



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

Weekly Lunch Menu

2025 Sep 1st ~ Sep 5th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cream of tomato soup※○	Chicken & mushroom soup※○	Carrot & Coriander soup※○	Country vegetables soup△	Cream of pumpkin & potato soup※○
Asian	<ul style="list-style-type: none"> • Honey BBQ pork※△ • HK style fried noodles※△☆ • Guangdong cabbage 	<ul style="list-style-type: none"> • Braised beef※△ • Steamed rice • Lettuce 	<ul style="list-style-type: none"> • Shanghai sweet & sour pork※△ • Shanghai fried rice • Spinach 	<ul style="list-style-type: none"> • Teriyaki beef※△☆ • Scallion oil noodles※☆△ • Baby cabbage 	<ul style="list-style-type: none"> • Korean BBQ pork※△ • Bibimbap△※☆ • Choy sum
Western	<ul style="list-style-type: none"> • Grilled chicken breast (served with gravy※○ or cream mushroom sauce※○) • Butter potatoes ○ • Mixed seasonal 	<ul style="list-style-type: none"> • Roast pork loin (Served with gravy※○ or garlic yogurt sauce※○) • Roast new potatoes ○ • Mixed seasonal vegetables 	<ul style="list-style-type: none"> • Roast chicken breast • Pasta carbonara※○☆ • Mixed seasonal vegetables 	<ul style="list-style-type: none"> • Fish Milanese※○☆# • Baked potatoes • Mixed seasonal vegetables 	<ul style="list-style-type: none"> • Bolognese pizza※○☆ • Potato wedges※ • Mixed seasonal vegetables
Vegetarian (Option)	<ul style="list-style-type: none"> • Braised tofu & Vegetables※△☆ • Jasmine rice 	<ul style="list-style-type: none"> • Grilled mushrooms ○ • Gratin potatoes ※○ 	<ul style="list-style-type: none"> • Grilled eggplant & bell pepper ○ • Vegetables risotto ※○ 	<ul style="list-style-type: none"> • Garlic bread※○☆ • Ratatouille 	<ul style="list-style-type: none"> • Roast mushrooms & cauliflower with garlic ○ • Scrambles eggs ○☆
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, ○ Dairy Product 牛奶, # Shell Fish & Seafood (鱼&海鲜), ☆ Eggs Product 鸡蛋