

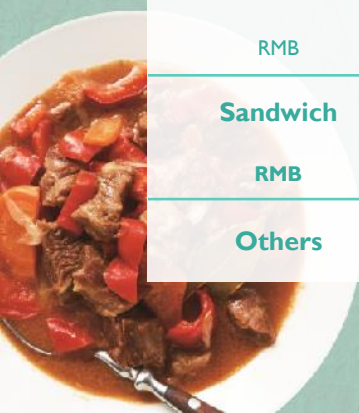


WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

Senior Canteen (Y10 – Y13) LUNCH MENU



May	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Piazza & Looping	Smoked salmon with avocado and cherry tomato asparagus Pasta	Lemon grass red curry chicken Garlic green	Artichoke with steak mushroom pasta	Baked potato Mince meat sauce, butter, sour cream, bacon, spring onion	Chongqing style mince pork noodles
RMB	40	38	38	35	36
Kowei & Marco Polo	Mixed pepper fried pork Chinese green Rice	Sautéed spare ribs with Cumin Broccoli Pasta salad	Zrou vegetable Burrito bowl Mixed vegetable Mixed rice	Japanese beef patties with onion sauce Teppanyaki vegetable Rice	Beef sirloin steak Broccoli Roasted potato
RMB	36	42	38	43	45
Vegetarian Option	Spinach cheese baozza Broccoli cheese bake	Avocado fried egg bagel Side salad	Vegetable Shakshuka Laffa bread	Cheese gratin potato Vegetable ragout	Masala vegetable Roti Basmati rice
RMB	35	38	38	38	36
Chef's Special Salad	Roasted chicken salad	Romaine lettuce with Caesar suace and Parmesan cheese	Tomato mozzarella	Roasted beef with pasta salad	Smoked salmon salad
RMB	34	38	36	38	40
Salad Main Course	Create your own salad from our daily selection				
RMB	28				
Sandwich	Create your own sandwich from our daily selection				
RMB	28				
Others	Selection of drinks, desserts and other snacks				



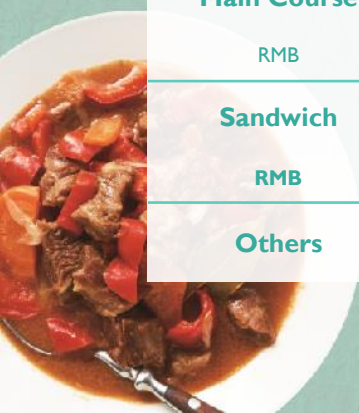


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Senior Canteen (Y10 – Y13) LUNCH MENU



May	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
Piazza & Looping	Seafood shrimp pasta with Italian sauce Spinach	Sichuan style boiled beef Vegetable Rice	Hawaii salmon seafood fried rice Broccoli	Braised pork belly with mushroom vegetable Steamed noodle or rice	Xinjiang style chicken with noodle
RMB	42	40	42	38	38
Kowei & Marco Polo	Hong Kong BBQ pork with fried egg Chinese green Rice	Japanese fry pork chops Cabbage salad Sushi rice	Loco Moco (beef patties with gravy) Fried egg, tomato avocado salad Rice	Korea fried chicken Vegetable sticks Potato chips	Kimchi cheese beef roll Kimchi fried rice noodle
RMB	38	45	45	38	38
Vegetarian Option	Plant based tuna baguette Grilled zucchini and sweet pea	Avocado and Brie cheese bagel Butter corn cob	Hawaii pineapple pizza	Zucchini and tofu gnocchi with meat free chicken nugget	Z-rou mapo tofu Chinese green Rice
RMB	35	38	35	38	32
Chef's Special Salad	Thai style roasted duck salad	Waldorf salad	Poke (Tuna avocado salad)	Fruit oats yogurt bowl	Tuna salad
RMB	34	35	38	38	34
Salad Main Course	Create your own salad from our daily selection				
RMB	28				
Sandwich	Create your own sandwich from our daily selection				
RMB	28				
Others	Selection of drinks, desserts and other snacks				



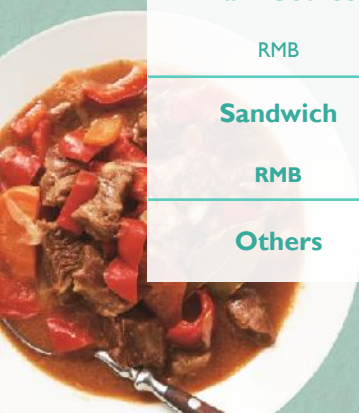


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Senior Canteen (Y10 – Y13) LUNCH MENU



May	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
Piazza & Looping	Seafood shrimp pasta with Italian sauce Spinach	Mixed pepper with chicken Fried vegetable Noodle	Korea beef slice soup with soba noodle	Creamy bacon carbonara Finger carrot and zucchini	Mince pork hot-dry noodle Mixed vegetable salad
RMB	42	38	38	36	30
Kowei & Marco Polo	Taiwanese braised mince pork with egg Chinese green Rice	American BBQ pork ribs Tomato salsa, broccoli Potato wedges	Buffalo chicken leg Vegetable sticks Sweet potato chips	Japanese ell fried rice Slice cabbage salad Steamed egg	Roasted lamb chop with mint sauce Broccoli French fries
RMB	36	48	38	45	49
Vegetarian Option	Cheese gratin potato Vegetable ragout	Z-rou fajita with onion bell pepper Tomato salsa avocado Wrap	Zucchini and tofu gnocchi with meat free chicken nugget	Vegetarian chow mien Stew tofu mushroom	Z-rou mapo tofu Chinese green Rice
RMB	38	38	38	36	32
Chef's Special Salad	Thai style roasted duck salad	Chicken teriyaki salad	Mixed salad with cheese yogurt and cranberry sauce	Shrimp with avocado vegetable salad	Tuna Salad
RMB	34	34	36	38	34
Salad Main Course	Create your own salad from our daily selection				
RMB	28				
Sandwich	Create your own sandwich from our daily selection				
RMB	28				
Others	Selection of drinks, desserts and other snacks				





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Senior Canteen (Y10 – Y13) LUNCH MENU



May	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Piazza & Looping	Japanese miso ramen with slow cook pork loin	Guilin style spicy beef rice noodle	Slow cook lamb fettuccine Cherry tomato asparagus	Braised chicken leg with mushroom vegetable Steamed noodle	Sichuan style hot pot Chinese green Noodle
RMB	36	36	38	38	34
Kowei & Marco Polo	Teriyaki chicken leg Garlic cabbage Rice	Double beef cheese burger Coleslaw French fries	Pan-fry salmon with honey mustard sauce Avocado lettuce salad Quinoa rice	Braised pork knuckle Cantonese style Boiled bean curd Chinese green Rice	Roasted beef sirloin Broccoli Roasted baby potato
RMB	38	42	48	40	45
Vegetarian Option	Spinach cheese baozza Butter mushroom carrot cherry tomato	Mushroom cheese risotto with meat free chicken nugget Grilled vegetable	Vegetarian Z-rou Pad Thai	Z-rou fajita with onion bell pepper Tomato salsa avocado Wrap	Z-rou chili con carne with nachos Butter vegetable Rice
RMB	35	38	36	38	38
Chef's Special Salad	Chicken cobb salad	Greek salad with fata cheese	Frankfurt sausage potato salad	Fruit oats yogurt bowl	Tomato mozzarella
RMB	35	35	35	38	38
Salad Main Course	Create your own salad from our daily selection				
RMB	28				
Sandwich	Create your own sandwich from our daily selection				
RMB	28				
Others	Selection of drinks, desserts and other snacks				

