Britannica International School Shanghai
A MEMBER OF ARISTON EDUCATION

WEEKLY LUNCH MENU
2026 NOVEMBER 02-06

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set menu	**Daily Soup**	Green pea soup※O△	Chicken. mushroom & potato soup※O	Minestrone soup△	Broccoli soup※O	Roast tomato soup※O
	Western	Roast chicken breast (served with chicken jus or BBQ sauce)※△ Lyonnaise potatoes O Mixed seasonal vegetables	Grill pork chops(served with gravy ※O or chimichurri sauce ） Mashed potatoes ※O Mixed seasonal vegetables	Tuscan chicken pasta ※O☆ Mixed seasonal vegetables	French basque stewed chicken ※O Roast potatoes O Mixed seasonal vegetables	Fish & chips ※#O△☆ Mixed seasonal vegetables
	Asian	Beef rendang ※△ Steamed rice Guangdong cabbage	Chicken satay ※△☆ Nasi goreng※#△☆ Lettuce	Marinated duck ※△ Steamed rice Choy sum	Sweet & sour pork & pineapple ※△☆ Fried rice with eggs☆ Spinach	Honey lemon garlic chicken ※△ Steamed rice Cabbage
Noodle (Option)		Braised pork chop noodles ※△☆	Tomato & beef noodles ※△☆	Satay seafood noodles ※# △☆	Curry beef noodles ※△☆	Soy milk dandan noodles with minced pork ※O△☆
Vegetarian (Option)		Samosa ※△☆ Mixed seasonal vegetables	Gnocchi in creamy tomato sauce ※O△ Mixed seasonal vegetables	Mediterranean chickpeas ※O△ Grilled mushroom & potatoesO	Vegetables quiche ※O☆ Mixed seasonal vegetables	Baked eggplant with tomato & cheese 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