



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

# Weekly Lunch Menu

## 2025 Sep 22<sup>th</sup> ~ Sep 26<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cream of broccoli soup ※O	Borsch soup ※	Creamy chicken soup ※O	Minestrone soup ※△	Cream of pumpkin & Potato soup ※O
Asian	<ul style="list-style-type: none"> <li>• Braised beef ※△</li> <li>• Steamed rice</li> <li>• Choy sum</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki chicken steak ※△</li> <li>• Japanese fried noodles ※△</li> <li>☆</li> <li>• Guangdong cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet &amp; sour pork ※△☆</li> <li>• Steamed corn rice O</li> <li>• Pak choi</li> </ul>	<ul style="list-style-type: none"> <li>• Stir-fried chicken &amp; basil ※△☆</li> <li>• Steamed Thai jasmine rice</li> <li>• Water spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Kung Pao pork ※△☆</li> <li>• Shanghai fried noodles ※△☆</li> <li>• Cabbage</li> </ul>
Western	<ul style="list-style-type: none"> <li>• Grilled chicken breast (Served with gravy ※O or cream mushroom sauce ※O)</li> <li>• Butter potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Roast honey glazed gammon (served with gravy ※O or garlic yogurt sauce O)</li> <li>• Roast potatoes O</li> <li>• Mixed seasonal vegetables s</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon cream pasta ※O☆#</li> <li>• Mixed seasonal vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Neapolitan beef ball ※O△☆</li> <li>• Gnocchi ※O</li> <li>• Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Cajun chicken breast ※</li> <li>• Spaghetti aglio e olio ※☆</li> <li>• Mixed seasonal vegetables</li> </ul>
Vegetarian (Option)	<ul style="list-style-type: none"> <li>• Prorence stew ※O</li> <li>• Couscous△</li> </ul>	<ul style="list-style-type: none"> <li>• Baked potato O</li> <li>• Bean casserole ※O△</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic bread ※O☆</li> <li>• Gratin seasonal vegetables ※O</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms risotto ※O</li> <li>• Asparagus O</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables curry ※O</li> <li>• Roti prata ※☆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