

LUNCH



	Monday 4th Nov Meat Free Day	Tuesday 5th Nov	Wednesday 6th Nov	Thursday 7th Nov	Friday 8th Nov
Asian 亚洲风味	Z-rou Mapo Dofu,Rice,Spinach 植物肉沫麻婆豆腐米饭 Allergen: Gluten,Mushroom Bean 过敏源: 麦麸,蘑菇 大豆	Fried Shrimps with Bread Crumb,Curry Vegetables Rice,Bok Choy 避风塘大虾咖喱蔬菜饭,白菜 Allergen: Gluten,Seafood 过敏源:麦麸,海鲜	Singapore Bak Kut Teh,Mushroom and Greens 新加坡肉肉骨茶,香菇菜心 Allergen: Mushroom 过敏源: 蘑菇	Shanghai Style Braised Duck,Rice, Lettuce 上海酱鸭米饭油麦菜 Allergen: Soy Sauce 过敏源: 酱油	
Western 西餐	Z-rou Meat Ball with Tomato, Butter Mashed Potato Broccoli and Carrot 番茄植物肉丸, 黄油土豆泥西兰花胡萝卜 Allergen: Gluten,Soy 过敏源:麦麸,豆制品	Beef Bolognese Spaghetti,Sweet Pepper and Zucchini 意大利牛肉酱配意大利直面甜椒和节瓜 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Pan-fried Fish with Cheese and Lemon,Butter Potato,Califlower 芝士煎鱼配柠檬汁黄油土豆花菜 Allergen: Dairy,Gluten,Seafood 过敏源: 奶制品, 麦麸, 海鲜	Roasted Chicken Sandwich, Tomato,Lettuce,Corn 烤鸡肉蔬菜三明治,玉米 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	
Noodles 面档	Fried Z-rou Chicken (Beans) in Spicy Paste, Lettuce 辣子鸡丁(素)面, 青菜 Allergen: Gluten,Soy 过敏源: 麦麸,豆制品	Sliced Pork in Sour Soup,Rice Noodle,Spianch 肉片酸汤米粉,菠菜 Allergen: Non 过敏源: 无	Braised Chicken Leg,Bok Choy,Noodles 香卤鸡腿面青菜 Allergen: Soy Sauce,Gluten 过敏源: 酱油,麦麸	Taiwan Style Minced Pork,Braised Egg,Cabbage with Mixed Noodle 台式肉燥拌面卤蛋牛心菜 Allergen: Gluten,Soy Sauce,Egg 过敏源: 麦麸,酱油,鸡蛋	
Vegetarian 素食主义	Curry Chickpea and Veggies,Broccli and Carrot,Rice 咖喱杂豆蔬菜饭西兰花胡萝卜 Allergen: Gluten,Soy 过敏源: 麦麸,豆制品	Curry Z-rou ,Rice,Sweet Pepper and Zucchini 咖喱植物肉土豆丁米饭彩椒节瓜 Allergen: Gluten 过敏源: 麦麸	Pesto Pasta with Mushroom in Tomato Sauce,Califlower 番茄罗勒菌菇意面,菜花 Allergen: Gluten,Mushroom 过敏源: 麦麸, 蘑菇	Cheese and Egg Sandwich,Corn 鸡蛋芝士蔬菜三明治, 玉米 Allergen: Gluten,Dairy,Egg 过敏源: 麦麸,奶制品,鸡蛋	OFF
Soup 汤	Seaweed and Egg Drop Soup 紫菜蛋花汤 Allergen: Egg 过敏源: 鸡蛋	Winter Melon Soup 冬瓜汤 Allergen: Non 过敏源: 无	Borscht 罗宋汤 Allergen: Non 过敏源: 无	Creamy Pumpkin Soup 奶油南瓜汤 Allergen: Dairy 过敏源: 奶制品	
Fruit & Desert 水果 & 甜点	Orange/Homemade Brownies 橙子/手工布朗尼 Allergen: Gluten,Milk,Egg 过敏源:麦麸,牛奶,鸡蛋	Dragon Fruit/Pain au Chocolate 火龙果/巧克力面包卷 Allergen: Gluten,Milk,Egg 过敏源:麦麸,牛奶,鸡蛋	Hami-Melon/Homemade Oat Biscuit 哈密瓜/手工麦片饼干 Allergen: Gluten,Milk,Egg 过敏源:麦麸,牛奶,鸡蛋	Grape Fruit/Sweet Mini Rice Ball 柚子/酒酿小圆子 Allergen: Non 过敏源: 无	



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 11th Novermeber	Tuesday 12th Nov	Wednesday 13th Nov	Thursday 14th Nov	Friday 15th Nov
Asian 亚洲风味		Cantonese Claypot Sausage Rice,Choy Sum 广式腊肠煲仔饭广东菜心 Allergen: Soy Sauce,Gluten 过敏源: 酱油,麦麸	Fried Sliced Beef in Oyster Sauce,Bean Sprout and Carrot ,Rice 蚝油牛肉米饭黄芽菜胡萝卜 Allergen: Soy Sauce,Seafood 过敏源: 酱油, 海鲜	Fried Chicken with Spiced Salt,Oats Rice, Cabbage 椒盐鸡柳麦仁饭牛心菜 Allergen: Gluten 过敏源: 麦麸	Sweet and Sour Fish,Black Rice,Lettuce 糖醋鱼块黑米饭,生菜 Allergen: Fish 过敏源: 鱼
Western 西餐档口		Roasted Chicken Leg with Honey,Butter Potato,Spinach 蜜汁烤鸡腿黄油土豆菠菜 Allergen: Dairy 过敏源:奶制品	Crispy Duck,Cheese Mashed Potato,Cauliflower 法式香酥鸭芝士土豆泥花菜 Allergen: Dairy 过敏源:奶制品	Salami Pizza, Mixed Beans 萨拉米芝士披萨,杂菜粒 Allergen: Gluten Dairy,Beans 过敏源: 麦麸 奶制品,豆子	Carbonara,Asparagus,Sweet Pepper and Zucchini 奶油培根芦笋意面彩椒节瓜 Allergen: Gluten 过敏源: 麦麸
Noodles 面档	OFF	Seafood (Shrimp,Squid,Fish Ball,Egg Dumpling)Rice Noodle,Choy Sum 海鲜米粉(虾、鱿鱼、鱼丸、蛋饺) 广东菜心 Allergen: Seafood,Gluten 过敏源: 海鲜,麦麸	Braised Pork Chop,Noodles with White Soup,Hang Greens 红烧排骨面杭白菜 Allergen: Gluten 过敏源: 麦麸	Pork Wonton, Mushroom,Egg and Vermicelli Soup,Greens 猪肉馄饨面,三鲜粉丝汤,鸡毛菜 Allergen: Gluten,Mushroom 过敏源:麦麸,蘑菇	Mixed Beef Saozi and Noodles,Carrot,Green Bean Sprout 牛肉臊子拌面胡萝卜丝绿豆芽 Allergen: Gluten, Soy 过敏源: 麦麸,豆制品
Vegetarian 素食主义		Fried Z-rou Stick with Spiced Salt, Fried Cabbage,Corn,Mushroom 椒盐植物肉条,上海炒素,杂粮饭 Allergen: Gluten,Soy mushroom 过敏源: 麦麸,豆制品, 蘑菇	Cheese and Vegetable Wrap,Baked Potato,Cauliflower 芝士蔬菜卷饼烤土豆花菜 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Cheese Corn Pizza,Broccoli 玉米芝士披萨,西兰花 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品	Vegetable Lasagna 蔬菜千层面 Allergen: Gluten,Milk 过敏源: 麦麸,奶制品
Soup 汤		Ham and Raddish Soup 火腿白萝卜汤 Allergen: Non 过敏源:无	Mushroom and Egg Soup 菌菇鸡蛋汤 Allergen: Egg Mushroom 过敏源: 鸡蛋 蘑菇	Miso Soup 味噌汤 Allergen: Seaweed Bean 过敏源:海带 豆制品	Winter Melon and Kelp Soup 海带冬瓜汤 Allergen: Seaweed 过敏源:海带
Fruit & Desert 水果 & 甜点		Hami-Melon/Sweet Potato Ball 哈密瓜/山芋丸 Allergen: Milk Gluten 过敏源:牛奶, 麦麸	Banana/Homemade Cookie 香蕉/自制曲奇 Allergen: Egg,Gluten,Milk 过敏源: 鸡蛋,麦麸,牛奶	Orange/Pear and Fungus Soup 橙汁/冰糖雪梨银耳汤 Allergen: None 过敏源:无	Apple/Ice Cream 苹果/冰激淋 Allergen: Milk 过敏源:牛奶

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LUNCH



HARROW SHANGHAI

Harrow International School Shanghai					
	Monday 18th Nov	Tuesday 19th Nov	Wednesday 20th Nov	Thursday 21st Nov	Friday 22nd Nov
Asian 亚洲风味	Steamed Chicken with Mushroom in Oyster Sauce, Choy Sum, Black Rice 蚝油香菇蒸鸡黑米饭广东菜心 Allergen: Gluten, Soy Sauce, Seafood, Mushroom 过敏源: 麦麸, 酱油, 海鲜, 蘑菇	Xinjiang Hand Pilaf Rice with Mutton, Fried Cumin Potato and Pepper 新疆羊肉手抓饭孜然青椒土豆片 Allergen: Non 过敏源: 无	Steamed Chicken with Scallion Oil, Purple Potato Rice, Bok Choy 葱油淋鸡紫薯米饭青菜 Allergen: Non 过敏源: 无	Curry Chicken with Coconut, Green Bean Rice, Lettuce 椰香咖喱鸡块绿豆饭油麦菜 Allergen: Gluten, mushroom, bean 过敏源: 麦麸, 蘑菇, 豆	Stew Sliced Fish in Tomato Sauce, Fried Celery with Tofu, Rice 番茄浓汤鱼片配米饭芹菜炒香干 Allergen: Seafood, Soy 过敏源: 海鲜, 豆制品
Western 西餐档口	Pan-fried Pork Sausage, Mashed Potato, Black Pepper Sauce 香煎猪肉肠土豆泥黑胡椒汁 Allergen: Gluten 过敏源: 麦麸	French Orange Flavored Duck Breast, Butter Mashed Potato, Spinach 法式香橙鸭胸, 黄油土豆泥, 菠菜 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	BBQ Pork with Thyme, Potato Wedge, Cherry Tomato and Zucchini BBQ猪肉百里香土豆角, 小番茄, 西葫芦 Allergen: Non 过敏源: 无	Roasted Beef Steak, Mushroom with Black Pepper, Corn, Choy Sum 烤肋眼牛排, 黑胡椒蘑菇汁, 玉米, 广东菜心 Allergen: Mushroom 过敏源: 蘑菇	New Orleans Chicken and Cheese Burger, French Fries, Carrot and Baby Corn 奥尔良芝士鸡肉汉堡薯条胡萝卜炒玉米笋 Allergen: gluten 过敏源: 麦麸
Noodles 面档	Braised Beef, Noodles in red Soup, Greens 红烧牛腩面, 鸡毛菜 Allergen: Gluten, Soy Sauce 过敏源: 麦麸, 酱油	Pork Dumpling, Braised Egg, Spinach 酸汤猪肉水饺酱蛋菠菜 Allergen: gluten, Egg 过敏源: 麦麸, 鸡蛋	Shanghai Style Braised Fish, Pickles and Edamame, Choy Sum 熏鱼汤面咸菜毛豆笋丝广东菜心 Allergen: gluten, Seafood 过敏源: 麦麸, 海鲜	Fried Pork with Spicy Paste, Hang Greens, Noodles in White Soup 本帮辣肉面杭白菜 Allergen: gluten 过敏源: 麦麸	Fried Pork Sliced with Pepper mixed Rice Noodles, Greens 辣椒炒肉拌粉, 鸡毛菜 Allergen: Gluten, Soy bean 过敏源: 麦麸, 豆类
Vegetarian 素食主义	Fried Egg with Tomato, Rice, Choy Sum 番茄炒蛋米饭广东菜心 Allergen: Egg 过敏源: 鸡蛋	Fried Z-rou Minced Pork with Spiced Salt and Carrot Rice, Choy Sum 椒盐植物肉胡萝卜饭广东菜心 Allergen: gluten, milk 过敏源: 麦麸, 奶制品	Cheese Macaroni, Cherry Tomato and Zucchini 芝士焗小弯管, 樱桃番茄西葫芦 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Fried Egg and Pineapple, Carrot, Beans 菠萝炒饭 (鸡蛋、胡萝卜丁、青豆) Allergen: Gluten, Egg 过敏源: 麦麸, 鸡蛋	Vegetable cake and cheese Burger, French Fries, Carrot and baby Corn 芝士蔬菜汉堡薯条胡萝卜炒玉米笋 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品
Soup 汤	Shepherd's Purse and Tofu Soup 荠菜豆腐汤 Allergen: Soy 过敏源: 豆制品	Tomato Soup 番茄汤 Allergen: Non 过敏源: 无	Creamy Corn Soup 奶油玉米浓汤 Allergen: Dairy 过敏源: 奶制品	Italian Minestrone 意大利蔬菜汤 Allergen: Non 过敏源: 无	Luffa and Egg Drop Soup 丝瓜鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋
Fruit & Desert 水果 & 甜点	Orange/Garlic Bread 橙子/蒜香面包片 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Dragon Fruit/Homemade Marble Cake 火龙果/自制大理石蛋糕 Allergen: Egg, Milk, Gluten 过敏源: 鸡蛋, 牛奶, 麦麸	Banana/Homemade Pumpkin Tart 香蕉/自制南瓜塔 Allergen: Gluten, Dairy 过敏源: 麦麸, 奶制品	Hami-melon/Red Bean Soup 哈密瓜/红豆汤 Allergen: Bean 过敏源: 豆子	Sweet Melon/Ice Cream 甜瓜/冰激淋 Allergen: Milk 过敏源: 牛奶

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LUNCH

Harrow International School Shanghai					
	Monday 25th Nov	Tuesday 26th Nov	Wednesday 27th Nov	Thursday 28th Nov Sichuan Festival	Friday 29th Nov
Asian 亚洲风味	Hainan Chicken Rice, Choy sum 海南鸡饭, 广东菜心 Allergen: Non 过敏源: 无	Sweet and Sour Pork with Pineapple, Quinoa Rice, Cabbage and Carrot 菠萝咕咾肉杂粮饭卷心菜丝胡萝卜丝 Allergen: Gluten 过敏源: 麦麸	Scrambled Egg with Sliced Beef, Curry Beans Rice, Greens and Gluten 牛肉滑蛋咖喱青豆玉米饭大白菜浇油面筋 Allergen: Egg, Gluten, Bean 过敏源: 鸡蛋, 麦麸, 豆子	Sauteed Sliced Pork with Pepper and Chili, Black Rice, Lettuce 川湘回锅肉, 黑米饭, 油麦菜 Allergen: Non 过敏源: 无	Sauteed Shrimp and Egg, Rice, Fried Eggplant, Potato, Pepper 翡翠虾仁配米饭地三鲜 Allergen: Gluten, Seafood, Egg 过敏源: 麦麸, 海鲜, 鸡蛋
Western 西餐档口	Baked Pork with Honey, Pasta in Tomato Sauce, Broccoli 蜜汁烤猪柳, 番茄意面, 土豆西蓝花 Allergen: Non 过敏源: 无	Grilled Duck and Cheese, Pumpkin, Choy sum, Spinach 菠菜芝士焗鸭胸焗南瓜块广东菜心 Allergen: Milk, Gluten 过敏源: 奶制品, 麦麸	Baked Chicken Leg in Honey and Mustard, Onion and Sliced Potato, Califlower 蜂蜜芥末烤鸡腿洋葱土豆片花菜 Allergen: Gluten, Milk, Egg 过敏源: 麦麸, 牛奶, 鸡蛋	Steamed Chicken with Chili Sauce, Fried Sliced Potato with Pepper 口水鸡, 米饭, 青椒土豆丝 Allergen: Milk, Gluten 过敏源: 奶制品, 麦麸	Hot Dog, Cherry Tomato and Zucchini Potato Wedges 热狗, 樱桃番茄西葫芦, 薯角 Allergen: Milk, Gluten 过敏源: 奶制品, 麦麸
Noodles 面档	Curry Beef Noodle with Greens 咖喱牛腩汤面青菜 Allergen: Gluten 过敏源: 麦麸	Fish Tom Yam Gong Soup with Rice Noodles, Choy Sum 鱼片冬阴功米粉广东菜心 Allergen: Milk, Seafood 过敏源: 奶制品, 海鲜	Diced Pork with Spicy Paste, Noodle in Red Soup, Bok Choy 八宝肉丁汤面鸡毛菜 Allergen: Gluten 过敏源: 麦麸	Sichuan Style Pork minced in Chili Sauce, Bean Curd, Hang Greens, Noodles 肉沫担担面, 豆腐干, 杭白菜, 黄金豆 Allergen: Gluten, Soy 过敏源: 麦麸, 豆制品	Shepherd's Purse and Pork Wonton, Spinach, Egg Soup 荠菜猪肉大馄饨菠菜, 鸡蛋汤 Allergen: Milk, Gluten 过敏源: 奶制品, 麦麸
Vegetarian 素食主义	Stew Tofu Ball in Tomato Sauce, Mushroom and Greens 茄汁豆腐丸米饭菌菇青菜 Allergen: Soy, Gluten, Mushroom 过敏源: 豆制品, 麦麸, 蘑菇	Singapore Fried Rice Noodle with Egg and Veggies, Choy Sum 星洲炒米粉广东菜心 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Sauteed Mushroom and Egg, Bean Rice, Cabbage and Gluten 菌菇炒鸡蛋青豆玉米饭白菜油面筋 Allergen: Mushroom, Egg, Beans 过敏源: 蘑菇, 鸡蛋, 豆子	Mapo Tofu, Bok Choy, Rice 麻婆豆腐, 小青菜, 米饭 Allergen: Soy 过敏源: 豆制品	Braised Bean curd and Black Fungus Red Bean Rice, Hang Greens 家常豆腐红豆饭杭白菜 Allergen: Gluten, Milk, Mushroom 过敏源: 麦麸, 奶制品, 蘑菇
Soup 汤	Winter Melon Soup 冬瓜汤 Allergen: Non 过敏源: 无	Tomato and Egg Drop Soup 番茄鸡蛋汤 Allergen: Egg 过敏源: 鸡蛋	Miso Soup 味噌汤 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Sour and Spicy Soup 酸辣汤 Allergen: Non 过敏源: 无	West Lake Beef Soup 西湖牛肉羹 Allergen: Gluten 过敏源: 麦麸
Fruit & Desert 水果 & 甜点	Grapefruit/Homemade Carrot Cake 柚子/自制胡萝卜蛋糕 Allergen: Gluten, Egg, Milk 过敏源: 麦麸, 鸡蛋, 牛奶	Apple/Homemade Tart 苹果/蛋挞 Allergen: Egg, Gluten 过敏源: 鸡蛋, 麦麸	Pear/Cha siu Su 梨/叉烧酥 Allergen: Gluten, Milk 过敏源: 麦麸, 奶制品	Hami-Melon/Sweet mini Rice Ball 哈密瓜/桂花酒酿小圆子 Allergen: Egg Milk, Gluten 过敏源: 鸡蛋 奶制品 麦麸	Dragon fruit/Ice Cream 火龙果/冰激淋 Allergen: Milk 过敏源: 牛奶

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

