Britannica International School Shanghai
A MEMBER OF ARISTON EDUCATION

WEEKLY LUNCH MENU
2026 NOVEMBER 16-20

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set menu	**Daily Soup**	Tomato & basil soup ※O	Chicken & corn chowder soup ※O	Potato & leek soup ※O	Minestrone soup ※△	Pumpkin soup ※O
	Western	Grilled chicken breast (served with gravy ※O or cream mushroom sauce ※O) Butter potatoes O Mixed seasonal vegetables	Roast pork loin (served with gravy ※O or honey garlic sauce O△) Roast potatoes O Mixed seasonal vegetables	Provençal beef stew ※O Mashed potatoes ※O Mixed seasonal vegetables	Creamy Tuscan salmon pasta※＃O☆ Mixed seasonal vegetables	Crispy chicken finger ※O△☆ Potato wedges ※ Mixed seasonal vegetables
	Asian	Salt & pepper pork chops ※△☆ Fried rice Guangdong cabbage	Stir-fried beef fillet △☆ Steamed rice Lettuce	Chicken curry ※O☆ Steamed rice Cabbage	Honey, lemon, garlic chicken ※△ Steamed rice Indian lettuce	Honey, lemon, garlic chicken ※▵ Steamed corn bun Choy sum
Noodle (Option)		Meat ball rice noodles ※＃△☆	Kung pao chicken noodles ※△☆	Diced pork & vegetables noodles ※△☆	Sukiyaki beef noodles (Beef noodles-Japan) ※△☆	Japanese Tantanmen ※△☆
Vegetarian (Option)		Tomato & tofu casserole △ Steamed rice	Grilled mushrooms O△ Gratin potatoes ※O	Vegetables risotto O△ Mixed seasonal vegetables	Baguette ※O☆ French vegetable stew	Roast cauliflower & potatoes O△ Mixed 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