



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

Weekly Lunch Menu

2026 Feb 2nd ~ Feb 6th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato soup※○	Mushroom soup※○	Broccoli soup※○	Sweet corn soup※○	Pumpkin soup※○
Asian	<ul style="list-style-type: none"> ·Honey BBQ pork※△ ·Fried rice with eggs☆ ·Cabbage 	<ul style="list-style-type: none"> ·Stir-fried beef※△ ·Steamed rice ·Lettuce 	<ul style="list-style-type: none"> ·Braised pork ※△ ·Steam rice · Choy sum 	<ul style="list-style-type: none"> ·Stewed tomato beef※△ ·Steam rice ·Baby cabbage 	<ul style="list-style-type: none"> ·BBQ pork※△ ·Bibimbap※△☆ ·Spinach
Western	<ul style="list-style-type: none"> ·Grilled chicken breast (served with gravy※○ or mushroom sauce※○) ·Butter potatoes ○ ·Mixed seasonal vegetables 	<ul style="list-style-type: none"> ·Roast pork loin (served with gravy※○ or honey garlic sauce) ·Roast new potatoes ○ ·Mixed seasonal 	<ul style="list-style-type: none"> ·Spaghetti meat balls※○ ·Mixed seasonal vegetables 	<ul style="list-style-type: none"> ·Fish Milanese※○#☆ ·Mashed 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"> ·Tomato tofu※△☆ ·Jasmine rice 	<ul style="list-style-type: none"> ·Roast mixed seasonal vegetables ○ ·Gratin potatoes ※○ 	<ul style="list-style-type: none"> ·Grilled mushrooms ○ ·Vegetables risotto ○ 	<ul style="list-style-type: none"> ·Garlic bread※○☆ ·Stew mixed vegetables (Ratatouille) 	<ul style="list-style-type: none"> ·Vegetable lasagna ※○☆
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