



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

Weekly Lunch Menu

2025 Dec 15th ~ Dec 19th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable soup△	Tomato soup※ O	Mushroom soup O※	Pumpkin soup※ O	
Asian	• Stir-fried beef fillet※ △ • Steamed rice • Baby cabbage	• BBQ pork※△ • Fried noodles※△☆ • Guangdong cabbage	• Braised beef※△ • Steamed rice • Lettuce	• Sweet& sour pork※△ ☆ • Fried rice☆ • Choy sum	Pack lunch
Western	• Fish Milanese ※ O#☆ • Baked potatoes • Mixed seasonal vegetables	Chicken piccata※ O☆ (served with gravy※ O or tomato sauce) • Butter potatoes O • Mixed seasonal vegetables	• Roast pork tender loin (served with gravy O※or garlic butter sauce O) • Lyonnaise potatoes • Mixed seasonal vegetables	• Roast turkey breast (served with cranberry sauce or gravy※O) Roast potatoes O • Mixed seasonal vegetables	
Vegetarian (Option)	• Pesto Gnocchi※ O • Mixed vegetables	• Scallions fried tofu ※△☆ • Choy sum & mushrooms	• Grilled cherry tomato • Vegetables risotto O	• Grilled mushrooms O • Gratin potatoes ※ O	
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