



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

Weekly Lunch Menu

2025 Dec 8th ~ Dec 12th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken chickpeas soup ※△O	Minestrone soup △	Leek potato soup※O	Roast carrot ginger soup※O	Green pea soup※△O
Asian	<ul style="list-style-type: none"> •Minced beef※△ •Steamed rice •Choy sum 	<ul style="list-style-type: none"> •Korean chicken※△O☆ •Rice cake ※△O☆ •Cabbage 	<ul style="list-style-type: none"> •Braised duck ※△ •Fried eggs rice ☆ •Bok choy 	<ul style="list-style-type: none"> •Pork curry※△O☆ •Steamed rice •Lettuce 	<ul style="list-style-type: none"> Stir-fried beef fillet ※△☆ •Steamed rice •Spinach
Western	<ul style="list-style-type: none"> •Grilled chicken breast (served with gravy※O or sour cream O) •Butter potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast pork loin (served with mushrooms sauce ※O or apple sauce※O) •Roast new potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Salmon fish pasta ※O#☆ •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast beef (served with pepper sauce ※O or lemon garlic butter sauce※O) •Baked potatoes •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast chicken breast (served with tomato sauce or BBQ sauce※△) •Lyonnais potatoes Mixed seasonal vegetables
Vegetarian (Option)	<ul style="list-style-type: none"> •Garlic bread ※O☆ •Baked eggplant※O 	<ul style="list-style-type: none"> •Mixed curry vegetables ※△O •Steamed rice 	<ul style="list-style-type: none"> •Scallions fried tofu ※△☆ •Choy sum & mushrooms 	<ul style="list-style-type: none"> •Fried noodles※△☆ •Seasonal vegetables 	<ul style="list-style-type: none"> •Vegetables risotto O •Grilled king oyster mushrooms※△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