THE BRITISH INTERNATIONAL SCHOOL
SHANGHAI, PUXI
A NORD ANGLIA EDUCATION SCHOOL

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Primary Menu

Week Beginning 26 February 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & Starter	Chicken &corn soup ※ O	Cream of Pumpkin soup	Vegetable & noodle soup※	Cream of tomato soup ※O	Cream of vegetable soup ※ O
MAIN	Breaded pork chop ※☆ Roast chicken with gravy O	Beef curry Baked pasta with chicken & mushroom ※O☆	Shepherd's pie O Fish Milanese ※☆＃	Braised pork belly ※△ Roast chicken drums	Chicken sautéed O (Italian style) BBQ pork loin △
VEGETARIAN OPTION	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Vegetable tart ※☆ O	Vegetable Quiche ※ O☆	Pesto pasta ※☆	Fried glass noodles & vegetables☆	Vegetable pie ※ O☆
POTATOES, RICE & VEGETABLES	Garlic potatoes Or Steamed rice	Sautéed potatoes Or Steamed rice	Buttered potatoes O Or Steamed rice	Lyonnais potatoes Or Steamed rice	Mashed potatoes O Or Steamed rice
	Choy sum Bean sprouts △	Sweet corn Carrots	Cabbage Broccoli	Pumpkin Celery	Grilled mushrooms Cauliflower
HOT VEGETARIAN MEAL & SANDWICH OPTION	**Year 2 -Year 6 can pre-order hot vegetarian meal & sandwiches (NB. Includes potatoes, rice and vegetables as above.)**				
DESSERT & FRUIT	Seasonal fresh fruit bowl Or Banana cake	Seasonal fresh fruit bowl	Mince pie or Apple crumble	Chinese sweet rice dumpling soup ※☆	Seasonal fresh fruit bowl Or Fruit yoghurt
Snack	Pear	Banana	Muffin	Banana	Apple

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