW TRY NOW</b>	Sausage and Cheese Pizza, Creamy Cauliflower 香肠芝士披萨, 奶油焗花菜 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品	Korean beef bibimbap(Bean Sprout, Kelp, Zucchini, Broad Bean) 韩式肥牛拌饭 Allergen: Non 过敏源: 无 <b>NEW TRY NOW</b>
Noodles 面档	Vegetarian Hot Pot ( Louts Root,Tofu,Quail Egg,Kelp,Veggies,Potato Noodle) 素麻辣烫 (藕,油豆腐,鹌鹑蛋,海带结,蔬菜,土豆粉) Allergen: Soya, Egg, Gluten 过敏源: 豆制品,麦麸	Fish Fillet in Sour Soup with Udon, Spinach 酸菜鱼配乌冬面, 菠菜 Allergen: Seafood, Gluten 过敏源: 海鲜,麦麸	Lanzhou Beef Ramen, Greens 兰州牛肉拉面,茼蒿菜 Allergen: Gluten 过敏源:麦麸	Homemade Pork and Celery Dumplings in Sour Soup, Water Spinach 手工芹菜猪肉水饺, 酸汤, 空心菜 Allergen: Gluten 过敏源:麦麸	Buldak Noodles ( Mixed Spicy Sauce),Shredded Chicken, Lettuce 火鸡面,鸡肉丝,生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Black truffle mushroom risotto with halloumi cheese, Zucchini and Mushroom, Bell Pepper 哈罗米芝士番茄罗勒酱扁面包,烤节瓜彩椒口蘑 Allergen: Dairy, Mushroom 过敏源: 奶制品,蘑菇 <b>NEW TRY NOW</b>	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	Mixed Mushroom Fried Egg, Beans and Corn Fried Rice, Spinach 双菇滑蛋, 青豆玉米炒饭, 菠菜 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Thai red curry with tofu, Rice, Water Spinach 泰式纯素红咖喱豆腐,米饭,空心菜 Allergen: Soya 过敏源: 豆制品 <b>NEW TRY NOW</b>	Singapore-style Fried Rice Noodles, Mushroom and Cabbage 星洲炒米粉,白菜木耳 Allergen: Mushroom 过敏源: 蘑菇
Soup 汤	Sour and Spicy Soup 酸辣汤 Allergen: Soya,Gluten 过敏源: 豆制品,麦麸	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Tomato and Egg Drop Soup 番茄鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋	Creamy Carrot and Potato Soup 奶油胡萝卜土豆汤 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	Fruit Platter/Pain au Chocolate 水果盘/巧克力面包卷 Allergen: Egg,Milk,Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/Homemade Oat Cookie 水果盘/手工燕麦饼干 Allergen: Egg, Gluten,Milk 过敏源: 鸡蛋,麦麸,奶制品	Fruit Platter/Red Bean Paste with Rice Ball 水果盘/红豆沙小圆子 Allergen: Non 过敏源: 无	Fruit Platter/Homemade Raisin Muffin 水果盘/手工提子麦芬 Allergen: Egg, Gluten, Milk 过敏源: 鸡蛋,麦麸,奶制品	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 SHANGHAI

Harrow International School Shanghai					
	Monday 16th Mar	Tuesday 17th Mar	Wednesday 18th Mar	Thursday 19th Mar	Friday 20th Mar Greek Food Promotion
Asian 亚洲风味	Singapore Bak Kut Teh, Youtiao Mushroom and Greens 新加坡肉骨茶,油条,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	Roasted Miso Fish,Bean Sprout and Cabbage,Corn Rice 日式味噌烤鱼,玉米饭,豆芽白菜 Allergen: Seafood 过敏源: 海鲜	Dongbei Style Braised Chicken and Mushroom,Rice,Baby Cabbage 东北小鸡炖蘑菇,米饭,娃娃菜 Allergen: Mushroom 过敏源: 蘑菇	Greek Souvlaki chicken & pork pita bread, Tzatziki sauce, Broccoli 希腊烤肉串鸡肉猪肉双拼皮塔饼,配酸奶黄瓜酱,西兰花 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品 <b>NEW TRY NOW</b>
Western 西餐档口	Beef Spaghetti Bolognese, Broccoli 牛肉酱意面,西兰花 Allergen: Gluten <b>NEW TRY NOW</b> 过敏源: 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,樱桃番茄西葫芦 Allergen: Non <b>NEW TRY NOW</b> 过敏源: 无	Mexican chicken fajitas, Cauliflower and Carrot 墨西哥鸡肉法吉塔,花菜胡萝卜 Allergen: Non <b>NEW TRY NOW</b> 过敏源: 无	Hot Dog with Potato Wedges, Zucchini and Mushroom, Bell Pepper 芝士热狗配薯角,烤节瓜彩椒口蘑 Allergen: Gluten 过敏源: 麦麸	Beef lasagna ,Broccoli 牛肉千层面配番茄罗勒酱,西兰花 Allergen: Gluten <b>NEW TRY NOW</b> 过敏源: 麦麸
Noodles 面档	Korean Army Stew (budae jjigae),Greens 部队锅泡面饼,火腿片,鹌鹑蛋,蛋饺,鱼丸,青菜 Allergen: Gluten, Seafood, Egg 过敏源: 麦麸,海鲜,鸡蛋	Braised Beef and Tomato, Red Soup Noodle, Shanghai Greens 红烧牛肉番茄面,鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Braised Duck Leg, Red Soup Noodle ,Bok Choy 红烧鸭腿面,青菜 Allergen: Gluten 过敏源: 麦麸	Shanghai Shepherd's Purse with Pork Wonton, Chicken Soup, Lettuce 鲜肉荠菜馄饨,鸡汤,生菜 Allergen: Soy Sauce 过敏源: 酱油	Pork Saozi with Sour Soup, Rice Noodle, Greens 猪肉哨子酸汤米粉,青菜 Allergen: Mushroom 过敏源: 蘑菇
Vegetarian 素食主义	Fried Egg with Rice Noodle ,Bean Curd, Bok Choy 鸡蛋炒河粉,素鸡,青菜 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Homemade Braised Tofu, Egg Fried Rice, Shanghai Greens 家常豆腐配蛋炒饭,鸡毛菜 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Japanese Style Mushroom Fried Udon, Braised Egg, Bok Choy 日式菌菇乌冬面,酱蛋,青菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Black truffle mushroom risotto with halloumi cheese, Carrot and Cauliflower 哈罗米芝士黑松露蘑菇饭,胡萝卜花菜 Allergen: Dairy, Mushroom <b>NEW TRY NOW</b> 过敏源: 奶制品,蘑菇	Melitzane Papoutsakia with roasted potatoes and Tzatziki, Cauliflower and Carrot 希腊酿茄子杯配烤土豆及希腊酸奶黄瓜酱,花菜胡萝卜 Allergen: Dairy <b>NEW TRY NOW</b> 过敏源: 奶制品
Soup 汤	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Soya 过敏源: 豆制品	Minestrone Soup 意大利蔬菜浓汤 Allergen: Non 过敏源: 无	Mushroom and Egg Drop Soup 菌菇蛋花汤 Allergen: Mushroom,Egg 过敏源: 蘑菇,鸡蛋	Cordyceps Flower Chicken Soup 虫草花鸡汤 Allergen: Mushroom 过敏源: 蘑菇	Avgolemono 希腊柠檬蛋花汤 Allergen: Dairy, Egg <b>NEW TRY NOW</b> 过敏源: 奶制品,鸡蛋
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 Mocha Cake 水果盘/手工抹茶蛋糕 Allergen: Egg, Milk Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/White Fungus and Pear Soup 水果盘/银耳冰糖雪梨 Allergen: Non 过敏源: 无	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/Ice Cream 水果盘/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。

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 23rd Mar	Tuesday 24th Mar	Wednesday 25th Mar	Thursday 26th Mar	Friday 27th Mar
<b>Asian</b> 亚洲风味	Japanese Teriyaki Chicken, Seaweed Rice, Romaine 日式照烧鸡肉, 海苔饭, 油麦菜 Allergen: Soya 过敏源: 豆制品	Thai Holy Basil Stir-fry Minced Pork Rice, Fried Egg, Lettuce 泰式打抛猪肉饭, 煎蛋, 生菜 Allergen: Egg 过敏源: 鸡蛋	Thai green chicken curry, Rice, Gluten and Cabbage 泰式绿咖喱鸡肉, 米饭, 油面筋炒白菜 Allergen: Gluten 过敏源: 麦麸	Stewed Fish and Shrimp with Bamboo Shoots, Rice, Mushroom and Greens 荠菜笋丁烩鱼片虾仁, 白米饭, 香菇青菜 Allergen: Soy Sauce, Seafood, Mushroom 过敏源: 酱油, 海鲜, 蘑菇	Salt and Pepper Chicken Strips, Curry and Veggies Rice, Cabbage and Carrot 椒盐鸡柳, 咖喱时蔬饭, 卷心菜胡萝卜丝 Allergen: Non 过敏源: 无
<b>Western</b> 西餐档口	Shepherd's pie, Broccoli and Carrot 牧羊人派, 西兰花胡萝卜 Allergen: Non 过敏源: 无	Beef Scrambled Egg Wrap, Baked Potato, Sweet Beans 牛肉炒蛋卷, 烤土豆, 甜豆 Allergen: Egg 过敏源: 鸡蛋	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	Apple-Glazed Duck with Miso Sweet Potato Mash, Baked Zucchini and Bell Pepper 苹果烤鸭配味噌红薯泥, 烤节瓜彩椒 Allergen: Non 过敏源: 无	Meat Ball(Beef)Pasta with Tomato Basil Sauce, Broccoli 牛肉丸斜管面配番茄罗勒酱, 西兰花 Allergen: Gluten 过敏源: 麦麸
<b>Noodles</b> 面档	Laksa Rice Noodles(Fish Ball, Shrimp, Squid), Spinach 新加坡海鲜叻沙米粉, 菠菜 Allergen: Seafood 过敏源: 麦麸	Duck with Chinese Young Ginger, Duck Soup Noodle, Lettuce 仔姜鸭面配老鸭汤, 生菜 Allergen: Gluten 过敏源: 麦麸	Shanghai Style Smoked Fish, Mixed Noodle with Scallion Oil, Stir-Fried Water Bamboo Shoots with Green Bell Peppers 上海熏鱼, 葱油拌面, 青椒茭白 Allergen: Seafood, Gluten 过敏源: 海鲜, 麦麸	Homemade Pork and Corn Dumplings, Sour Soup, Greens 手工猪肉玉米水饺配酸汤, 茼蒿菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork and Bean curd, Potato in Chili Sauce, Red Soup Noodle, Gluten, Greens 八宝辣酱汤面, 烤麸, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸
<b>Vegetarian</b> 素食主义	Dongbei Style Fried Eggplant, Pepper and Potato, Fried Egg and Rice, Greens 东北地三鲜配蛋炒饭, 鸡毛菜 Allergen: Egg 过敏源: 鸡蛋	Cheese Lasagne, Sweet Beans 芝士蔬菜千层面配番茄酱, 甜豆 Allergen: Mushroom, Dairy, Gluten 过敏源: 蘑菇, 豆制品, 麦麸	Italian Braised Chickpeas with Vegetables, Rice, Romaine 意式蔬菜烩鹰嘴豆, 米饭, 油麦菜 Allergen: Non 过敏源: 无	Cheese and Egg Sandwich, Baked Zucchini and Bell Pepper 芝士鸡蛋蔬菜三明治, 烤时蔬 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Tomato and Cheese Macaroni, Creamy Cauliflower 蕃茄芝士焗意面, 奶油花菜 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品
<b>Soup</b> 汤	Winter Melon and Dry Shrimp Soup 冬瓜虾皮汤 Allergen: Seafood 过敏源: 海鲜	Tomato and Potato Soup 番茄土豆汤 Allergen: Non 过敏源: 无	Sour and Spicy Soup 酸辣汤 Allergen: Soy, Egg, Mushroom 过敏源: 豆制品, 鸡蛋, 蘑菇	Creamy Mushroom Soup 奶油蘑菇汤 Allergen: Mushroom, Dairy 过敏源: 蘑菇, 奶制品	West Lake Beef Soup 西湖牛肉羹 Allergen: Non 过敏源: 无
<b>Fruit &amp; Desert</b> 水果 & 甜点	Fruit Platter/Raisin Bread 水果盘/葡萄干小球 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Pumpkin Tart 水果盘/手工南瓜塔 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/Rice Ball Soup 水果盘/桂花酒酿小圆子 Allergen: Non 过敏源: 无	Fruit Platter/Homemade Butter Cake 水果盘/手工黄油蛋糕 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/Ice Cream 水果盘/冰淇淋 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 30th Mar	Tuesday 31st Mar	Wednesday 1st Apr	Thursday 2nd Apr	Friday 3rd Apr
<b>Asian</b> 亚洲风味	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	Cantonese BBQ Pork, Rice, Choy Sum 广式叉烧,米饭,菜心 Allergen: Soy Sauce 过敏源: 酱油	Braised Duck, Quinoa Rice, Celery Fried Bean Curd 上海酱鸭,藜麦饭,西芹炒香干 Allergen: Soya 过敏源:豆制品	Crispy Korean Fried Chicken, Seaweed Rice, Spinach 韩式炸鸡,海苔饭,菠菜 Allergen: Gluten 过敏源:麦麸	Korean beef bibimbap (Bean Sprout, Kelp, Radish, Zucchini, Fava Bean) 韩式牛肉拌饭,豆芽,海带,萝卜丝,节瓜,蚕豆米 Allergen: Gluten 过敏源:麦麸 <b>NEW TRY NOW</b>
<b>Western</b> 西餐档口	Creamy Bacon and Asparagus Pasta, Broccoli and Carrot 奶油培根芦笋意面,西兰花胡萝卜 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸	Roast Lamb with Mint Sauce, Baked Potato, Carrot, Cauliflower 烤羊肉配薄荷酱,烤土豆,胡萝卜,花菜 Allergen: Non 过敏源:无 <b>NEW TRY NOW</b>	Butter Chicken and Naan Flat Bread, Zucchini and Cherry Tomato 印度奶油鸡配烤饼,西葫芦樱桃番茄 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸 <b>NEW TRY NOW</b>	Beef Spaghetti Bolognese, Broccoli 牛肉酱意面,西兰花 Allergen: Gluten 过敏源:麦麸 <b>NEW TRY NOW</b>	Fish and Chips, Broccoli 英式炸鱼配薯条,西兰花 Allergen: Gluten, Seafood 过敏源:麦麸,海鲜
<b>Noodles</b> 面档	Braised Chicken Leg, Red Soup Noodle, Greens 红烧鸡腿面,青菜 Allergen: Gluten 过敏源: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	Braised Pork Chop, Noodle, Romaine 红烧大排面,油麦菜 Allergen: Gluten 过敏源:麦麸	Homemade Shrimp & Egg & Mushroom & Fish Mixed Dumplings, Spinach 手工三鲜(虾,鱼,鸡蛋,木耳)饺子,菠菜 Allergen: Seafood, Egg, Gluten 过敏源:海鲜,鸡蛋,麦麸	Japanese Tonkotsu Ramen, Pork Bone Soup, Braised Egg, Greens 日式豚骨拉面,大骨头汤,卤蛋,鸡毛菜 Allergen: Gluten 过敏源:麦麸
<b>Vegetarian</b> 素食主义	Black Truffle Mushroom Risotto with Halloumi Cheese, Carrot and Broccoli 哈罗米芝士黑松露菌菇饭,胡萝卜西兰花 Allergen: Dairy, Gluten, Mushroom 过敏源:奶制品,麦麸,蘑菇 <b>NEW TRY NOW</b>	Fried Egg and Rice, Beancurd, Cabbage 上海蛋炒饭,素鸡,牛心菜 Allergen: Soya, Egg 过敏源:豆制品,鸡蛋	Tomato and Cheese Macaroni, Zucchini and Cherry Tomato 蕃茄芝士焗意面,西葫芦樱桃番茄 Allergen: Gluten, Dairy 过敏源:麦麸,奶制品	Fried Egg and Pineapple, Carrot, Beans, Bean Curd, Cabbage 菠萝鸡蛋炒饭(胡萝卜丁,青豆),豆干,牛心菜 Allergen: Egg, Soya 过敏源:鸡蛋,豆制品	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
<b>Soup</b> 汤	Radish and Pork Ribs Soup 排骨萝卜汤 Allergen: Non 过敏源:无	Mushroom and Bok Choy Soup 平菇青菜汤 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	Creamy Carrot Soup 奶油胡萝卜汤 Allergen: Dairy 过敏源:奶制品	Miso Soup 味噌汤 Allergen: Non 过敏源:无
<b>Fruit &amp; Desert</b> 水果 & 甜点	Fruit Platter/Whole Wheat Bread 水果盘/全麦小球 Allergen: Gluten 过敏源:麦麸	Fruit Platter/Homemade Chocolate Cookie 水果盘/手工巧克力饼干 Allergen: Egg, Milk, Gluten 过敏源:鸡蛋,牛奶,麦麸	Fruit Platter/Green Beans and Dried Lily Soup 水果盘/绿豆百合汤 Allergen: Non 过敏源:无	Fruit Platter/Homemade Marble Cake 水果盘/手工大理石蛋糕 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

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

