



HARROW  
INTERNATIONAL  
SCHOOL  
哈罗国际学校  
SHANGHAI 上海

Harrow International School Shanghai					
	Monday 7th, Oct	Tuesday 8th, Oct	Wednesday 9th, Oct	Thursday 10th, Oct	Friday 11th, Oct
Asian 亚洲风味		Sweet and Sour Pork Chop, Carrot Rice, Water Spinach 糖醋排条配胡萝卜饭, 空心菜 过敏源: 麦麸, 豆类, 酱油 Allergen: Gluten, Beans, Soy	Steamed Fish with Millet Rice, Bok Choy 葱姜蒸鱼配小米饭, 小青菜 过敏源: 酱油, 海鲜 Allergen: Soy, Fish	Braised Duck Wing, Cabbage and Bean Sprout, Black Rice 红烧鸭翅根配黑米饭, 包菜豆芽 过敏源: 麦麸, 酱油 Allergen: Gluten, Soy	Chicken Curry, Rice, Broccoli 咖喱鸡肉白米饭, 西兰花 过敏源: 麦麸 Allergen: Gluten
Western 西餐档口		Fresh Thyme Roasted Chicken Breast, Baked Mini Potato, Cherry, Tomato 百里香烤鸡胸配土豆, 烤小番茄 过敏源: 无 Allergen: Non	Stew Beef with Tomato and Potato, Cauliflower 番茄土豆炖牛腩, 白菜花 过敏源: 无 Allergen: Non	Chicago Italian Beef Sandwich 芝加哥意式牛肉三明治 过敏源: 麦麸 Allergen: Gluten	Pan-Fried Fish Fillet with Creamy Sauce, Mashed Potato, Mixed Beans 煎鱼排配奶油汁土豆泥, 杂菜 过敏源: 奶制品, 鱼, 豆类 Allergen: Dairy, Fish, Beans
Noodles 面档		Braised Pork Chop, White soup with Noodles, Greens 红烧大排汤面, 鸡毛菜 过敏源: 麦麸 Allergen: Gluten	Malaysia Laksa with Fish, Squid, Shrimp, Quail Egg 马来西亚叻沙米粉, 鱼片, 鱿鱼, 虾, 鹌鹑蛋 过敏源: 鸡蛋, 麦麸, 海鲜 Allergen: Egg, Gluten, Seafood	Taiwan Style Braised Pork Noodle, Bean curd, Choy sum 台式卤肉面, 豆腐干, 广东菜心 过敏源: 麦麸, 豆制品 Allergen: Gluten, Bean Curd	Chongqing Noodles with Pork minced in Chili Sauce, Pea, Lettuce 重庆小面, 卤蛋, 猪肉糜, 黄金豆, 生菜 过敏源: 麦麸, 鸡蛋 Allergen: Gluten, Egg
Vegetarian 素食主义		Braised Tofu with Mushroom and Greens, Rice 家常豆腐炒素配米饭 过敏源: 麦麸 Allergen: Gluten	Curry Chickpea, Potato and Cauliflower 咖喱土豆鹰嘴豆小米饭, 白菜花 过敏源: 麦麸, 豆类 Allergen: Gluten, Beans	Creamy Penny with Mushroom 奶油菌菇两头尖 过敏源: 蘑菇, 麦麸, 奶制品 Allergen: Egg, Gluten, Dairy	Tomato Fried Egg, Choy Sum, Rice 番茄炒蛋, 广东菜心, 米饭 过敏源: 鸡蛋 Allergen: Egg
Soup 汤		Winter Melon Soup 冬瓜汤 过敏源: 无 Allergen: Non	Tomato and Egg Drop Soup 番茄蛋花汤 过敏源: 鸡蛋 Allergen: Egg	Creamy Soup with Mushroom 奶油蘑菇汤 过敏源: 牛奶, 蘑菇 Allergen: Milk, Mushroom	Borscht 罗宋汤(猪肉) 过敏源: 麦麸 Allergen: Gluten
Fruit & Desert 水果 & 甜点		Hami-Melon/Homemade Carrot Cake 哈密瓜/自制胡萝卜蛋糕 Allergen: Egg · Gluten · Milk 过敏源: 鸡蛋, 麦麸, 牛奶	Banana/Homemade Pumpkin Pie 香蕉/自制南瓜饼 Allergen: Gluten 过敏源: 麦麸	Water Melon/ Snow Fungus Soup with Pear 西瓜/冰糖燕耳雪梨 Allergen: Mushroom 过敏源: 蘑菇	Apple/Ice-cream 苹果/冰激淋 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





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	Monday 14th, Oct	Tuesday 15th, Oct	Wednesday 16th, Oct	Thursday 17th, Oct	Friday 18th, Oct
Asian 亚洲风味	Braised Pork with Tofu Skin, Multi-Grain Rice, Greens 百叶结烧肉, 杂粮饭, 鸡毛菜 Allergen: Beancurd, Soy 过敏源: 豆制品, 酱油	Stew Crispy Chicken with Pineapple in Tomato Sauce, Water Spinach 菠萝鸡球米饭, 空心菜 Allergen: gluten 过敏源: 麦麸	Roasted Duck in Soy Sauce, Red Bean Rice, Hang Greens 上海酱鸭红豆米饭配杭白菜 Allergen: Gluten Bean Soy 过敏源: 麦麸, 豆子, 酱油	Sweet and Sour Fish, Purple Potato, Asparagus Lettuce 糖醋鱼紫薯饭配油麦菜 Allergen: Gluten, Fish 过敏源: 麦麸, 海鲜	Steamed Chicken with Rice Flour, Eggplant with Garlic Sauce 粉蒸去骨鸡腿肉, 白米饭, 鱼香茄子 Allergen: Gluten, Bean 过敏源: 麦麸, 豆
Western 西餐档口	Orange Roasted Duck, Sweet Potato, Purple Cabbage 法式香橙烤鸭配红薯, 紫甘蓝 Allergen: Non 过敏源: 无	Beef Bolognaise Spaghetti, Broccoli 牛肉酱配意大利面, 西兰花 Allergen: Gluten, Bean, Mushroom 过敏源: 麦麸, 豆, 蘑菇	Ham & Cheese Sandwich, Butter, Potato, Lettuce, Tomato 火腿芝士三明治黄油烤土豆, 生菜, 番茄 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Chicken Steak in Black Pepper, Baked Potato, Zucchini 黑椒汁铁板无骨鸡配烤土豆角, 西葫芦 Allergen: Gluten 过敏源: 麦麸	Beef Goulash, Butter Corn, Broccoli 匈牙利炖牛肉黄油玉米棒配西蓝花 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	Cumin Chicken Leg mixed Noodles, Hang Greens 孜然鸡腿肉拌面, 杭白菜 Allergen: Gluten 过敏源: 麦麸	Shanghai Fried Fish in Soy Sauce, Mixed Mushroom and Greens 上海熏鱼汤面, 蘑菇鸡毛菜 Allergen: gluten, Mushroom 过敏源: 麦麸, 蘑菇	Pork Dumpling in Chili Sauce 红油抄手(猪肉)小青菜 Allergen: Gluten 过敏源: 麦麸	Shanghai Style Pork Noodles with Chili Soy Bean Paste 猪肉辣酱面配素鸡, 鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Braised Pork Ball, Noodles in red Soup, Lettuce 红烧狮子头, 红汤面, 生菜 Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋
Vegetarian 素食主义	Spanish Omelette with PISTO vegetables and Potato Wedges 西班牙煎蛋卷, 配皮斯托蔬菜, 土豆角 Allergen: Egg, Gluten, Milk 过敏源: 鸡蛋, 麦麸, 奶制品	Eggplant Parmigiana with Focaccia and sauté mushroom 茄子帕玛干酪配佛卡夏, 蘑菇 Allergen: gluten, Milk 过敏源: 麦麸, 奶制品	Fried Rice with Egg and Veggies, Mixed Mushroom 蔬菜蛋炒饭配扒双菇 Allergen: Gluten, Egg, Mushroom 过敏源: 麦麸, 鸡蛋, 蘑菇	Fried Noodles with Bean Sprout and Egg 鸡蛋豆芽青菜炒面 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Fried Carrot, Potato Tofu, Greens, Rice 素蟹粉豆腐饭配上海青, 米饭 Allergen: Bean Curd, Gluten 过敏源: 豆制品, 麦麸
Soup 汤	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Mushroom and Egg Drop, Tofu Soup 菌菇鸡蛋豆腐汤 Allergen: Mushroom, Egg, Bean Curd 过敏源: 蘑菇, 鸡蛋, 豆制品	Miso Soup 味噌汤 Allergen: Soy Beans 过敏源: 豆制品	Tomato and Potato Soup 番茄土豆汤 Allergen: Non 过敏源: 无	Creamy Carrot Soup 奶油胡萝卜汤 Allergen: Milk 过敏源: 奶制品
Fruit & Desert 水果 & 甜点	Pear/Sponge Cake 梨/海绵蛋糕 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Water Melon/Chocolate Roll 西瓜/巧克力卷 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Apple /Green Bean Soup 苹果/绿豆汤 Allergen: Bean 过敏源: 豆	Banana/Browning 香蕉/手工布朗尼 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 奶制品, 麦麸	Hami-Melon/Ice Cream 哈密瓜/冰激淋 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。





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	Monday 21st, Oct Meat Free Day	Tuesday 22nd, Oct	Wednesday 23rd, Oct	Thursday 24th, Oct	Friday 25th, Oct
Asian 亚洲风味	Z-Rou Chicken Nugget in Tomato Sauce, Bok Choy 茄汁植物原味鸡块 (素) 配小青菜 Allergen: Gluten, mushroom, bean 过敏源: 麦麸, 豆 蘑菇	Sweet and Sour Fish, Millet Rice, Hang Greens 糖醋鱼, 米仁饭, 杭白菜 Allergen: Gluten, Fish 过敏源: 麦麸, 鱼	Fried Chicken with Sweet Pepper, Black Fungus, Bean Sprout 彩椒木耳烩鸡片, 豆芽 Allergen: Gluten Soy mushroom 过敏源: 麦麸, 酱油 蘑菇	Fried Sliced Beef in Oyster Sauce, Green Bean, Cabbage 蚝油牛肉, 绿豆饭, 大白菜 Allergen: Seafood, Soy 过敏源: 海鲜, 酱油	Fried Duck sliced with sweet Pepper, Winter Melon in Scallion Oil, Multi-Grain Rice 彩椒鸭肉, 葱油冬瓜, 杂粮饭 Allergen: Gluten, Soy 过敏源: 麦麸, 酱油
Western 西餐档口	Creamy Pasta with Cheese and Mushroom, Broccoli 奶油菌菇芝士焗意面配西兰花 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Salami Pizza with Broccoli 意式萨拉米披萨配西兰花 Allergen: Gluten, Mushroom 过敏源: 麦麸, 蘑菇	Honeydew Pork, Roasted Potato, Cauliflower 蜜汁烤猪颈肉, 烤土豆配花菜 Allergen: Non 过敏源: 无	Hot Dog (Pork), French Fries, Zucchini 热狗, 薯条, 彩椒西葫芦 Allergen: gluten 过敏源: 麦麸	Cajun Roasted Chicken, Potato Wedges, Sweet Pea 卡真烤鸡腿配土豆角, 甜豆 Allergen: Milk, beans 过敏源: 奶制品, 豆类
Noodles 面档	Tomato and Egg, White Soup with Noodle, Hang-Greens 番茄鸡蛋面, 杭白菜 Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋	Sichuan Braised Beef with Potato, Bok Choy 四川红烧土豆牛肉面, 上海青 Allergen: gluten 过敏源: 麦麸	Shepherd's Purse Wonton, Oil Bean Curd, Vermicelli Soup, Greens 荠菜大馄饨配单档汤, 鸡毛菜 Allergen: Gluten, Soy bean 过敏源: 麦麸, 豆类	Braised Por Chop, Egg, Asparagus Lettuce 大排面, 煎蛋配油麦菜 Allergen: gluten, Egg 过敏源: 麦麸, 鸡蛋	Shanxi Pork Saozi Noodle in Sour Soup, Bean Curd, Greens 陕西猪肉糜哨子面, 豆腐干, 鸡毛菜 Allergen: gluten, Bean Curd 过敏源: 麦麸, 豆制品
Vegetarian 素食主义	Curry Z-Rou Pork Minced with Potato, Bok Choy 咖喱植物肉碎炖土豆, 小青菜 Allergen: Gluten, Bean Curd 过敏源: 麦麸, 豆制品	Margherita Pizza, Broccoli 玛格丽特芝士披萨配西兰花 Allergen: gluten, milk 过敏源: 麦麸, 奶制品	Z-Rou Mapo Tofu, Grilled Zucchini 植物肉麻婆豆腐, 烤节瓜 Allergen: Gluten, Bean Curd 过敏源: 麦麸, 豆制品	Cheese Pasta in Tomato Sauce, Cabbage 茄汁芝士焗意面, 包菜 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Teriyaki Vegetables with Udon Noodles 铁板蔬菜鸡蛋乌冬面 Allergen: Gluten, Milk 过敏源: 麦麸, 牛奶
Soup 汤	Water Melon and Kelp Soup 海带冬瓜汤 Allergen: Soya, Gluten 过敏源: 豆制品, 麦麸	Hangzhou West Lake Beef Soup 西湖牛肉羹 Allergen: Soy bean 过敏源: 大豆	MISO Soup 味噌汤 Allergen: Gluten 过敏源: 麦麸	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Egg 过敏源: 鸡蛋	Potato Soup 土豆汤 Allergen: Non 过敏源: 无
Fruit & Desert 水果 & 甜点	西瓜/香蕉蛋糕 Allergen: Non 过敏源: 无	哈密瓜/南瓜饼 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	桔子/酒酿小圆子 Allergen: Non 过敏源: 无	香蕉/蛋挞 Allergen: Egg Milk, Gluten 过敏源: 鸡蛋 奶制品, 麦麸	Fruit/Ice Cream 西瓜/冰激淋 Allergen: Milk 过敏源: 牛奶

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	Monday 28th, Oct	Tuesday 29th, Oct	Wednesday 30th, Oct	Thursday 31st, Oct	Friday 1st, Nov (Halloween)
Asian 亚洲风味	Singapore Hainan Chicken Rice, Choy Sum 新加坡海南鸡饭, 广东菜心 Allergen: Gluten 过敏源: 麦麸	Korean Spicy Cabbage with Fried Pork, kimchi, Seaweed Rice 韩式五花肉, 泡菜, 大白菜海苔饭 Allergen: Non 过敏源: 无	Shanghai Style Roasted Duck in Soy bean Paste, Carrot Rice, Chinese Cabbage 上海酱鸭胡萝卜饭配大白菜 Allergen: Soy 过敏源: 酱油	Japanese Pork Cutlet with Curry, Leaf Lettuce 日式咖喱猪排饭配油麦菜 Allergen: Gluten 过敏源: 麦麸	<b>Roasted Bat's Wing (Chicken Wing), Pumpkin Risotto, Choy Sum</b> 奥尔良烤全翅, 南瓜烩饭, 广东菜心 Allergen: Non 过敏原: 无
Western 西餐档口	Cheese macaroni with Beef Bolognese 意大利牛肉酱焗芝士小弯管, 西兰花 Allergen: Mushroom, Gluten, Milk 过敏源: 牛奶, 麦麸	Pan Fried Fish Fillet with Cheese, Baked Potato, Carrot, Cauliflower 芝士煎鱼排, 烤土豆配胡萝卜花菜 Allergen: Mushroom, Gluten, Milk, Fish 过敏源: 牛奶, 麦麸, 鱼	Pan Fried Pork, Cheese Mashed Potato, Choy Sum 香煎猪柳芝士土豆泥, 广东菜心 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 牛奶, 鸡蛋	New Orleans roasts chicken leg, Corn on the cob with butter, Mixed Veggies 奥尔良烤鸡腿, 黄油玉米棒, 配铁板时蔬 Allergen: Milk 过敏源: 奶制品	<b>Monster's Eyes Pizza, Carrot with Butter</b> 萨拉米披萨, 黄油胡萝卜 Allergen: Gluten, Dairy 过敏原: 麦麸, 奶制品
Noodles 面档	Pork in Soy Bean Paste, Gluten, Lettuce 焖肉面配红烧素鸡, 生菜 Allergen: Gluten 过敏源: 麦麸	Kungbao Chicken with Braised Tofu, Hang Greens 宫保鸡丁面红烧香干, 杭白菜 Allergen: Gluten, Beancurd 过敏源: 麦麸, 豆制品	Braised Pork ribs in Scallion Oil, Chinese Cabbage 葱烧小排面, 大白菜 Allergen: Gluten 过敏源: 麦麸	Pork Dumplings, Tofu Skin with Pork Filled, Vemichelli Soup, Greens 猪肉饺子, 百叶结粉丝汤, 鸡毛菜 Allergen: Bean curd, Gluten, 过敏源: 豆制品, 麦麸	<b>Devil's Beef Spaghetti, Broccoli</b> 番茄蘑菇牛肉丸意面, 西蓝花 Allergen: Gluten, Dairy 过敏原: 麦麸, 奶制品
Vegetarian 素食主义	Fried Egg, Corn and Beans With Rice 青豆玉米蛋炒饭 Allergen: Gluten 过敏源: 麦麸	Pesto Pasta with Mushroom, Hang Greens 罗勒菌菇彩椒意面, 杭白菜 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Vegetarian Pad Thai 素泰式炒河粉 Allergen: Egg, Gluten 过敏源: 鸡蛋, 奶制品, 麦麸	Cheese Vegetarian Quesadilla with Roasted Potato, Broccoli 芝士蔬菜卷饼, 西蓝花 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	<b>Grimace Pumpkin Steam Egg, Broccoli</b> 南瓜蒸蛋, 西蓝花 Allergen: Egg, Soy 过敏原: 鸡蛋, 酱油
Soup 汤	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Non 过敏源: 无	Egg and tofu, Mushroom Soup 金针菇鸡蛋豆腐汤 Allergen: Egg, Gluten Allergen: Egg, Gluten	Creamy Corn Soup 奶油玉米汤 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Sour and Spicy Soup 酸辣汤 Allergen: Egg, Gluten 过敏源: 鸡蛋, 奶制品, 麦麸	<b>Pumpkin Soup</b> 南瓜浓汤 Allergen: Dairy 过敏原: 奶制品
Fruit & Desert 水果 & 甜点	Orange/Homemade Browning 桔子/自制布朗尼 Allergen: Gluten 过敏源: 麦麸	Hami-melon/Apple Pie 哈密瓜/苹果派 Allergen: Egg, Gluten Allergen: Egg, Gluten	Apple / Mini Rice Ball Soup 苹果/酒酿小圆子 Allergen: Non 过敏源: 无	Water Melon/Homemade Oat Cookie 西瓜/手工燕麦饼干 Allergen: Egg Milk, Gluten 过敏源: 鸡蛋, 奶制品, 麦麸	<b>Witches' Finger Cookie</b> 女巫手指饼干 Allergen: Gluten, Dairy 过敏原: 麦麸, 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。

