Harrow International School

HARROW INTERNATIONAL SCHOOL HONG KONG

Lunch Menu

December 2020

Share Your Thoughts

HIS

	Monday	Tuesday	Wednesday	Thursday	Friday
		01 Dec	02 Dec	03 Dec	04 Dec
Meal A		Diavolo Pizza	Grilled Fish With Basil & Cherry Tomato	Spaghetti Bolognese & Garlic Bread	Bacon & Eggs Burger
Meal B		Stuffed Bell Pepper With Ratatouille	Vegetarian Burrito	Tofu Milanese Style	Vegetarian Meat Ball With Arabiata Sauce
Grains		Steamed Potato	Rice	Rice	Chips
Vegetables		Cauliflower	Broccoli	Carrot	Corn On The Cob
Vegetables		Buttered Spinach	Steam Romaine Salad	Pak Choy	Broccoli
	07 Dec	08 Dec	09 Dec	10 Dec	11 Dec
Meal A	Chinese BBQ Pork	Chicken Soy Sauce	Roasted Pork With Gravy Onions Sauce	Chicken Schnitzel	Christmas Theme Roasted Turkey & Gammon Ham
Meal B	Caprese Pizza	Mediterranean Vegetarian Baked Rice	Vegetarian Thai Curry	Rice Roll With Tofu & Vegetable	Pumpkin Pie
Grains	Roasted Potato/Rice	Rice	Roasted Potato	Fries	Tin Foil Jacket Potato
Vegetables	Buttered Spinach	Steamed Broccoli	Cauliflower	Roasted Carrot	Caramelized Pumpkin
Vegetables	Caramelised Pumpkin	Mix Vegetables	Roasted Cherry Tomato	Pak Choy	Provencal Tomato

EAT MORE — These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY — Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS — Don't have too much of these. Just treat ourselves every so often.

Vegetarian Choice

Highlighted in respective color on the menu

SALAD BAR available EVERY DAY

green monday

chartwells.

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January 2021

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	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Jan	12 Jan	13 Jan	14 Jan	15 Jan
Meal A	Beef Goulash	Pan Fried Fish Fillet With Pesto & Lemon Sauce	Chicken Soy Sauce	Roasted Pork With Gravy Onions Sauce	Chicken Schnitzel
Meal B	Vegetarian Tika Massala	Pizza Margarita	Mediterranean Vegetarian Baked Rice	Vegetarian Thai Curry	Rice Roll With Tofu & Vegetable
Grains	Steam Potato/Rice	Potato Wedges/ Rice	Rice	Roasted Potato	Fries
Vegetables	Sauteed Green Beans	Grilled Bell Pepper	Steamed Broccoli	Cauliflower	Roasted Carrot
Vegetables	Green Cabbage	Eggplant Sanghai Style	Mix Vegetables	Roasted Cherry Tomato	Pak Choy
	18 Jan	19 Jan	20 Jan	21 Jan	22 Jan
Meal A	Spaghetti Bolognese	Chinese BBQ Pork	Roasted Pork With Grandma Garniture	Chicken Tandoori	Fish & Chips
Meal B	Vegetarian Lasagna	Caprese Pizza	Zucchini, Sweet Potato & Kale Gratin	Chow Mein	Vegetarian Enchiladas
Grains	Rice	Roasted Potato/Rice	Penne Pasta	Rice	Chips
Vegetables	Choy Sum	Buttered Spinach	Sweet Corn	Broccoli	Cauliflower
Vegetables	Broccoli	Caramelised Pumpkin	Choy Sum	Kimchi	Green Peas & Onion

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	25 Jan	26 Jan	27 Jan	28 Jan	29 Jan
Meal A	Beef Goulash	Pan Fried Fish Fillet With Dill & Lemon Sauce	Chicken Soy Sauce	Roasted Pork With Gravy Onions Sauce	Chicken Schnitzel
Meal B	Vegetarian Tika Massala	Pizza Margarita	Mediterranean Vegetarian Baked Rice	Vegetarian Thai Curry	Rice Roll With Tofu & Vegetable
Grains	Steam Potato/Rice	Potato Wedges/ Rice	Rice	Roasted Potato	Fries
Vegetables	Sauteed Green Beans	Grilled Bell Pepper	Steamed Broccoli	Cauliflower	Roasted Carrot
Vegetables	Green Cabbage	Eggplant Sanghai Style	Mix Vegetables	Roasted Cherry Tomato	Pak Choy