LUNCH

HARROW SHANGHAI

Harrow International School Shanghai					
	Monday 2nd Nov	Tuesday 3rd Nov	Wednesday 4th Nov	Thursday 5th Nov	Friday 6th Nov
Asian **亚洲风味**	Shanghai Smoked Fish, Rice, Baby Broccoli 上海熏鱼,米饭,清炒芥兰苗 Allergen: Seafood 过敏源: 海鲜	Sweet and Sour Pork,Rice,Fried Tofu with Bean Sprouts 糖醋咕咾肉,米饭,油豆腐炒豆芽 Allergen： Soya 过敏源: 豆制品	Beef Goulash,Oat Rice,Sour Stir-fried Cabbage 匈牙利红绘牛肉,燕麦饭,醋溜白菜 Allergen: Non 过敏源: 无	Braised Duck Wing, Millet Rice,Greens 美极鸭翅,黑米饭,上海青 Allergen： Non 过敏源: 无	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
Western **西餐档口**	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 NEW TRY NOW	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 NEW TRY NOW	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	Roast lamb with mint sauce, Baked Potato, Zucchini and Bell Pepper 烤羊肉配薄荷酱,红酒汁,烤时蔬,彩椒西葫芦 Allergen: Non 过敏源： 无 NEW TRY NOW	Butter chicken and naan flat bread, Zucchini and Mushroom 印度奶油鸡配烤饼,西葫芦口蘑 Allergen: Gluten, Dairy,Mushroom 过敏源: 麦麸,奶制品,蘑 NEW TRY NOW
Noodles **面档**	Yuxiang Shredded Pork with Mixed Noodle,Braised Tofu,Baby Broccoli 鱼香肉丝拌面,红烧素鸡,清炒介兰苗 Allergen： Gluten,Soya 过敏源:麦麸,豆制品	Korean Army Stew (budae jjigae), Romaine 韩式部队锅,泡面饼,油麦菜 **Allergen: Seafood, Gluten** 过敏源: 海鲜,麦麸	Braised Chicken Leg,Red Soup Noodles,Bok Choy 香卤鸡腿面,上海青 Allergen:Gluten 过敏源:麦麸	Shanghai Shepherd's Purse with Pork Wonton, Chicken Soup, Lettuce 手工猪肉荠菜馄饨,鸡骨汤,生菜 Allergen: Gluten 过敏源: 麦麸	Tom Yum Goong Seafood (Squid,Shrimp,Fish) Rice Noodles,Water Spinach 冬阴功海鲜米线,空心菜 Allergen: Seafood 过敏源: 海鲜
Vegetarian **素食主义**	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	Rice Cake Fried Egg with Cabbage, Romaine 白菜鸡蛋炒年糕,油麦菜 Allergen： Dairy,Egg 过敏源: 奶制品,鸡蛋	Thai Red Curry with Tofu, Oat Rice, Bok Choy 泰式纯素红咖喱豆腐,燕麦饭,上海青 Allergen: Soya 过敏源: 豆制品 NEW TRY NOW	Egg Fried Tomato, Rice, Lettuce 番茄炒蛋,米饭,生菜 Allergen: Egg 过敏源: 鸡蛋	Tomato and Cheese Pizza, Zucchini and Mushroom 番茄芝士匹萨, 西葫芦口蘑 Allergen: Gluten,Dairy 过敏源:麦麸,奶制品
Soup **汤**	Pork Ribs with Corn and Yam Soup 排骨玉米山药汤 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	Winter Melon Soup 冬瓜汤 Allergen： Non 过敏源: 无	Creamy Carrot Soup 奶油胡萝卜汤 Allergen： Dairy 过敏源:奶制品	Spicy and Sour Soup 酸辣汤 Allergen: Soya 过敏源: 豆制品
Fruit & Desert **水果 & 甜点**	Fruit Platter/Fermented Rice Balls 水果盘/酒酿小圆子 Allergen： Non 过敏源: 无	Fruit Platter/Homemade Brownie 水果盘/手工布朗尼 Allergen： Egg,Gluten,Milk 过敏源: 鸡蛋,麦麸,奶制品	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/Chinese Rice Cake 水果盘/桂花米糕 Allergen： Non 过敏源: 无	Fruit platter/Milk Ice Cream 水果盘/小布丁 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

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LUNCH

HARROW SHANGHAI

Harrow International School Shanghai					
			Wednesday 11th Nov	**Thursday 12th Nov**	**Friday 13th Nov**
Asian **亚洲风味**			Homemade Braised Pork Balls,Quinoa Rice,Sauteed Bean Sprouts 手工红烧狮子头,藜麦饭,清炒豆芽 Allergen:Non 过敏源:无	Hainan Chicken Rice, Choy Sum 海南鸡饭，广东菜心 Allergen: Non 过敏源：无	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
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 NEW TRY NOW	Deep Fried Fish Fillet, Sour Cream, Tomato Salsa, Broccoli and Carrot, Corn Flakes 英式炸鱼配玉米脆片，酸奶酱，番茄沙沙，胡萝卜西兰花 Allergen: Seafood,Dairy 过敏源：海鲜,奶制品	Beef Hamburger，French Fries,Sweet Beans and Corn 牛肉芝士汉堡，薯条，甜豆玉米粒 Allergen: Gluten,Dairy 过敏源: 麦麸，奶制品 NEW TRY NOW
Noodles **面档**			Kung Pao Chicken,Soup Noodle,Greens 宫爆鸡丁汤面,青菜 Allergen:Gluten 过敏源:麦麸	Scallion Braised Pork Chop Noodles,Pork Bone Soup,Hang Greens 葱烧大排面,大骨汤,杭白菜 Allergen: Gluten 过敏源:麦麸	Homemade Pork and Cabbage Dumplings with Sour Soup, Lettuce 手工猪肉白菜水饺, 酸汤, 生菜 Allergen: Gluten 过敏源:麦麸
Vegetarian **素食主义**			Mexican Chilaquiles, Cauliflower 墨西哥酱汁鸡蛋玉米片,花菜 Allergen: Egg 过敏源: 鸡蛋 NEW TRY NOW	Halloumi Cheese and Tomato Basil Flatbread, Broccoli and Carrot 哈罗米芝士番茄罗勒酱,扁面包,胡萝卜西兰花 Allergen: Gluten,Dairy 过敏源: 麦麸,奶制品 NEW TRY NOW	Mapo Tofu,Egg Fried Rice, Wheat Gluten and Cabbage 麻婆豆腐,蛋炒饭,油面筋炒白菜 Allergen: Soya,Egg,Gluten 过敏源: 豆制品,鸡蛋,麦麸
Soup **汤**			Minced Pork with Radish Soup 肉沫萝卜汤 Allergen: Non 过敏源：无	Creamy Corn Soup 奶油玉米浓汤 Allergen: Dairy 过敏源:奶制品	Borscht 罗宋汤 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/White Fungus and Snow Pear Soup 水果盘/冰糖银耳雪梨 Allergen: Non 过敏源：无	Fruit Platter/Peach Ice Bar 水果盘/蜜桃冰工厂 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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LUNCH

HARROW SHANGHAI

Harrow International School Shanghai					
	Monday 16th Nov	**Tuesday 17th Nov**	**Wednesday 18th Nov**	**Thursday 19th Nov**	**Friday 20th Nov**
Asian **亚洲风味**	Roasted Miso Fish, Cabbage, Corn Rice 日式味噌烤鱼,玉米饭,包菜丝 Allergen： Seafood 过敏源: 海鲜	Braised Duck, Quinoa Rice, Choy Sum 上海酱鸭,藜麦饭,菜心 Allergen: Soya 过敏源:豆制品	Braised Pork with Quail Egg and Tofu,Rice,Dry Pot Cabbage 鹌鹑蛋腐竹红烧肉,米饭,干锅包菜 Allergen:Soy,Egg 过敏源:豆制品,鸡蛋	Lotus Leaf Steamed Tender Chicken,Bun, Romaine 荷叶蒸滑鸡,馒头,油麦菜 Allergen: Non 过敏源： 无	Oyster Sauce Beef,Brown Rice, Cabbage with Tofu 蚝油牛肉,糙米饭,白菜炒云丝 Allergen: Seafood,Soya 过敏源:海鲜,豆制品
Western **西餐档口**	Korean beef bibimbap(Bean Sprout, Kelp, Zucchini, Broad Bean), Spinach 韩式牛肉拌饭 Allergen: Non 过敏源： 无	Shepherd's pie, Carrot and Sweet Beans 牧羊人派,胡萝卜甜豆 Allergen: Non 过敏源： 无	Apple glazed duck with miso sweet potato mash,Roasted Zucchini and Cauliflower 苹果烤鸭配味增红薯泥,烤节瓜花菜 Allergen; Non 过敏源: 无	Beef Scrambled Egg Wrap,Broccoli and Mushroom 牛肉炒蛋卷,西兰花口蘑 Allergen： Egg,Gluten,Mushro 过敏源： 鸡蛋,麦麸,蘑菇	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: Non 过敏源： 无
Noodles **面档**	Xinjiang Big Plate Chicken with Chilli ,Daoxiao Noodles, Hang Greens 新疆大盘鸡刀削面,杭白菜 Allergen: Gluten 过敏源:麦麸	Buldak Noodles (Mixed Spicy Sauce),Shredded Chicken, Sliced Cucumber and Carrot 火鸡面,鸡肉丝,黄瓜丝,胡萝卜丝 Allergen: Gluten 过敏源: 麦麸	Laksa Rice Noodles(Fish Ball, Shrimp, Squid),Water Spinach 新加坡海鲜叻沙米粉,空心菜 Allergen: Seafood 过敏源: 海鲜	Homemade Pork with Mushroom and Greens Wonton, Chicken Bone Soup, Romaine 手工猪肉香菇青菜馄饨,鸡骨汤,油麦菜 Allergen: Gluten 过敏源: 麦麸	Eight Treasure Spicy Braised Pork, Tofu & Potato, Red Soup Noodles, Wheat Gluten, Bok Choy 八宝辣酱汤面,烤麸,小青菜 Allergen:Gluten 过敏源:麦麸
Vegetarian **素食主义**	Tomato Fried Egg,Rice,Hang Greens 番茄炒蛋,米饭,杭白菜 Allergen: Egg 过敏源: 鸡蛋	Black truffle mushroom risotto with halloumi cheese, Carrot and Sweet Beans 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	Dry Pot Tofu, Vegetable Rice, Lettuce 干锅千叶豆腐,菜饭,生菜 Allergen: Soya 过敏源: 奶制品	Japanese Udon Fried Mushroom and Egg, Rice, Broccol 日式菌菇鸡蛋炒乌冬,西兰花 Allergen: Mushroom,Egg 过敏源: 蘑菇,鸡蛋	Cheese and Egg Sandwich, Zucchini and Cherry Tomato 鸡蛋芝士三明治,节瓜小樱桃 Allergen： Mushroom,Gluten,Dairy 过敏源: 蘑菇,麦麸,奶制品
Soup **汤**	MISO Tofu Soup 味增豆腐汤 Allergen:Soya 过敏源:豆制品	Pork Balls with Yam Soup 肉丸山药汤 Allergen: Non 过敏源： 无	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Seaweed,Egg 过敏源:紫菜,鸡蛋	Minestrone Soup 意大利蔬菜汤 Allergen: Non 过敏源： 无	Mushroom and Bok Choy Soup 平菇青菜汤 Allergen: Mushroom 过敏源:蘑菇
Fruit & Desert **水果 & 甜点**	Fruit Platter/Chocolate Bread Ball 水果盘/巧克力面包球 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Homemade Butter Cookie 水果盘/手工黄油饼干 Allergen： Gluten,Egg,Dairy 过敏源:麦麸,鸡蛋,奶制品	Fruit Platter/Cha Siu 水果盘/叉烧酥 Allergen: Gluten 过敏源: 麦麸	Fruit Platter/Coconut Sago 水果盘/椰汁西米露 Allergen:Non 过敏源:无	Fruit Platter/Green Jelly Ice Lolly 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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LUNCH

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	Monday 23rd Nov	**Tuesday 24th Nov**	**Wednesday 25th Nov**	**Thursday 26th Nov Thanksgiving Day**	**Friday 27th Nov**
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	Cantonese BBQ Pork, Rice,Choy Sum 广式叉烧,白米饭,菜心 Allergen: Soy Sauce 过敏源: 酱油	Crispy Korean Fried Chicken, Seaweed Rice, Lettuce 韩式炸鸡, 海苔饭, 生菜 Allergen: Gluten 过敏源:麦麸	Shanghai Pork Cutlet with Rice Cake,Cabbage with Gluten 上海排骨年糕,大白菜烧油面筋 Allergen: Gluten 过敏源: 麦麸	Peking Duck, Pancakes, Sweet Bean Sauce, Carrot and Cucumber 北京烤鸭, 春饼, 胡萝卜黄瓜条 Allergen: Soy Sauce,Gluten 过敏源: 豆制品,麦麸
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 NEW TRY NOW	Mexican chicken fajitas, Mushroom and Cauliflower 墨西哥鸡肉法吉塔,花菜口蘑 Allergen: Gluten,Mushroom 过敏源: 麦麸,蘑菇 NEW TRY NOW	Beef lasagne,Mixed Beans 牛肉千层面,杂豆 Allergen: Gluten 过敏源: 麦麸 NEW TRY NOW	Butter Herb Roast Turkey, Mini Potato, Baked Mixed Vegetables 感恩节烤火鸡,葱油烤土豆仔,烤时蔬 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 NEW TRY NOW
Noodles 面档	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	Shanghai Style Smoked Fish, Mixed Noodle with Scallion Oil, Hang Greens 上海熏鱼,葱油拌面,杭白菜 Allergen: Seafood, Gluten 过敏源: 海鲜,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,Mushroom 过敏源: 海鲜,鸡蛋,麦麸,蘑菇	Family Reunion Rice Noodle(Egg Dumpling,Ham,Pork Ball) Cabbage with Gluten 全家福米粉,大白菜烧油面筋 Allergen: Egg,Gluten 过敏源: 鸡蛋,麦麸	Sicuan Dan Dan(Pork Minced) Noodles,Crispy Soybeans,Greens 四川担担面,黄金豆,上海青 Allergen: Gluten,Soya 过敏源:麦麸,豆制品
Vegetarian 素食主义	Egg Tofu in Tomato Sauce,Egg Fried Rice,Bok Choy 茄汁玉子豆腐,蛋炒饭,青菜 Allergen: Egg,Gluten 过敏源:鸡蛋,麦麸	Cheese and Vegetable Wrap, Baked Potato, Cauliflower and Mushroom 芝士蔬菜卷饼,烤土豆,花菜口蘑 Allergen: Dairy, Gluten, Mushroom 过敏源:奶制品,麦麸,蘑菇	Cheese Lasagne,Mixed Beans 芝士蔬菜千层面,杂豆 Allergen: Mushroom,Dairy 过敏源: 蘑菇,奶制品	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,Egg, Mushroom 过敏源: 豆制品,鸡蛋,蘑菇 NEW TRY NOW	Korean Kimchi Tofu & Egg Hot Pot,Rice, Greens 泡菜豆腐鸡蛋锅,米饭,上海青 Allergen: Soya,Egg 过敏源:豆制品,鸡蛋
Soup 汤	Cordyceps Flower Chicken Soup 虫草花鸡汤 Allergen: Mushroom 过敏源: 蘑菇	Dongbei Dough Drop Soup with Tomato 东北疙瘩汤 Allergen: Gluten 过敏源: 麦麸	Tomato and Egg Drop Soup 番茄鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源:奶制品	Mushroom and Yam Soup 口蘑山药汤 Allergen: Mushroom 过敏源: 蘑菇
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 Egg Tart 水果盘/蛋挞 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/Red bean Paste with Rice Balls 水果盘/红豆血糯米小圆子 Allergen: Gluten 过敏源:: 麦麸	Fruit Platter/Mixed Fruit Ice Lolly 水果盘/果缤纷 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。

All dish is diced and no spicy food for EY
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