



**Britannica
International
School Shanghai**
an Orbital Education School

Weekly Lunch Menu

2025 Nov 17th ~ Nov 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Broccoli & potato soup※O	Corn cheddar soup※O	Borsch soup※	Green pea soup※△O	Goulash soup※O
Asian	•Stir-fried minced beef with vegetables ※O •Steamed quinoa rice△ •Choy sum	•Chicken satay ※△O☆ •Fried rice ☆ •Lettuce	•Sweet & Sour pork chop※△☆ •Steamed corn rice O •Cabbage & Carrot	•Roast duck※△ •Chinese dumpling※△☆ •Guangdong cabbage	•Stir-fried chicken & basil ※△☆ •Steamed jasmine rice •Spinach
Western	•Grilled chicken breast (served with gravy sauce※O or tomato sauce) •Butter potatoes O •Mixed seasonal vegetables	•Roast pork loin (served with mushroom sauce ※O or yogurt sauce O) •Lyonnais potatoes •Mixed seasonal vegetables	•Fish Milanese※O#☆ •Mashed potatoes※O •Mixed seasonal vegetables	•Roast honey glazed gammon (served with gravy sauce※O or BBQ sauce※△) •Baby potatoes O •Mixed seasonal vegetables	•Roast beef(served with red wine sauce※O or pepper sauce※O) •Roast potatoes O •Mixed seasonal vegetables
Vegetarian (Option)	•Pita bread※☆ •Grilled seasonal vegetables O	•Spring roll ※△☆ •Fried noodles with vegetables & eggs※△☆	- Japanese fried udon noodles※△☆ •Roast pumpkin O	•Stir-fried mixed mushrooms & basil※△ •Jasmine rice	•Ciabatta※O☆ •Ratatouille
Salad Bar	4 kinds of fruits, 10 varieties of fresh vegetables, noodles, and bread				

Our Healthy Eating Key: ※ Gluten Content(面粉), △ Legumes Product 豆类, O Dairy Product 牛奶, # Shell Fish & Seafood (鱼&海鲜), ☆ Eggs Product 鸡蛋