



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

# Weekly Lunch Menu

## 2025 Oct 6<sup>th</sup> ~ Oct 10<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Cream of tomato soup※O	Chicken& mushroom soup※O	Country vegetables soup	Cream of pumpkin & Potato soup O
Asian		<ul style="list-style-type: none"> <li>• Honey BBQ Pork#</li> <li>• HK style fried noodles※△</li> <li>• Guangdong cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Braised beef△</li> <li>• Steamed corn rice O</li> <li>• Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Wok-fried beef fillet&amp; Vegetables△※☆</li> <li>• Scallion oil noodles△</li> <li>• Baby cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Pork chop in sour&amp; Sweet sauce△☆※</li> <li>• Steamed rice</li> <li>• Choy sum</li> </ul>
Western		<ul style="list-style-type: none"> <li>• Grilled chicken breast (served with gravy ※ O or mushroom sauce※)</li> <li>• Butter potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Roast pork loin(Served with gravy※ or garlic yogurts sauce O)</li> <li>• Roast new potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Fish milanese※#</li> <li>• Baked potatoes</li> <li>• Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Bolognese pizza※</li> <li>• Potato wedges</li> <li>• Mixed seasonal vegetables</li> </ul>
Vegetarian (Option)		<ul style="list-style-type: none"> <li>• Grilled mushrooms</li> <li>• Gratin potatoes※O</li> </ul>	<ul style="list-style-type: none"> <li>• Olive oil grilled cherry tomato</li> <li>• Vegetables risotto※O</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic bread※O</li> <li>• Ratatouille</li> </ul>	<ul style="list-style-type: none"> <li>• Roast mushrooms &amp; cauliflower with garlic</li> <li>• Mashed potatoes 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