



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

# Weekly Lunch Menu

## 2025 Oct 27<sup>th</sup> ~ Oct 31<sup>st</sup>

|                     | Monday                                                                                                                                                     | Tuesday                                                                                                                                     | Wednesday                                                                                                                                 | Thursday                                                                                                                                                                                         | Friday                                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Soup                | Creamy broccoli soup ※O                                                                                                                                    | Creamy pumpkin soup ※                                                                                                                       | Creamy chicken & mushroom soup ※O                                                                                                         | Minestrone soup ※△                                                                                                                                                                               | <b>Pumpkin Polooza</b><br>(Package lunch) |
| Asian               | <ul style="list-style-type: none"> <li>• Braised beef ※△</li> <li>• Steamed rice</li> <li>• Choy sum</li> </ul>                                            | <ul style="list-style-type: none"> <li>• Pork curry ※O</li> <li>• Japanese fried noodles ※△☆</li> <li>• Guangdong cabbage</li> </ul>        | <ul style="list-style-type: none"> <li>• Sour &amp; sweet chicken ※△☆</li> <li>• Steamed corn rice O</li> <li>• Indian lettuce</li> </ul> | <ul style="list-style-type: none"> <li>• Stir-fried shredded pork in sweet bean sauce ※△☆</li> <li>• Steamed buns ※O☆</li> <li>• Cabbage</li> </ul>                                              | .                                         |
| Western             | <ul style="list-style-type: none"> <li>• Baked Cajun chicken breast ※</li> <li>• Spaghetti aglio e olio ※☆</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Provence beef stew ※O</li> <li>• Butter potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Salmon cream pasta ※#O☆</li> <li>• Mixed seasonal vegetables</li> </ul>                          | <ul style="list-style-type: none"> <li>• Roast chicken breast (served with gravy sauce ※O or cream mushroom sauce) ※O</li> <li>• Potato wedges ※</li> <li>• Mixed seasonal vegetables</li> </ul> | .                                         |
| Vegetarian (Option) | <ul style="list-style-type: none"> <li>• Vegetables curry ※O</li> <li>• Roti prata ※☆O</li> </ul>                                                          | <ul style="list-style-type: none"> <li>• Baked potatoes O</li> <li>• Baked beans △</li> </ul>                                               | <ul style="list-style-type: none"> <li>• Garlic bread ※O☆</li> <li>• Creamy seasonal vegetables stew ※O</li> </ul>                        | <ul style="list-style-type: none"> <li>• Nachos ※</li> <li>• Vegetables quesadillas ※O</li> </ul>                                                                                                | .                                         |
| 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