

LUNCH



Harrow International School Shanghai					
				Thursday 8th Oct	Friday 9th Oct
Asian 亚洲风味				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	Shanghai Smoked Fish, Rice, Lettuce 上海熏鱼, 米饭, 生菜 Allergen: Seafood 过敏源: 海鲜
Western 西餐档口				Korean beef bibimbap (Bean Sprout, Kelp, Zucchini, Broad Bean) 韩式肥牛拌饭 Allergen: Non 过敏源: 无	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
Noodles 面档				Pork Saozi with Sour Soup, Rice Noodles, Choy Sum 猪肉哨子酸汤米粉, 广东菜心 Allergen: Mushroom 过敏源: 蘑菇	Lanzhou Beef Ramen, Lettuce 兰州牛肉拉面, 生菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义				Fried Rice Cake with Egg and Vegetables, Greens and Tofu 白菜鸡蛋炒年糕片, 青菜云丝 Allergen: Egg, Mushroom, Soya 过敏源: 鸡蛋, 蘑菇, 豆制品	Pasta with Basil, Tomato and Mushroom, Zucchini and Carrot 罗勒番茄菌菇意面, 西葫芦胡萝卜 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇
Soup 汤				Pork Ribs and Kelp Soup 排骨海带汤 Allergen: Non 过敏源: 无	Shepherd's Purse and Tofu Soup 荠菜豆腐羹 Allergen: Soya 过敏源: 豆制品
Fruit & Desert 水果 & 甜点				Fruit Platter/Crispy Red Bean Cake 水果盘/红豆酥饼 Allergen: Gluten 过敏源: 麦麸	Fruit platter/Milk Ice Cream 水果盘/小布丁 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



LUNCH



Harrow International School Shanghai					
	Monday 12th Oct Meat Free Day	Tuesday 13th Oct	Wednesday 14th Oct	Thursday 15th Oct	Friday 16th Oct
Asian 亚洲风味	Tomato Fried Egg,Rice,Celery with Tofu 番茄炒蛋,米饭,西芹炒腐竹 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Sweet and Sour Fish,Oat Rice,Chinese Lettuce 糖醋鱼块,燕麦饭,清炒莴笋丝 Allergen: Seafood 过敏源: 海鲜	Japanese Teriyaki Chicken, Seaweed Rice, Choy Sum 日式照烧鸡肉海苔饭, 广东菜心 Allergen: Soya 过敏源: 豆制品	Braised Pork with Quail Egg and Tofu,Rice,Lettuce 鹌鹑蛋腐竹红烧肉,米饭,生菜 Allergen:Soy,Egg 过敏源:豆制品,鸡蛋	Crispy Korean Fried Chicken, Seaweed Rice, Cabbage 韩式炸鸡, 海苔饭, 包菜 Allergen: Gluten 过敏源:麦麸
Western 西餐档口	Cheese Pizza with Bell Pepper,Potato Wedges,Broccoli 彩椒芝士匹萨配烤薯角,西兰花 Allergen: Dairy,Gluten 过敏源:奶制品,麦麸	Apple glazed duck with miso sweet potato mash,Roasted Zucchini and Bell Pepper 苹果烤鸭配味增红薯泥, 烤节瓜彩椒时蔬 Allergen: Non 过敏源: 无	Beef Scrambled Egg Wrap,Broccoli with Mushroom 牛肉炒蛋卷,西兰花口蘑 Allergen: Egg,Gluten,Mushroom 过敏源: 鸡蛋,麦麸,蘑菇	Shepherd's pie, Carrot and Sweet Beans 牧羊人派, 胡萝卜甜豆 Allergen: Non 过敏源: 无	Meat Ball(Beef)Pasta with Tomato Basil Sauce, Cauliflower and Pepper 牛肉丸斜管面配番茄罗勒酱,花菜彩椒 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Luohan Vegetarian Noodles,Braised Tofu Roll,Bok Choy with Mushroom 罗汉素面, 红烧素鸡, 香菇青菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork Chop,Pork Bone Soup,Hang Greens 红烧大排面, 大骨汤, 杭白菜 Allergen: Gluten 过敏源:麦麸	Dongbei Style Pork and Sour Cabbage Dumplings, Chicken Soup,Bok Choy 东北猪肉酸菜水饺,鸡汤,小青菜 Allergen: Gluten 过敏源: 麦麸	Tom Yum Goong Seafood (Squid,Shrimp,Fish) Noodles,Greens 冬阴功海鲜米线, 空心菜 Allergen: Seafood 过敏源: 海鲜	Eight Treasure Spicy Braised Pork, Tofu & Potato, Red Soup Noodles, Wheat Gluten, Hang Greens 八宝辣酱汤面,烤麸,杭白菜 Allergen: Gluten 过敏源:麦麸
Vegetarian 素食主义	Thai Red Curry with Tofu, Egg Fried Rice, Bok Choy with Mushroom 泰式纯素红咖喱豆腐,蛋炒饭,香菇青菜 Allergen: Soya 过敏源: 豆制品	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	Dongbei Style Fried Eggplant, Pepper and Potato,Egg Fried Rice,Fried Tofu with Bean Sprouts and Pepper 东北地三鲜配蛋炒饭,青椒豆腐干炒豆芽 Allergen: Egg,Soya 过敏源: 鸡蛋,豆制品	Egg Fried Wide Noodles with Mixed Vegetables,Lettuce 鸡蛋时蔬炒刀削,生菜 Allergen: Mushroom,Egg,Gluten 过敏源: 蘑菇,鸡蛋,麦麸	Cheese and Egg Sandwich,Cauliflower and Pepper 素鸡蛋芝士三明治, 花菜彩椒 Allergen: Egg, Dairy 过敏源: 鸡蛋,奶制品
Soup 汤	Winter Melon and Seaweed Soup 冬瓜紫菜汤 Allergen: Non 过敏源: 无	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Dongbei Dough Drop Soup with Tomato 东北疙瘩汤 Allergen: Gluten 过敏源: 麦麸	Creamy Pumpkin Soup 奶油南瓜汤 Allergen:Dairy 过敏源:奶制品	Cordyceps Flower Chicken Soup 虫草花鸡汤 Allergen: Mushroom 过敏源: 蘑菇
Fruit & Desert 水果 & 甜点	Fruit Platter/Pumpkin Cake 水果盘/南瓜饼 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Marble Cake 水果盘/手工大理石蛋糕 Allergen: Gluten,Egg,Cake 过敏源: 麦麸	Fruit Platter/Homemade Oat Cookie 水果盘/手工燕麦饼干 Allergen: Egg,Milk,Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/Rice Ball Soup 水果盘/酒酿小圆子 Allergen: Non 过敏源: 无	Fruit Platter/Blueberry Ice Pop 水果盘/蓝莓冰工厂 Allergen: Milk 过敏源:牛奶

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Harrow International School Shanghai					
	Monday 19th Oct	Tuesday 20th Oct	Wednesday 21st Oct	Thursday 22nd Oct	Friday 23rd Oct
Asian 亚洲风味	Hainan Chicken Rice, Choy Sum 海南鸡饭, 广东菜心 Allergen: Non 过敏源: 无	Curry Beef Brisket with Potato, Rice, Tofu Puffs with Bean Sprouts 咖喱土豆炖牛腩, 米饭, 油豆腐烧豆芽 Allergen: Mushroom 过敏源: Non	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	Thai green chicken curry, Rice, Wheat 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	Sweet and Sour Pork with Pineapple in Tomato Sauce, Rice, Carrot and Cabbage 茄汁菠萝咕咾肉, 米饭, 胡萝卜卷心菜 Allergen: Soy Sauce 过敏源: 酱油
Western 西餐档口	Pan-fried Pork Sausage, Creamy Mashed Potato, 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	Mexican chicken fajitas, Zucchini and Carrot 墨西哥鸡肉法吉塔, 节瓜胡萝卜 Allergen: Gluten 过敏源: 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	Deep Fried Fish Fillet, Baked Mini Potato, Sour Cream, Carrot and Cauliflower 英式炸鱼配迷你小土豆, 酸奶酱, 胡萝卜花菜 Allergen: Seafood 过敏源: 海鲜	Beef lasagna, Broccoli 牛肉千层面配番茄罗勒酱, 西兰花 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Korean Army Stew (budae jjigae), Spinach 韩式部队锅泡面饼, 菠菜 Allergen: Gluten 过敏源: 麦麸	Beijing Style Noodles with Soybean Paste and Minced Pork, Braised Egg, Greens 老北京炸酱面, 卤蛋, 清炒茼蒿 Allergen: Gluten, Soy Sauce, Egg 过敏源: 麦麸, 酱油, 鸡蛋	Braised Ginger Duck, Kudai Noodles, Bok Choy 仔姜鸭裤带面, 青菜 Allergen: Soy Sauce, Gluten 过敏源: 酱油, 麦麸	Homemade Shanghai Shepherd's Purse with Pork Wonton, Chicken Soup, Lettuce 手工鲜肉荠菜馄饨, 鸡汤, 生菜 Allergen: Gluten 过敏源: 麦麸	Xinjiang Big Plate Chicken with Chilli, Daoxiao Noodles, Greens 新疆大盘鸡刀削面, 空心菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Halloumi Cheese and Tomato Basil Flatbread, Sweet Beans and Carrot 哈罗米芝士番茄罗勒酱, 扁面包, 甜豆胡萝卜粒 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Mixed Mushrooms with Wheat Gluten, Egg Fried Rice, Greens 面筋烩双菇, 蛋炒饭, 清炒茼蒿 Allergen: Egg, Gluten, Mushroom 过敏源: 鸡蛋, 麦麸, 蘑菇	Braised Egg Tofu, Egg Fried Rice with Carrot, Bok Choy 红烧玉子豆腐, 胡萝卜蛋炒饭, 青菜 Allergen: Soya, Egg 过敏源: 奶制品, 鸡蛋	Cheese Lasagne, Carrot and Cauliflower 芝士蔬菜千层面配番茄酱, 胡萝卜松花菜 Allergen: Mushroom, Dairy, Gluten 过敏源: 蘑菇, 奶制品, 麦麸	Tomato Fried Mushroom and Udon, Braised Egg, Greens 番茄白玉菇炒乌冬面, 卤蛋, 空心菜 Allergen: Mushroom, Gluten 过敏源: 蘑菇, 麦麸
Soup 汤	Pork Ribs with Corn and Yam Soup 排骨玉米山药汤 Allergen: Non 过敏源: 无	MISO Tofu Soup 味噌豆腐汤 Allergen: Soya 过敏源: 豆制品	Minestrone Soup 意大利蔬菜汤 Allergen: Egg 过敏源: 鸡蛋	Creamy Potato Soup 奶油土豆汤 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/Whole Wheat Bread 水果盘/全麦小球 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Brownie 水果盘/手工布朗尼 Allergen: Egg, Milk Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/Butter Cookie 水果盘/黄油华夫饼干 Allergen: Egg, Milk Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/White Fungus with Pear Soup 水果盘/冰糖银耳雪梨 Allergen: Non 过敏源: 无	Fruit Platter/Fruit Ice Pop 水果盘/果缤纷 Allergen: Non 过敏源: 无

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Harrow International School Shanghai					
	Monday 26th Oct	Tuesday 27th Oct	Wednesday 28th Oct	Thursday 29th Oct	Friday 30th Oct HARROWEEN
Asian 亚洲风味	Shaanxi Pork Burger, Celery with Tofu 陕西肉夹馍,芹菜炒香干 Allergen: Gluten 过敏源: 麦麸	Roasted Miso Fish, Bean Sprouts and Cabbage, Corn Rice 日式味噌烤鱼,玉米饭,豆芽白菜 Allergen: Seafood 过敏源: 海鲜	Homemade Braised Pork Balls,Rice,Sauteed Water Bamboo 手工红烧狮子头,米饭,清炒茭白 Allergen:Non 过敏源:无	Braised Duck, Quinoa Rice, Choy Sum 上海酱鸭,藜麦饭,菜心 Allergen: Soya 过敏源:豆制品	Black Gold Wraith Burger(Crispy Chicken), Lyonnaise Potatoes, Broccoli 黑金幽灵汉堡 (鸡排),里昂土豆,西兰花 Allergen: Gluten, Dairy 过敏源:麦麸,奶制品
Western 西餐档口	Beef Spaghetti Bolognese, Cauliflower with Cherry Tomato 牛肉酱意面,花菜樱桃番茄 Allergen: Gluten 过敏源: 麦麸	Beef Goulash with Garlic Bread, Peas and Carrot 红酒炖牛肉蒜香面包,甜豆胡萝卜 Allergen: Gluten 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,节瓜小樱桃 Allergen: Egg, Gluten 过敏源:鸡蛋, 麦麸	Korean beef bibimbap(Been Sprout, Kelp, Zucchini, Broad Bean), Spinach 韩式牛肉拌饭 Allergen: Non 过敏源: 无	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
Noodles 面档	Braised Chicken Leg, Red Soup Noodles, Greens 红烧鸡腿面,上海青 Allergen: Gluten 过敏源: 麦麸	Japanese Tonkotsu Ramen,Braised Egg, Lettuce 日式豚骨拉面,大骨头汤,卤蛋,生菜 Allergen: Gluten 过敏源:麦麸	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	Homemade Shrimp,Egg and Mushroom Mixed Dumplings, Baby Cabbage 手工三鲜(虾,鸡蛋,木耳)饺子,娃娃菜 Allergen: Seafood, Egg, Gluten 过敏源: 海鲜,鸡蛋,麦麸	Vampire Blood Pork Meatball Pasta, Mushroom and Broccoli 吸血鬼猪肉丸意面, 蘑菇和西蓝花 Allergen: Gluten, Mushroom 过敏源:麦麸,蘑菇
Vegetarian 素食主义	Mapo Tofu,Egg Fried Rice,Greens 麻婆豆腐,蛋炒饭,上海青 Allergen: Soya,Mushroom,Egg 过敏源: 豆制品,蘑菇,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 过敏源:奶制品,蘑菇	Tomato and Cheese Macaroni,Zucchini and Cherry Tomato 蕃茄芝士焗意面,节瓜小樱桃 Allergen: Gluten, Dairy 过敏源: 麦麸,奶制品	Singapore-style Fried Rice Noodles, Mushroom and Baby Cabbage 星洲炒米粉,白菜木耳 Allergen: Mushroom,Egg 过敏源: 蘑菇,鸡蛋	Spooky Pink Halloween Pasta(Creamy Mushroom Pasta),Zucchini and Carrot 火龙果汁奶油蘑菇意面,西葫芦胡萝卜 Allergen: Dairy, Gluten 过敏源:奶制品,麦麸
Soup 汤	Tomato and Egg Soup 番茄鸡蛋汤 Allergen: Egg 过敏源:鸡蛋	West Lake Beef Soup 西湖牛肉羹 Allergen: Non 过敏源:无	Mushroom and Tofu Soup 菌菇豆腐汤 Allergen: Mushroom,Soya 过敏源: 蘑菇,豆制品	Creamy Corn Soup 奶油玉米汤 Allergen: Dairy,Mushroom 过敏源:奶制品,蘑菇	Vampire Blood Tomato Bisque 吸血鬼血浆番茄浓汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	Fruit Platter/Sweet Potato Ball 水果盘/地瓜丸子 Allergen: Non 过敏源:无	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/Homemade Sponge Cake 水果盘/手工清水蛋糕 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Fruit Platter/Coconut Sago 水果盘/椰汁西米露 Allergen: Dairy 过敏源:奶制品	Fruit Platter/Baby Face Ice Pop 水果盘/娃娃雪糕 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。					

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