Britannica International School Shanghai
A MEMBER OF ARISTON EDUCATION

WEEKLY LUNCH MENU
2026 OCTOBER 26-30

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set menu	Daily Soup	Chicken & mushroom soup※O	Beef, tofu & wakame soup △	Leek & potato soup※O	Pumpkin soup ※O	packed lunch
	Western	Grilled chicken piccata※△ (served with gravy ※O or tomato sauce) Roasted potatoes O Mixed seasonal vegetables	Roast pork loin(served with gravy ※O or apple sauce O） Cajun potatoes ※ Mixed seasonal vegetables	Baked lasagna ※O☆ Mixed seasonal vegetables	Pork schnitzel ※O△☆ (served with creamy mushroom sauce※O） Buttered potatoesO Mixed seasonal vegetables	
	Asian	Tomato & beef casserole ※△ Steamed rice Choy sum	Crispy shrimp cake ※#O△☆ Curry fried rice △☆ Cabbage	Hong Kong style baked pork chop ※O△☆ Steamed rice Lettuce	Thai grilled chicken ※△ Steamed rice Baby cabbage	
Noodle (Option)		Kung pao chicken noodles ※△☆	Japanese style Tonkotsu char siu ramen ※△☆	Braised duck noodles ※△☆	Cantonese style minced pork & vegetables rice noodles ※△☆	
Vegetarian (Option)		Garlic baguette※O☆ Cream pumpkin pasta ※O☆	Baked chickpeas with tomato ※O△ Mashed potatoes※O	Curry mixed vegetables※O△ Steamed rice	Fried noodles with vegetables & eggs ※△☆ Seasonal vegetables	
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