



Main Canteen Y3-Y13 LUNCH MENU



May	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Piazza	Roasted beef tomato basil sauce Spinach Pasta Allergen: gluten, beef	Pork Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, pork, dairy	Plant based fish burger Avocado green salad Herb potato Allergen: gluten, mushroom, dairy	Seafood with tomato sauce Broccoli Pasta Allergen: gluten, seafood, dairy	Grilled fish Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, fish, dairy
Marco Polo	Sauerkraut pork roll Baked zucchini with sweet pea Mixed rice with beans Allergen: gluten, pork, dairy	Pan-fry chicken steak with sundries tomato sauce Purple cabbage, okra, corn Roasted potato Allergen: gluten, chicken	Z-Rou beef balls with Italian tomato sauce pasta Finger carrot zucchini Allergen: gluten, tofu, mushroom	Chicken cordon bleu Cauliflower carrot Roasted potato Allergen: gluten, chicken, pork, dairy, egg	Butter chicken Spinach Baked potato Allergen: gluten, chicken
Vegetarian Option	Vegetarian chow mien with mushroom Boiled bean curd Allergen: gluten, mushroom, tofu	Morocco vegetable with tofu tagine Allergen: gluten, tofu	Tofu and vegetable fried bread dough Allergen: gluten, tofu, mushroom	Shanghai style bean curd Cabbage with mushroom Vegetable fried noodle Allergen: gluten, mushroom, dairy, tofu	Z-rou pineapple rice with spring roll Allergen: gluten, tropical fruit, mushroom
Looping	Shanghainese slow cook duck noodle Allergen: gluten, duck	Chinese curry beef noodle Allergen: gluten, beef	Shanxi daoxiao noodle with oyster Bean curd with mushroom (Guest Chef) Allergen: gluten, mushroom, egg, tofu	Korea kimchi seafood noodle Allergen: gluten, beef	Japanese slow cook pork loin ramen Allergen: gluten, pork
Kowei	Steamed chicken and mushroom with black bean sauce Chinese lettuce, carrot, mushroom Rice Allergen: gluten, chicken, tofu, mushroom	Mushroom fried slice lamb Sweet pea, carrot, green pea Rice Allergen: gluten, lamb, mushroom	Yuxiang bean curd with vegetable Tomato egg Black rice Allergen: gluten, mushroom, tofu, egg	Braised meat balls Chinese green Tomato rice Allergen: gluten, pork	Lotus root with beef stew Chinese green Quinoa corn rice Allergen: gluten, beef
Soup	Potato soup Allergen: gluten, dairy	Tomato tofu noodle soup Allergen: gluten, tofu	Chinese mushroom soup Allergen: gluten, mushroom	Chengdu style egg soup Allergen: gluten, mushroom	Cabbage duck soup Allergen: gluten, duck
Dessert	Blueberry cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Cookie Allergen: gluten, egg	Cheese cake Allergen: gluten, egg, dairy
Sandwich Counter	Daily sandwich selection				
Drinks	Daily choice of milk product or yoghurt or fruit juice or water or fruit drink				
<p>Nutritional readings over the week</p> <p>Red meat: 8% Vegetables: 44%</p> <p>Fish: 11% Starch: 21%</p> <p>White meat/lean protein: 13% Deep fried: 3%</p>					

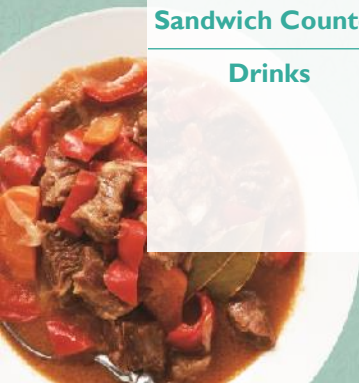


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SHANGHAI

Main Canteen Y3-Y13 LUNCH MENU



May	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th						
Piazza	Beef lasagna Baked cauliflower with cheese Allergen: gluten, beef, dairy	Crispy tuna croquettes Lettuce, onion, tomato Tortillas Allergen: gluten, seafood, dairy	Hawaii kalua pork Green salad with avocado Mini baguette Allergen: gluten, pork	Roasted beef tomato basil sauce Spinach Macaroni Allergen: gluten, beef	Chicken Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, chicken, dairy						
Marco Polo	Grilled sausage Sweet pea, carrot Mashed potato Allergen: gluten, pork, dairy	Buffalo chicken Purple cabbage, okra, corn Roasted potato Allergen: gluten, chicken	Hawaii chicken katsu Grill pineapple and vegetable Parsley potato Allergen: gluten, chicken, dairy, tropical fruit	Crispy duck breast with orange sauce Cauliflower carrot Mushroom rice Allergen: gluten, duck, dairy, mushroom	Pan-fry fish fillet with tomato sauce Spinach Baked potato with sour cream Allergen: gluten, fish						
Vegetarian Option	Northeastern style aubergine, potato, green pepper Allergen: gluten, tofu	Chickpeas stew Fried vegetable rice Allergen: gluten	Hawaii seafood taste vegetarian burger Green salad Roasted potato Allergen: gluten, egg, tropical fruit	Cheese croquette Green pea corn carrot with tofu Roasted potato Allergen: gluten, dairy, tofu	Falafel in pita bread with hummus Allergen: gluten						
Looping	Vietnamese beef pho Allergen: gluten, beef	Nanjing slow cook duck rice noodle Allergen: gluten, duck	Taizhou style seafood rice noodle Allergen: gluten, seafood	Japanese Oden Allergen: gluten, seafood, chicken, pork, tofu, beef	Japanese slow cook pork loin ramen Allergen: gluten, pork						
Kowei	Steamed chicken with mushroom and bean curd Chinese lettuce, carrot, mushroom Rice Allergen: gluten, chicken, tofu, mushroom	Shanghai pork with bean curd Chinese green Tomato rice Allergen: gluten, pork	Stir fried beef with celery tofu Cabbage with carrot Rice Allergen: gluten, beef, dairy, tofu	Northeastern style pick vegetable with pork stew Chinese green Black rice Allergen: gluten, pork, egg	Braised lamb with potato vegetable Yam, carrot, green pea Rice Allergen: gluten, lamb						
Soup	Creamy mushroom Allergen: gluten, mushroom, dairy	Meatballs cabbage soup Allergen: gluten, egg	Seafood miso soup Allergen: gluten, dairy, tofu	Chengdu style egg soup Allergen: gluten, mushroom	Carrot corn pork soup Allergen: gluten, pork						
Dessert	Chocolate mousse Allergen: gluten, egg, dairy	Cream cake Allergen: gluten, egg, dairy	Hawaii crispy cookies Allergen: gluten, egg, dairy	Orange chocolate cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy						
Sandwich Counter	Daily sandwich selection										
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May	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
Piazza	Beef balls in cream cheese alfredo sauce Baked zucchini with beet root Spaghetti Allergen: gluten, pork, beef, dairy	Chicken Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, chicken, dairy	Beef cheese burger Vegetable salad Potato wedges Allergen: gluten, beef, dairy	Baked chicken breast with Italian tomato sauce Spinach Penne Allergen: gluten, chicken	Pork Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, pork, dairy
Marco Polo	Homemade Italian style pork meatloaf with gravy Garlic long bean with mushroom Herb roast potato dice Allergen: gluten, pork, dairy, mushroom	Beef stroganoff Snow peas carrot Mash potato Allergen: gluten, beef, dairy, egg, mushroom	Roasted duck breast in orange sauce Pan-fry mushroom with carrot Mushroom rice Allergen: gluten, duck, dairy, mushroom	Moroccan lamb tagine Broccoli, couscous Roasted potato Allergen: gluten, lamb	Fish & chips Mushy peas Allergen: gluten, fish, dairy
Vegetarian Option	Vegetable and tofu fried koay teow Allergen: gluten, tofu	Stuffed zucchini with cheese tomato, bell pepper Rice Allergen: gluten, dairy	Indian Z-rou vegetable masala Indian rice Allergen: gluten, tofu, mushroom	Homemade beans vegetable patties burger Chips Allergen: gluten, mushroom	Zucchini and tofu gnocchi with meat free chicken nugget Allergen: gluten, mushroom, dairy, tofu
Looping	Shiitake mushroom with chicken noodle Allergen: gluten, chicken, mushroom	Seafood laksa Allergen: gluten, seafood ,egg	Shanxi style pita bread soaked in lamb soup (Guest Chef) Allergen: gluten, lamb	Kimchi pork belly with soba noodle Allergen: gluten, pork	Black pepper beef fried udon noodle Allergen: gluten, beef, mushroom
Kowei	Nanjing style steamed duck Egg mushroom carrot Rice Allergen: gluten, duck, mushroom	Sweet sour pork stick Chinese green Rice Allergen: gluten, pork	Japanese curry chicken leg Cabbage with mushroom Rice Allergen: gluten, chicken, egg, dairy, mushroom	Hong Kong style beef stew Celery bean curd Rice Allergen: gluten, beef, tofu	Fried chicken leg with ginger sauce Eggplant with long bean Quinoa corn rice Allergen: gluten, chicken
Soup	Potato soup Allergen: gluten, dairy	Chicken yam corn soup Allergen: gluten, chicken	West lake beef soup Allergen: gluten, beef	Hot & sour soup Allergen: gluten, tofu	Cream mushroom soup Allergen: gluten, dairy, mushroom
Dessert	Blueberry cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Apple turnover Allergen: gluten, egg, dairy	Banana bread Allergen: gluten, egg, dairy

Sandwich Counter

Daily sandwich selection

Drinks

Daily choice of milk product or yoghurt or fruit juice or water or fruit drink

Nutritional readings over the week

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Fish: 11% Starch: 21%
White meat/lean protein: 13% Deep fried: 3%



Main Canteen Y3-Y13 LUNCH MENU



May	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Piazza	Bolognese sauce Broccoli Spaghetti Allergen: gluten, pork, beef, dairy	Chicken Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, chicken, dairy	Salami pizza Pizza Margherita Roasted tomato eggplant Allergen: gluten, pork, dairy	Chicken parmesan with cherry tomato sauce Spinach Pasta Allergen: gluten, chicken, dairy	Pork Burrito bowl Mixed vegetable Mixed rice Allergen: gluten, pork, dairy
Marco Polo	Roasted duck breast in gravy Baked cauliflower Baked potato dice Allergen: gluten, duck	Kassler pork loin Sweet pea, carrot Potato wedges Allergen: gluten, pork, dairy	Beef stroganoff Snow peas carrot Steamed rice Allergen: gluten, beef, dairy, egg, mushroom	Iranian lamb kebab Broccoli Roasted potato Allergen: gluten, lamb	Crispy parmesan fish fillet with lemon butter sauce Grilled long bean zucchini Quinoa rice Allergen: gluten, fish, dairy
Vegetarian Option	Mixed beans and onion wrap Tomato salsa Broccoli Allergen: gluten, dairy	Curry meat free beef balls Cabbage with tofu Pita bread Allergen: gluten, dairy, tofu	Stuffed zucchini with cheese tomato, bell pepper Rice Allergen: gluten, dairy	Vegetarian chow mien with mushroom Boiled bean curd Allergen: gluten, mushroom, tofu	Vegetable bolognese Cauliflower Pasta Allergen: gluten, mushroom
Looping	Curry beef noodle Allergen: gluten, beef	Mixed minced meat and vegetables dumplings or Vegetable dumplings Allergen: gluten, pork	Seafood laksa Allergen: gluten, seafood, egg	Beijing style mince beef mixed noodle Allergen: gluten, beef	Shanghai style pork dice with noodle and eggs Allergen: gluten, pork
Kowei	Taiwanese chicken with basil Chinese green with mushroom Oatmeal rice Allergen: gluten, chicken, mushroom	Thai seafood salad Thai green Thai fried rice noodle Allergen: gluten, seafood	Shanxi style braised pork Mixed vegetable and tofu Mixed rice noodle Allergen: gluten, pork, tofu	Fried duck slice with mushroom Chinese green Black rice Allergen: gluten, duck, mushroom	Hainan chicken rice Pak choi Chicken rice Allergen: gluten, chicken
Soup	Creamy mushroom Allergen: gluten, mushroom, dairy	Meatballs cabbage soup Allergen: gluten, egg	Borsch Allergen: gluten, pork	Chengdu style egg soup Allergen: gluten, mushroom	Tomato egg tofu soup Allergen: gluten, tofu
Dessert	Chocolate mousse Allergen: gluten, egg, dairy	Cream cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Orange chocolate cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy

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