



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 Year 9	Year 8 Year 9	Year 8 Year 9	Year 7 Year 9	Year 9 Year 9
Option A	意式香肠配洋葱和甜椒佐意大利面				
RMB	34				
Option B	南瓜奶油焗意面配西兰花				
RMB	32				
Option C	照烧鸡排饭配日式炒蔬菜				
RMB	32				
Drink Selection	Assorted drinks				
RMB	from 5 – 20 RMB				





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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 Year 9	Year 8 Year 9	Year 8 Year 9	Year 7 Year 9	Year 9 Year 9
Option A			烟熏三文鱼焗意大利面 西兰花		
RMB			36		
Option B			韩式芝士年糕配鱼饼		
RMB			34		
Option C			和牛芝士包萨配炒蔬菜		
RMB			32		
Drink Selection			Assorted drinks		
RMB			from 5 – 20 RMB		





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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 Year 9	Year 8 Year 9	Year 8 Year 9	Year 7 Year 9	Year 9 Year 9
Option A	锡纸烤土豆配酸奶油，奶酪碎，培根碎 蔬菜色拉				
RMB	24				
Option B	意式萨拉米蔬菜披萨				
RMB	30				
Option C	奶酪植物肉卷饼酥 蔬菜色拉				
RMB	34				
Drink Selection	Assorted drinks				
RMB	from 5 – 20 RMB				





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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 Year 9	Year 8 Year 9	Year 8 Year 9	Year 7 Year 9	Year 9 Year 9
Option A	意大利面色拉配烤蔬菜以及黑橄榄三文鱼 蔬菜色拉				
RMB	34				
Option B	卡兹脆鸡腿配烧烤酱 意大利烩蔬菜 土豆三角饼				
RMB	40				
Option C	培根鸡蛋墨西哥饼 蔬菜色拉				
RMB	28				
Drink Selection	Assorted drinks				
RMB	from 5 – 20 RMB				

