



WELLINGTON COLLEGE  
INTERNATIONAL  
SHANGHAI

# Prep Canteen (Y7-Y9) LUNCH MENU



| April           | Monday 8 <sup>th</sup>                         | Tuesday 9 <sup>th</sup> | Wednesday 10 <sup>th</sup> | Thursday 11 <sup>th</sup> | Friday 12 <sup>th</sup> |
|-----------------|--|-------------------------|----------------------------|---------------------------|-------------------------|
| Year Group      | Year 7<br>Year 9                               | Year 8<br>Year 9        | Year 8<br>Year 9           | Year 7<br>Year 9          | Year 9<br>Year 9        |
| Option A        | Italian sausage with mixed vegetable pasta     |                         |                            |                           |                         |
| RMB             | 34   |                         |                            |                           |                         |
| Option B        | Pumpkin Macaroni and Cheese bake with Broccoli |                         |                            |                           |                         |
| RMB             | 32   |                         |                            |                           |                         |
| Option C        | Teriyaki chicken with vegetable served rice    |                         |                            |                           |                         |
| RMB             | 32   |                         |                            |                           |                         |
| Drink Selection | Assorted drinks                                |                         |                            |                           |                         |
| RMB             | from 5 – 20 RMB                                |                         |                            |                           |                         |





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# Prep Canteen (Y7-Y9) LUNCH MENU



| April           | Monday 15 <sup>th</sup>                       | Tuesday 16 <sup>th</sup> | Wednesday 17 <sup>th</sup> | Thursday 18 <sup>th</sup> | Friday 19 <sup>th</sup> |
|-----------------|---|--------------------------|----------------------------|---------------------------|-------------------------|
| Year Group      | Year 7<br>Year 9                              | Year 8<br>Year 9         | Year 8<br>Year 9           | Year 7<br>Year 9          | Year 9<br>Year 9        |
| Option A        | Smoked salmon baked pasta<br>Broccoli         |                          |                            |                           |                         |
| RMB             | 36  |                          |                            |                           |                         |
| Option B        | Korean rice cake with fish cake and vegetable |                          |                            |                           |                         |
| RMB             | 34  |                          |                            |                           |                         |
| Option C        | Beef cheese baozza<br>Fried vegetable         |                          |                            |                           |                         |
| RMB             | 32  |                          |                            |                           |                         |
| Drink Selection | Assorted drinks                               |                          |                            |                           |                         |
| RMB             | from 5 – 20 RMB                               |                          |                            |                           |                         |



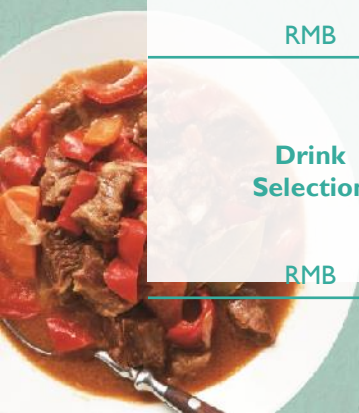


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# Prep Canteen (Y7-Y9) LUNCH MENU



| April           | Monday 22 <sup>nd</sup> | Tuesday 23 <sup>rd</sup>                                   | Wednesday 24 <sup>th</sup> | Thursday 25 <sup>th</sup> | Friday 26 <sup>th</sup> |
|-----------------|-------------------------|--|----------------------------|---------------------------|-------------------------|
| Year Group      | Year 7<br>Year 9        | Year 8<br>Year 9   | Year 8<br>Year 9           | Year 7<br>Year 9          | Year 9<br>Year 9        |
| Option A        |                         | Oven baked potato, sour cream, cheese, bacon<br>Side salad |                            |                           |                         |
| RMB             |                         | 24   |                            |                           |                         |
| Option B        |                         | Salami and vegetable pizza<br>Side salad                   |                            |                           |                         |
| RMB             |                         | 30   |                            |                           |                         |
| Option C        |                         | Cheese and Z-rou bacon roll<br>with side salad             |                            |                           |                         |
| RMB             |                         | 34   |                            |                           |                         |
| Drink Selection |                         | Assorted drinks  |                            |                           |                         |
| RMB             |                         | from 5 – 20 RMB  |                            |                           |                         |





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# Prep Canteen (Y7-Y9) LUNCH MENU



| April           | Monday 29 <sup>th</sup>  | Tuesday 30 <sup>th</sup> | Wednesday 1 <sup>st</sup> | Thursday 2 <sup>nd</sup> | Friday 3 <sup>rd</sup> |
|-----------------|--|--------------------------|---------------------------|--------------------------|------------------------|
| Year Group      | Year 7<br>Year 9   | Year 8<br>Year 9         | Year 8<br>Year 9          | Year 7<br>Year 9         | Year 9<br>Year 9       |
| Option A        | Penne pasta salad with grilled vegetable olives and salmon<br>Side salad |                          |                           |                          |                        |
| RMB             | 34   |                          |                           |                          |                        |
| Option B        | BBQ chicken drumsticks<br>Ratatouille<br>Hash brown                      |                          |                           |                          |                        |
| RMB             | 40   |                          |                           |                          |                        |
| Option C        | Bacon egg and cheese taco<br>Side salad                                  |                          |                           |                          |                        |
| RMB             | 28   |                          |                           |                          |                        |
| Drink Selection | Assorted drinks  |                          |                           |                          |                        |
| RMB             | from 5 – 20 RMB  |                          |                           |                          |                        |

