

LUNCH



Harrow International School Shanghai					
	Monday 24th Aug	Tuesday 25th Aug	Wednesday 26th Aug	Thursday 27th Aug	Friday 28th Aug
Asian 亚洲风味	Braised Duck Wing, Millet Rice, Bean Sprout and Pepper 美极鸭翅,糙米饭,青椒丝绿豆芽 Allergen: Non 过敏源: 无	Jiangnan Slow-Cooked Braised Beef,Rice,Jiaobai with Pepper 江南文火炖牛肉,米饭,青椒炒茭白 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	Sweet and Sour Pork,Black Rice,Mushroom and Bok Choy 菠萝咕咾肉,黑米饭,香菇炒青菜 Allergen:Mushroom 过敏源:蘑菇	Peking Duck Pancakes, Cucumber and Carrot 北京烤鸭,卷饼,黄瓜胡萝卜 Allergen: Soy Sauce 过敏源: 酱油
Western 西餐档口	Korean beef bibimbap(Bean Sprout, Kelp, Zucchini, Broad Bean) 韩式牛肉拌饭 Allergen: Non 过敏源:无	Butter chicken and naan flat bread, Cauliflower and Broccoli 印度奶油鸡配烤饼, 炒双花菜 Allergen: Gluten 过敏源:麦麸	Chicken Cordon Bleu,Butter Corn,Sweet Peas 法式蓝带鸡排,黄油玉米,甜豆 Allergen:Dairy 过敏源: 奶制品	Apple-Glazed Duck with Miso Sweet Potato Mash, Broccoli and Carrot 苹果烤鸭配味噌增红薯泥,西兰花胡萝卜 Allergen: Non 过敏源: 无	Meatball pasta with tomato basil sauce, Carrot and Cauliflower 牛肉丸斜管面配番茄罗勒酱, 胡萝卜松花菜 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Braised Pork Chops with Wide Noodles,Mixian 红烧大排宽面, 米苋 Allergen: Gluten 过敏源: 麦麸	Thai Red Curry Seafood with Rice Noodle,Water Spinach 泰式咖喱海鲜(蟹肉棒,鱿鱼,鱼丸,虾)米粉,空心菜 Allergen: Seafood 过敏源:海鲜	Old Beijing Pork and Soy Bean Paste Noodles,Fried Egg,Lettuce 老北京炸酱面,煎蛋,生菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Homemade Pork with Mushroom and Greens Wonton, Chicken Bone Soup, Greens 手工猪肉香菇青菜馄饨,鸡骨汤,上海青 Allergen: Gluten 过敏源: 麦麸	Taiwanese Three Cup Chicken,Rice Noodle,Hang Greens 台式三杯鸡,红汤面,清炒杭白菜 Allergen: Soy Sauce 过敏源: 酱油
Vegetarian 素食主义	Stewed Assorted Mushroom with Gluten,Mixed Noodles with Scallian Oil,Mixian 面筋烩双菇,葱油拌面,米苋 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Shanghai Egg Fried Veggies and Noodles, Mushroom and Baby Cabbage 上海青菜鸡蛋炒粗面,木耳娃娃菜 Allergen: Egg, Mushroom,Gluten 过敏源: 鸡蛋,蘑菇,麦麸	Thai Red Curry with Tofu, Coconut Rice, Greens 泰式纯素红咖喱豆腐,椰浆饭,小青菜 Allergen: Soya 过敏源: 豆制品	Baked Penne with Tomato, Mixed Mushrooms & Cheese,Broccoli and Carrot 芝士番茄菌菇焗弯管面,西兰花胡萝卜 Allergen: Mushroom,Dairy,Gluten 过敏源: 蘑菇,奶制品,麦麸	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
Soup 汤	Pork Minced with Radish Soup 肉沫萝卜汤 Allergen: Non 过敏源: 无	Tomato and Potato Soup 番茄土豆汤 Allergen: Non 过敏源: 无	Borscht 酸辣汤 Allergen: Non 过敏源: 无	Creamy Corn Soup 奶油玉米浓汤 Allergen: Dairy 过敏源:奶制品	Miso Soup 味噌豆腐汤 Allergen: Soya 过敏源:豆制品
Fruit & Desert 水果 & 甜点	Fruit Platter/Homemade Egg Tart 水果盘/手工蛋挞 Allergen: Egg,Milk,Gluten 过敏源: 鸡蛋,牛奶,麦麸	Fruit Platter/Sweet Potato Ball 水果盘/红薯丸子 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 Bean and Lily Bulb 水果盘/绿豆百合汤 Allergen: Non 过敏源: 无	Fruit Platter/Blueberry Ice Pop 水果盘/冰工厂蓝莓 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



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Harrow International School Shanghai					
	Monday 31st Aug	Tuesday 1st Sep	Wednesday 2nd Sep	Thursday 3rd Sep	Friday 4th Sep
Asian 亚洲风味	Hainan Chicken Rice, Choy Sum 海南鸡,米饭,广东菜心 Allergen: Non 过敏源: 无	Sweet and Sour Pork Strips,Rice,Mushroom and Baby Cabbage 糖醋排条,米饭,木耳娃娃菜 Allergen: Mushroom 过敏源:Non	Japanese Curry Pork Cutlet Rice,Cabbage 日式咖喱猪排饭,包菜 Allergen: Gluten 过敏源:麦麸	Oyster Beef,Red Bean Rice,Leaf Lettuce 蚝油牛肉,红豆米饭,油麦菜 Allergen: Mushroom,Seafood 过敏源: 蘑菇,海鲜	Thai green chicken curry, Coconut Rice, Cabbage and Carrot 泰式绿咖喱鸡肉,椰香饭,炒包菜胡萝卜 Allergen: Non 过敏源:无
Western 西餐档口	Beef Scrambled Egg Wrap,Bell Pepper and Zucchini with Mushroom 牛肉炒蛋卷,烤彩椒节瓜口蘑 Allergen: Egg,Gluten,Mushroom 过敏源: 鸡蛋,麦麸,蘑菇	Roast chicken with honey mustard sauce, Baked Potato, Cauliflower and Cherry Tomato 烤鸡柳配蜂蜜芥末酱, 烤土豆时蔬 Allergen: Non 过敏源: 无	Shepherd's pie, Carrot and Sweet Pea 牧羊人派, 胡萝卜甜豆 Allergen: Non 过敏源:无	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	Salami and Sausage Pizza,Broccoli 萨拉米香肠披萨,西兰花 Allergen: Dairy,Gluten 过敏源: 奶制品,麦麸
Noodles 面档	Korean Army Stew (budae jjigae), Spinach 韩式部队(火腿,鹌鹑蛋,鱼丸,鱼豆腐)锅,泡面饼,菠菜 Allergen: Seafood, Gluten,Soya 过敏源: 海鲜,麦麸,豆制品	Fish in Spicy and Sour Soup,Rice Noodle,Mushroom and Baby Cabbage, 金汤酸菜鱼配米粉,木耳娃娃菜 Allergen: Seafood,Mushroom 过敏源: 海鲜,蘑菇	Braised Duck Leg with Soup Noodle, Bok Choy 红烧鸭腿面,青菜 Allergen: Gluten 过敏源:麦麸	Homemade Pork and Cabbage Dumplings in Sour Soup, Leaf Lettuce 手工猪肉白菜水饺,酸汤,油麦菜 Allergen: Gluten 过敏源:麦麸	Braised Beef Brisket and Radish, Wide Noodles, Greens 红烧萝卜牛腩面, 清炒茼蒿菜 Allergen: Gluten 过敏源: 麦麸
Vegetarian 素食主义	Japanese Style Mushroom Fried Udon, Braised Egg, Spinach 日式菌菇乌冬面,酱蛋,菠菜 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋	Fried Eggplant,Pepper,Potato with Oyster Sauce, Egg Fried Rice,Fried Bean Sprout and Carrot 蚝油地三鲜,蛋炒饭,豆芽炒胡萝卜 Allergen: Egg,Seefood 过敏源: 鸡蛋,海鲜	Braised Egg Tofu,Egg Fried Rice,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	Halloumi Cheese and Tomato Basil Flatbread, Broccoli 哈罗米芝士番茄罗勒酱,扁面包,西兰花 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	Tomato and Cheese Macaroni with Mushroom ,Broccoli 番茄芝士蘑菇通心粉,西兰花 Allergen: Mushroom,Gluten,Dairy 过敏源: 蘑菇,麦麸,奶制品
Soup 汤	Meat Ball Soup 肉丸冬瓜汤 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	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源: 奶制品	Borscht 罗宋汤 Allergen: Dairy 过敏源: 奶制品
Fruit & Desert 水果 & 甜点	Fruit Platter/Chocolate Bread Roll 水果盘/巧克力面包球 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Carrot Cake 水果盘/手工胡萝卜蛋糕 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/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/Green Jelly Ice Pop 水果盘/绿舌头 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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Harrow International School Shanghai					
	Monday 7th Sep Meat Free Day	Tuesday 8th Sep	Wednesday 9th Sep	Thursday 10th Sep	Friday 11th Sep
Asian 亚洲风味	Tomato Fried Egg,Rice,Cabbage and Beancurd 番茄炒蛋,米饭,白菜炒云丝 Allergen: Soya,Egg 过敏源: 豆制品,鸡蛋	Thai Basil Minced Pork Rice,Garlic Water Spinach 泰式打抛猪肉饭,蒜泥炒空心菜 Allergen: Non 过敏源: 无	Samba-grilled Chicken Leg,Nasi Goreng,Choy Sum 桑巴烤鸡腿,印尼炒饭,广东菜心 Allergen: Mushroom,Seafood 过敏源:蘑菇,海鲜	Sautéed Diced Beef with King Oyster Mushrooms,Sweet Potato Rice,Fried Asparagus Lettuce 杏鲍菇牛肉粒,地瓜饭,清炒香莴笋丝 Allergen: Mushroom 过敏源:蘑菇	Braised Fish with Tomato Sauce and Pineapple, Oat Rice, Sautéed Chinese Cabbage with Vinegar Sauce 茄汁菠萝鱼块,燕麦饭,醋溜白菜 Allergen: Gluten 过敏源: 麦麸
Western 西餐档口	Egg and Cheese Hamburger,Potato Wedges , Sweet Beans 鸡蛋芝士汉堡,薯角, 甜豆 Allergen: Dairy,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋	Beef Spaghetti Bolognese, Broccoli 牛肉酱意面,西兰花 Allergen: Gluten 过敏源: 麦麸	Roast lamb with mint sauce, Baked Potato, Zucchini and Bell Pepper 烤羊肉配薄荷酱红酒汁,烤土豆,彩椒节瓜 Allergen: Non 过敏源:无	Mexican chicken fajitas, Cauliflower and Carrot 墨西哥鸡肉法吉塔,花菜胡萝卜 Allergen: Gluten 过敏源:麦麸	Beef lasagna ,Green Beans and Carrot 牛肉千层面, 胡萝卜青豆 Allergen: Gluten 过敏源:麦麸
Noodles 面档	Preserved Greens with Bamboo Shoots & Edamame, Braised Soy Roll, Soup Noodle, Lettuce 雪菜笋丝毛豆,红烧素鸡,汤面,生菜 Allergen: Egg, Gluten,Soy 过敏源: 鸡蛋,麦麸,豆制品	Braised Duck Leg,Duck Soup and Rice Noodle, Water Spinach 红烧鸭腿配米粉, 空心菜 Allergen: Gluten 过敏源: 麦麸	Homemade Braised Pork Ball, Red Soup Noodle, Mushroom and Choy Sum 手工红烧狮子头,汤面,香菇菜心 Allergen: Gluten ,Mushroom 过敏源: 麦麸,蘑菇	Homemade Shrimp & Egg & Mushroom Dumplings, Hang Greens and Dry Tofu 手工三鲜(虾,鸡蛋,木耳) 饺子,杭白菜云丝 Allergen: Seafood, Egg, Gluten , Soya 过敏源: 海鲜,鸡蛋,麦麸,豆制品	Xinjiang Big Plate Chicken, Mixed Sliced Noodles, Leaf Lettuce 新疆大盘鸡拌刀削面,油麦菜 Allergen: Gluten 过敏源:麦麸
Vegetarian 素食主义	Black truffle mushroom risotto with halloumi cheese, Pea and Mushroom 哈罗米芝士黑松露蘑菇饭,菌菇青豆 Allergen: Dairy,Mushroom 过敏源: 奶制品,蘑菇	Fried Tofu, Rice, Zucchini and Mushroom 红烧千叶豆腐,米饭,西葫芦蘑菇 Allergen: Egg, Soya 过敏源:鸡蛋,豆制品	Cheese Lasagne, Zucchini and Bell Pepper 芝士千层面,西葫芦彩椒 Allergen: Dairy,Gluten 过敏源:奶制品,麦麸	Ravioli with Creamy Pumpkin Sauce,Cauliflower and Carrot 奶油南瓜意大利馄饨,花菜胡萝卜 Allergen: Mushroom,Gluten,Dairy 过敏源: 蘑菇,麦麸,奶制品	Mushroom and Tomato Udon,Braised Egg,Leaf Lettuce 番茄菌菇炒乌冬面,红烧荷包蛋,油麦菜 Allergen: Mushroom, Egg 过敏源:蘑菇,鸡蛋
Soup 汤	Shepherd's Purse and Tofu Soup 荠菜豆腐羹 Allergen: Soya 过敏源:豆制品	Soup with Chicken & Cordyceps Flowers 虫草花鸡汤 Allergen: Mushroom 过敏源:蘑菇	Luffa and Egg Drop Soup 丝瓜鸡蛋汤 Allergen: Egg 过敏源:鸡蛋	Creamy Mushroom Soup 奶油蘑菇汤 Allergen: Dairy,Mushroom 过敏源:奶制品,蘑菇	Winter Melon and Tomato Soup 冬瓜番茄汤 Allergen: Non 过敏源:无
Fruit & Desert 水果 & 甜点	Fruit Platter/Whole Wheat Bread 水果盘/全麦小球面包 Allergen:Gluten 过敏源:麦麸	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/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/Coconut Sago 水果盘/椰汁西米露 Allergen: Dairy 过敏源:奶制品	Fruit Platter/Mixed Fruit Ice Pop 水果盘/果缤纷 Allergen: Non 过敏源:无

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Harrow International School Shanghai					
	Monday 14th Sep Korean Food Festival	Tuesday 15th Sep	Wednesday 16th Sep	Thursday 17th Sep	Friday 18th Sep
Asian 亚洲风味	Korean Fried Chicken with Honey Mustard Sauce, Seaweed Rice, Leaf Lettuce 韩式炸鸡配蜂蜜芥末酱,海苔饭,油麦菜 Allergen: Gluten 过敏源: 麦麸	Steamed Egg with Minced Pork, Curry Veggies Rice, Greens 肉饼蒸蛋,咖喱蔬菜饭,清炒茼蒿 Allergen: Egg 过敏源: 鸡蛋	Braised Pork with Quail Egg, Rice, Bok Choy 鹌鹑蛋红烧肉,米饭,上海青 Allergen: Egg 过敏源: 鸡蛋	Japanese Chicken Bowl with Onion Rice, Choy Sum 日式洋葱鸡肉盖饭,广东菜心 Allergen: Non 过敏源: 无	Shredded Pork with Beijing Style Soy Paste, Bun, Greens 京酱肉丝配刀切馒头,清炒小棠菜 Allergen: Gluten 过敏源: 麦麸
Western 西餐档口	Korean beef bibimbap (Bean Sprout, Kelp, Zucchini, Broad Bean) 韩式牛肉拌饭 Allergen: Non 过敏源: 无	Butter chicken and naan flat bread, Zucchini and Mushroom 印度奶油鸡配烤饼,西葫芦蘑菇 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇	Deep Fried Fish Fillet, Sour Cream, Tomato Salsa, Broccoli, Corn Flakes 英式炸鱼配玉米脆片, 酸奶酱, 番茄沙沙, 西兰花 Allergen: Seafood, Dairy 过敏源: 海鲜, 奶制品	Apple-Glazed Duck with Miso Sweet Potato Mash, Mixed Beans and Carrot 苹果烤鸭配味噌红薯泥, 青豆玉米胡萝卜 Allergen: Non 过敏源: 无	Meat ball pasta with tomato basil sauce, Cauliflower and Cherry Tomato 牛肉丸斜管面配番茄罗勒酱, 樱桃番茄花菜 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Korean Black Bean Noodles, Sweet and Sour Pork, Fried Egg, Cucumber and Carrot 韩式炸酱面, 韩式糖醋肉, 黄瓜丝胡萝卜丝 Allergen: Gluten 过敏源: 麦麸	Ginger Duck, Minnan Style, Mianxian, Lettuce 闽南姜母鸭, 面线, 生菜 Allergen: Gluten 过敏源: 麦麸	Shaanxi Kudai Noodle with Beef Saozi, Bok Choy 陕西裤带面配牛肉哨子, 小青菜 Allergen: Gluten 过敏源: 麦麸	Homemade Pork and Cabbage Dumplings in Sour Soup, Greens 手工猪肉白菜水饺, 酸汤, 小青菜 Allergen: Gluten 过敏源: 麦麸	Vietnamese Seafood Pho, Water Spinach 越南海鲜(鱿鱼, 虾, 鱼丸, 火腿)米粉, 空心菜 Allergen: Seafood 过敏源: 海鲜
Vegetarian 素食主义	Korean Kimchi Tofu & Egg Hot Pot 泡菜豆腐鸡蛋锅, 米饭, 干锅卷心菜 Allergen: Soya, Egg 过敏源: 豆制品, 鸡蛋	Creamy Pasta with Spinach, Zucchini and Mushroom 菠菜汁奶油意面, 西葫芦蘑菇 Allergen: Dairy, Mushroom 过敏源: 奶制品, 蘑菇	Thai Red Curry with Tofu, Rice, Cabbage 泰式纯素红咖喱豆腐, 米饭 Allergen: Soya 过敏源: 豆制品	Tomato and Cheese Pizza, Mixed Beans and Carrot 番茄芝士匹萨, 青豆玉米胡萝卜 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	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
Soup 汤	Korean Soybean Paste Soup 韩式大酱汤 Allergen: Soya 过敏源: 豆制品	Pork Ribs and Kelp Soup 排骨海带汤 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 Carrot Soup 奶油胡萝卜汤 Allergen: Dairy 过敏源: 奶制品	Mushroom and Greens Soup 青菜平菇汤 Allergen: Mushroom 过敏源: 蘑菇
Fruit & Desert 水果 & 甜点	Fruit Platter/Glutinous Rice Cake with Osmanthus Syrup 水果盘/桂花年糕 Allergen: Non 过敏源: 无	Fruit Platter/Homemade Sponge Cake 水果盘/手工海绵蛋糕 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, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Fruit Platter/Red Bean Paste and Mini Rice Ball 水果盘/红豆沙血糯米小圆子 Allergen: Non 过敏源: 无	Fruit Platter/ Wall's Magic Swirl Ice Bar 水果盘/奇彩旋 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。

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 21th Sep	Tuesday 22nd Sep	Wednesday 23rd Sep	Thursday 24th Sep	
Asian 亚洲风味	Salt & Pepper Chicken Strips, Veggies Rice, Leaf Lettuce 椒盐鸡柳, 菜饭, 油麦菜 Allergen: Non 过敏源: 无	Thai green chicken curry, Coconut Rice, Bok Choy 泰式绿咖喱鸡肉,椰酱饭,小青菜 Allergen: Non 过敏源:无	Hainan Chicken Rice,Choy Sum 新加坡海南鸡饭, 广东菜心 Allergen: Non 过敏源: 无	Beef Gulash,Rice,Cabbage 匈牙利红烩牛肉,米饭,卷心菜 Allergen: Non 过敏源: 无	
Western 西餐档口	Beef Scrambled Egg Wrap, Carrot and Sweet Pea 牛肉炒蛋卷,胡萝卜条炒甜豆 Allergen: Egg,Gluten 过敏源: 鸡蛋,麦麸	Pan-Fried German Mixed Sausages, Lyonnaise Potatoes,Carrot and Cauliflower 铁板煎猪肉香肠, 里昂土豆, 黑椒汁, 胡萝卜松花菜 Allergen:Gluten,Dairy 过敏源:麦麸,奶制品	Shepherd's pie, Broccoli and Cauliflower 牧羊人派, 双花菜 Allergen: Non 过敏源: 无	Crispy Chicken Burger with French Fries, Zucchini and Cherry Tomato 脆脆鸡堡配薯条,西葫芦樱桃番茄 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品	
Noodles 面档	Eight-Treasure Chili Sauce (Pork) with Su-style Noodles,Leaf Lettuce 八宝辣酱配苏式细面,油麦菜 Allergen: Gluten 过敏源: 麦麸	Lanzhou Beef Ramen,Greens 兰州牛肉拉面,小青菜 Allergen: Gluten 过敏源: 麦麸	Homemade Shrimp,Bamboo Shoots,Pork Wonton,Shrimp and Seaweed Soup,Hang Greens 三鲜馅大馄饨,虾皮紫菜汤,杭白菜 Allergen: Gluten,Seafood 过敏源: 麦麸,海鲜	Satay Duck and Bamboo Noodles,Bok Choy 沙茶鸭竹升面,青菜 Allergen: Gluten 过敏源: 麦麸	
Vegetarian 素食主义	Mapo Tofu,Rice,Zuccinin Fried Egg 麻婆豆腐,米饭,西葫芦炒蛋 Allergen: Soya,Egg 过敏源:豆制品,鸡蛋	Egg Fried Tomato,Rice,Beancurd Fried Celery 番茄炒蛋,米饭,腐竹炒西芹 Allergen: Egg,Soya 过敏源:鸡蛋,豆制品	Japanese Style Mushroom Fried Udon, Braised Egg, Hang Greens 日式菌菇乌冬面,酱蛋,杭白菜 Allergen: Gluten,Egg阿 过敏源: 麦麸,鸡蛋	Halloumi Cheese and Tomato Basil Flatbread, Zucchini and Cherry Tomato 哈罗米芝士番茄罗勒酱, 扁面包,西 葫芦樱桃番茄 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	
Soup 汤	Creamy Potato Soup 奶油土豆汤 Allergen: Dairy 过敏源:奶制品	Kelp and Tofu Soup 海带豆腐汤 Allergen:Soya 过敏源:豆制品	Tomato and Egg Drop Soup 番茄鸡蛋汤 Allergen:Egg 过敏源:鸡蛋	Duck and Bamboo Soup 笋干老鸭汤 Allergen: Non 过敏源:无	
Fruit & Desert 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 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/Homemade Banana and Raisin Muffin 水果盘/手工香蕉提子麦芬 Allergen: Egg, Milk Gluten 过敏源:鸡蛋, 牛奶, 麦麸	Fruit Platter/Baby Face Ice Pop 水果盘/雪糕娃娃 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 28th Sep	Tuesday 29th Sep	Wednesday 30th Sep		
Asian 亚洲风味	Crispy Fried Duck,Rice,Spinach 香酥鸭,米饭,菠菜 Allergen: Soy Sauce 过敏源: 酱油	Shaanxi Chinese Pork Hamburger, Celery with Bean curd 陕西肉夹馍,芹菜炒香干 Allergen: Gluten,Soya 过敏源: 麦麸,豆制品	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		
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	Roast chicken with honey mustard sauce, Baked Potato, Zucchini and Cherry Tomato 烤鸡柳配蜂蜜芥末酱,烤土豆时蔬 Allergen: Gluten 过敏源:麦麸	Pan-Fried Fish with Butter, Lemon,Creamy Mashed Potato,Sweat Pea and Carrot 黄油柠檬芝士煎鱼,奶香土豆泥,甜豆胡萝卜 Allergen: Seafood, Dairy 过敏源:海鲜,奶制品		
Noodles 面档	Braised Pork Chop with Scallion, Mixed Noodle, Spinach 葱烧大排拌面,菠菜 Allergen: Gluten 过敏源: 麦麸	Beef Saozi,Rice Noodle in Sour Soup,Cabbage 牛肉哨子酸汤米线,大白菜 Allergen: Non 过敏源: 无	Braised Beef with Chili,Flat Noodles,Baby Cabbage 香辣牛肉汤面,宽面,娃娃菜 Allergen: Gluten 过敏源: 麦麸		
Vegetarian 素食主义	Egg Tofu in Tomato Sauce, Rice, Cabbage and Mushroom 茄汁玉子豆腐,米饭,娃娃菜木耳 Allergen: Soya 过敏源: 豆制品	Shanghai Style Fried Egg and Veggies Noodle, Celery with Bean Curd 上海青菜蛋炒面,芹菜炒香干 Allergen: Egg,Gluten,Mushroom 过敏源:鸡蛋,麦麸,蘑菇	Black truffle mushroom risotto with halloumi cheese, Sweet Pea and Carrot 哈罗米芝士黑松露蘑菇饭,胡萝卜甜豆 Allergen: Diary, Mushroom 过敏源:奶制品,蘑菇		
Soup 汤	Borscht 罗宋汤 Allergen: Non 过敏源:无	Pork Minced and Tofu Soup 肉沫豆腐汤 Allergen:Soya 过敏源:豆制品	Tomato and Potato Soup 番茄土豆汤 Allergen: Non 过敏源:无		
Fruit & Desert 水果 & 甜点	Fruit Platter/Veggie Spring Roll 水果盘/蔬菜春卷 Allergen:Gluten,Mushroom 过敏源:麦麸,蘑菇	Fruit Platter/Homemade Marble Soup 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/Peach Ice Pop 水果盘/冰工厂水蜜桃 Allergen: Milk 过敏源:牛奶		

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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



SNACK



Harrow International School Shanghai					
	Monday 24th Aug	Tuesday 25th Aug	Wednesday 26th Aug	Thursday 27th Aug	Friday 28th Aug
Morning snack for Early Years	Apple/Steamed Egg 苹果/炖蛋 Allergen: Egg 过敏源: 鸡蛋	Banana /Baked Potato 香蕉/烤土豆 Allergen: Non 过敏源: 无	Water Melon/Oil Pasta 西瓜/橄榄油意面 Allergen: Gluten 过敏源: 麦麸	Dragon Fruit/Corn 火龙果/玉米棒 Allergen: Non 过敏源: 无	Grape Fruit/Croutons 柚子/黄油面包丁 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品
Afternoon snack for Early Years	Homemade Ham and Cheese Sandwich/Yogurt 火腿芝士三明治/酸奶 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋	Pork and Cabbage Dumplings/Milk 猪肉白菜水饺/牛奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Milk Bun /Yogurt 刀切馒头/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Crispy Cake/Milk 桃酥饼/牛奶 Allergen: Gluten,Milk 过敏源: 麦麸,牛奶	Black Rice Cake/Yogurt 黑米糕/酸奶 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋
Morning snack: Primay(Y1-Y5)	Water Melon/Homemade Egg Tart 西瓜/蛋挞 Allergen: Gluten,Egg,Milk 过敏源: 麦麸,鸡蛋,牛奶	Banana/Custard Bun 香蕉/奶黄包 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Apple /Homemade Sponge Cake 苹果/手工海绵蛋糕 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Melon/ Multigrain Bun 甜瓜/杂粮馒头 Allergen: Gluten 过敏源: 麦麸	Orange/Croissant 甜橙/羊角面包 Allergen: Gluten 过敏源:麦麸
Morning snack: Prep and Seniors	Water Melon 西瓜	Banana 香蕉	Apple 苹果	Melon 甜瓜	Orange 甜橙
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Sausage and Bread Roll 香肠面包卷 Allergen: Gluten 过敏源: 麦麸	Cheese Pizza 芝士匹萨 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品	Hash Brown 薯饼 Allergen: Non 过敏源: 无	Siumai 烧麦 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Homemade Egg Pancake 手工手抓蛋饼 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋
点心只提供给学生					



SNACK



Harrow International School Shanghai					
	Monday 31st Aug	Tuesday 1st Sep	Wednesday 2nd Sep	Thursday 3rd Sep	Friday 4th Sep
Morning snack for Early Years	Melon/Boiled Egg 甜瓜/白煮蛋 Allergen: Egg 过敏源: 鸡蛋	Water Melon /Baked Sweet Potato 西瓜/烤地瓜 Allergen: Gluten 过敏源:麦麸	Banana/Corn 香蕉/玉米粒 Allergen: Non 过敏源: 无	Hami-melon/Chinese Yam 哈密瓜/山药 Allergen: Non 过敏源: 无	Orange/Baked Purple Potato 橙子/蒸紫薯 Allergen: Non 过敏源: 无
Afternoon snack for Early Years	Homemade Mini Pork Wonton/Yogurt 猪肉小馄饨/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Homemade Chocolate Cookie/Milk 巧克力饼干/牛奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Spring Roll /Yogurt 春卷/酸奶 Allergen: Mushroom,Gluten 过敏源:蘑菇,麦麸	Egg Tart/Milk 蛋挞/牛奶 Allergen: Gluten,Milk 过敏源: 麦麸,牛奶	Hash Brown/Yogurt 薯饼/酸奶 Allergen: Milk 过敏源:牛奶
Morning snack: Primay(Y1-Y5)	Melon/Black Rice Cake 甜瓜/黑米糕 Allergen: Non 过敏源: 无	Dragon Fruit/Red Bean Paste Bun 火龙果/豆沙包 Allergen:Gluten 过敏源: 麦麸	Grape Fruit/Homemade Vanila Cup Cake 柚子/手工香草纸杯蛋糕 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Banana/ Crispy Scallion Pancake 香蕉/葱油饼 Allergen: Gluten 过敏源: 麦麸	Orange/ Pork Bun 橘子/肉包 Allergen: Gluten 过敏源: 麦麸
Morning snack: Prep and Seniors	Melon 甜瓜	Dragon Fruit 火龙果	Grape Fruit 柚子	Banana 香蕉	Orange 橘子
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Homemade Brownie 手工布朗尼 Allergen: Gluten,Egg,Milk 过敏源: 麦麸,鸡蛋,牛奶	Homemade Oat Cookie 手工燕麦饼干 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Pretzel 碱水面包 Allergen: Gluten 过敏源:麦麸	Brown Sugar Bun 红糖馒头 Allergen: Gluten 过敏源: 麦麸	Homemade Egg Tart 手工蛋挞 Allergen: Gluten,Egg 过敏源: 麦麸,鸡蛋
点心只提供给学生					



SNACK



Harrow International School Shanghai					
	Monday 7th Sep	Tuesday 8th Sep	Wednesday 9th Sep	Thursday 10th Sep	Friday 11th Sep
Morning snack for Early Years	Cucumber/Steamed Egg 水果黄瓜/炖蛋 Allergen: Gluten 过敏源: 麦麸	Pear /Beans Mixed Pasta 梨/青豆意面 Allergen: Gluten 过敏源:麦麸	Water-melon/Baked Pumpkin 西瓜/烤南瓜块 Allergen: Non 过敏源: 无	Grape Fruit/Croutons 柚子/黄油面包丁 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Banana/Corn 香蕉/玉米段 Allergen: Non 过敏源: 无
Afternoon snack for Early Years	Malazan/Yogurt 马拉盏/酸奶 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Homemade Brownie/Milk 自制布朗尼/牛奶 Allergen: Egg,Milk,Gluten 过敏源:鸡蛋,奶制品,麦麸	Homemade Carton Cookie /Yogurt 自制卡通饼干/酸奶 Allergen: Egg,Milk,Gluten 过敏源:鸡蛋,奶制品,麦麸	Spring Roll/Milk 春卷/牛奶 Allergen: Gluten,Milk 过敏源: 麦麸,牛奶	Homemade Whole Wheat Cheese Sandwich/Yogurt 自制全麦芝士三明治/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸
Morning snack: Primay(Y1-Y5)	Banana/Siumai 香蕉/烧麦 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Orange/Homemade Butter Cake 橙子/自制黄油蛋糕 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Water-melon/Homemade Banana Muffin 西瓜/手工香蕉麦芬 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Pear/Homemade Ham and Veggies Sandwich 香梨/自制火腿蔬菜三明治 Allergen:Gluten 过敏源: 麦麸	Melon/Veggies Bun 甜瓜/菜包 Allergen: Gluten 过敏源: 麦麸,
Morning snack: Prep and Seniors	Banana 香蕉	Orange 橙子	Water-melon 西瓜	Grape Fruit 柚子	Melon 甜瓜
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Homemade Egg Tart 蛋挞 Allergen: Gluten,Egg,Milk 过敏源: 麦麸,鸡蛋,牛奶	Custard Bun 奶黄包 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品	Spring Roll 春卷 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Homemade Chocolate Cookie 自制巧克力饼干 Allergen: Gluten,Egg,Milk 过敏源: 麦麸,鸡蛋,牛奶	Homemade Chicken Pizza 手工鸡肉披萨 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品
点心只提供给学生					



SNACK



Harrow International School Shanghai					
	Monday 14th Sep	Tuesday 15th Sep	Wednesday 16th Sep	Thursday 17th Sep	Friday 18th Sep
Morning snack for Early Years	Grape Fruit/Baked Potato 柚子/烤土豆角 Allergen: Non 过敏源: 无	Hami-melon /Oliver Oil Pasta 哈密瓜/橄榄油意面 Allergen: Gluten 过敏源:麦麸	Apple/Steamed Egg 苹果/炖蛋 Allergen: Egg 过敏源: 鸡蛋	Water Melon/Corn and Beans 西瓜/玉米青豆 Allergen: Non 过敏源: 无	Pear/Boiled Egg 梨/水煮蛋 Allergen: Egg 过敏源: 鸡蛋
Afternoon snack for Early Years	Corn and Pork Dumpling/Yogurt 猪肉玉米水饺/酸奶 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Homemade Butter Cake/Milk 手工黄油蛋糕/牛奶 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋	Red Bean Paste Bun /Yogurt 红豆猪猪包/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Homemade Carton Cookie/Milk 卡通曲奇/牛奶 Allergen: Gluten,Milk,Dairy 过敏源: 麦麸,牛奶,奶制品	Homemade Egg Pancake/Yogurt 自制鸡蛋饼/酸奶 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋
Morning snack: Primay(Y1-Y5)	Melon/Crispy Red Bean Bread 甜瓜/红豆酥 Allergen: Gluten 过敏源: 麦麸	Banana/Pork Bun 香蕉/肉包 Allergen: Gluten 过敏源: 麦麸	Pear/Homemade Marble Cake 香梨/自制大理石蛋糕 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Grape Fruit/Raisin Bread 柚子/葡萄干小球 Allergen: Gluten 过敏源: 麦麸	Watemelon/Chinese Crispy Cake 西瓜/自制桃酥 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋
Morning snack: Prep and Seniors	Melon 甜瓜	Banana 香蕉	Pear 香梨	Grape Fruit 柚子	Watermelon 西瓜
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Siumai 烧麦 Allergen:Gluten,Mushroom 过敏源: 麦麸,蘑菇	Homemade Sponge Cake 手工海绵蛋糕 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋	Hash Brown 薯饼 Allergen: Non 过敏源: 无	Homemade Whole Wheat Chicken Sandwich 自制鸡肉全麦三明治 Allergen: Gluten 过敏源: 麦麸	Sausage Bread Roll 香肠面包卷 Allergen: Gluten 过敏源:麦麸
点心只提供给学生					



SNACK



Harrow International School Shanghai					
	Monday 21st Sep	Tuesday 22nd Sep	Wednesday 23rd Sep	Thursday 24th Sep	
Morning snack for Early Years	Apple/Steamed Egg 苹果/蒸鸡蛋 Allergen: Egg 过敏源: 鸡蛋	Orange /Croutons 甜橙/黄油面包丁 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品	Water-melon/Boiled Egg 西瓜/白煮蛋 Allergen: Egg 过敏源: 鸡蛋	Grape Fruit/Baked Sweet Potato 柚子/烤红薯 Allergen: Non 过敏源: 无	
Afternoon snack for Early Years	Sausage Bread Roll/Yogurt 香肠面包/酸奶 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Homemade Egg Pancake/Milk 自制鸡蛋饼/牛奶 Allergen: Milk,Gluten,Egg 过敏源:奶制品,麦麸,鸡蛋	Mini Pork Wonton /Yogurt 猪肉小馄饨/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Homemade Chocolate Cookie/Milk 巧克力饼干/牛奶 Allergen: Gluten,Milk,Egg 过敏源: 麦麸,牛奶,鸡蛋	
Morning snack: Primay(Y1-Y5)	Melon/Siumai 甜瓜/烧麦 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇	Banana/Cheese and Egg Tart 香蕉/芝士蛋挞 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Water-Melon/Croissant 西瓜/羊角面包 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Grape Fruit/Homemade Chocolate Muffin 柚子/巧克力麦芬 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	
Morning snack: Prep and Seniors	Melon 甜瓜	Banana 香蕉	Water-Melon 西瓜	Grape Fruit 柚子	
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Homemade Cheese Pizza 手工芝士披萨 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	Homemade Egg Pancake 自制手抓蛋饼 Allergen: Gluten,Egg 过敏源:麦麸,鸡蛋	Spring Roll 春卷 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品	Vegetable Bun 菜包 Allergen: Gluten 过敏源: 麦麸	
点心只提供给学生					



SNACK



Harrow International School Shanghai					
	Monday 28th Sep	Tuesday 29th Sep	Wednesday 30th Sep		
Morning snack for Early Years	Hami-melon/Boiled Egg 哈密瓜/白煮蛋 Allergen: Egg 过敏源: 鸡蛋	Banana /Steamed Chinese Yam 香蕉/蒸山药 Allergen: Non 过敏源:无	Water-melon/Corn 西瓜/玉米棒 Allergen: Non 过敏源:无		
Afternoon snack for Early Years	Milk Bun/Milk 牛奶刀切/牛奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸	Homemade Chinese Crispy Cake/Yogurt 桃酥饼/酸奶 Allergen: Milk ,Gluten 过敏源: 牛奶,麦麸	Pork and Cabbage Dumpling /Yogurt 猪肉白菜水饺/酸奶 Allergen: Milk,Gluten 过敏源:奶制品,麦麸		
Morning snack: Primay(Y1-Y5)	Hami-Melon/Pork Bun 哈密瓜/肉包 Allergen: Gluten 过敏源: 麦麸	Dragon Fruit/Multigrain Bun 火龙果/杂粮馒头 Allergen: Gluten 过敏源: 麦麸	Water Melon/Homemade Carrot Cake 西瓜/手工胡萝卜蛋糕 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋		
Morning snack: Prep and Seniors	Water Melon 西瓜	Melon 甜瓜	Dragon Fruit 火龙果		
Afternoon snack: Primay(Y1-Y5), Prep and Seniors	Homemade Salami Pizza 手工萨拉米匹萨 Allergen: Gluten,Dairy 过敏源: 麦麸,牛奶	Homemade Chocolate Cookie 手工巧克力饼干 Allergen: Milk ,Gluten,Egg 过敏源: 牛奶,麦麸,鸡蛋	Hash Brown 薯饼 Allergen: Non 过敏源: 无		
点心只提供给学生					

