Weekly Lunch Menu
2026 Mar 23rd ~ Mar 27th

Britannica International School Shanghai — an Orbital Education School

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower soup※O	Minestrone soup ※△	Tomato & potato soup※O	Mushroom soup※O	Carrot soup※O
Asian	·Stir-fried beef & black truffle ※△☆ ·Steamed rice ·Choy sum	·Crispy chicken※△ ·Fried noodles ※△☆ · Guangdong cabbage	·Braised duck※△ ·Steamed rice ·Bok choy	·Stir-fried beef fillet ※△☆ ·Steamed rice ·Lettuce	·(Pork)tonkatsu curry☆※△O ·Steamed rice ·Cabbage
Western	·Roast chicken breast (served with gravy※O or tomato Dijon cream sauce O) ·Roast potatoes O ·Mixed seasonal vegetables	·BBQ pork ribs ※△ ·Baked potatoes O ·Mixed seasonal vegetables	·Baked lasagna※O☆ ·Mixed seasonal vegetables	·Baked Cajan chicken (served with gravy※O or yogurt cucumber sauce O) ·Baked new potatoes O ·Mixed seasonal vegetables	·Roast fish fillet# (served with cream white wine sauce O or tomato herbs sauce) ·Mashed potatoes O※ ·Mixed seasonal vegetables
Vegetarian (Option)	·Vegetables quiche ※O☆ ·Mixed seasonal vegetables	·Scallion pan cake※△O ☆ ·Curry mixed vegetables O ※△	·Tomato gnocchi※O ·Spinach	·Roast eggplant O ·Couscous	·Spring roll ※△☆ ·Vegetable dumpling ※△☆
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