



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

Weekly Lunch Menu

2025 Nov 24th ~ Nov 28th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato basil soup ※O	Carrot ginger soup ※O	Chickpea soup ※O△	Chicken mushroom soup ※O	Minestrone soup △
Asian	<ul style="list-style-type: none"> •Stir-fried beef fillet ※△☆ •Steamed rice 	<ul style="list-style-type: none"> •Kung pao chicken ※△☆ •Noodles ※△☆ •Lettuce 	<ul style="list-style-type: none"> •Stir-fried pork loin ※△☆ •Steamed bun ※O△☆ •Guangdong cabbage 	<ul style="list-style-type: none"> •Beef curry※O •Steamed jasmine rice Lettuce 	<ul style="list-style-type: none"> •Braised duck※△ •Fried vegetables rice△
Western	<ul style="list-style-type: none"> •Pan-fried chicken piccata※O ☆ (served with yoghurt sauce or tomato sauce) • Gratin potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast pork loin※O (served with mushroom sauce or honey garlic sauce)※△ •Lyonnaise potatoes •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Beef Bourguignon※O •Baked potatoesO •Ratatouille 	<ul style="list-style-type: none"> •Grilled pork chops※△ (served with honey mustard sauce or BBQ sauce)※△ •Buttered potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Cheeseburger ※O△ •French fries ※ •Mixed seasonal vegetables
Vegetarian (Option)	<ul style="list-style-type: none"> •Scallion pancakes ※O☆ • Chickpea with vegetables O △ 	<ul style="list-style-type: none"> •Garlic bread ※O☆※ •Stewed seasonal vegetables O △ 	<ul style="list-style-type: none"> •Vegetables Oden with rice cake※△☆ 	<ul style="list-style-type: none"> •Nachos※ •Vegetables & cheese wraps※O 	<ul style="list-style-type: none"> •Clay pot tofu ※△☆ •Fried rice※△☆
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