

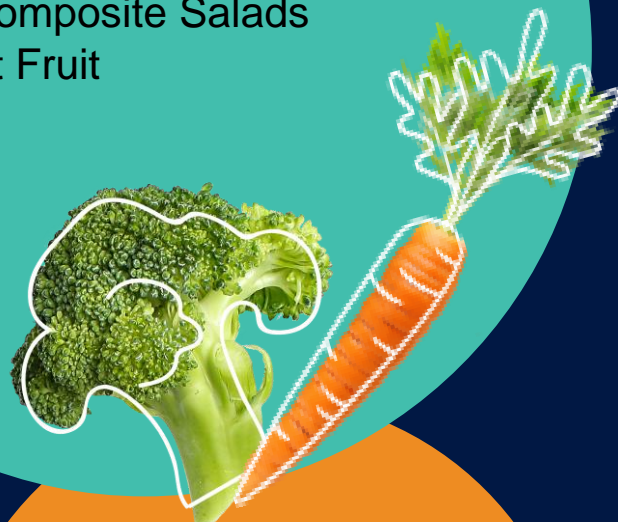
Lunch Menu

January 2024 (Week 2)



Salad Bar




















Green leaves, Carrot, Corn, Black Olives, Beans, Cherry Tomatoes, Cucumber + 2 composite Salads + Cut Fruit



Daily Soup



Fruits

		HOT MEAL	VEGETARIAN 	VEGETABLES 	GRAINS	FRUITS/DESSERT
MONDAY	8-Jan	Beef Bolognese	Spanish Omelette 	Sauteed Broccoli and Carrots	Pasta  / Rice	Fruits
eat Global	9-Jan	Croque Monsieur   	Broccoli, Cauliflower, Mushroom Casserole	Roasted Vegetables Medley	Roasted Potatoes / Rice	Fruits
WEDNESDAY	10-Jan	Harrow School Chinese BBQ Pork  	Vegetarian Moussaka  	Roasted Mediterranean Vegetables	Baked Potatoes/ Noodles 	Ice Cream Mochi 
THURSDAY	11-Jan	BBQ Roasted Chicken  	Buddha's Delight (Lo Han Chai)  	Steamed Broccoli and Carrots	Baked Potatoes / Rice	Fruits
	12-Jan	Japanese Fried Pork Chop  	Teriyaki Tofu & Vegetables  	Steamed Vegetables Medley	Chips/ Rice	Locally Sourced Ice Cream 



The Traffic Light Rules



Eat More



Eat Moderately



Eat Less

Allergen Information



Vegetarian



Sustainable Seafood



Dairy Alert



Egg Alert



Wheat Alert



Fish Alert



Soy Alert



Shellfish Alert

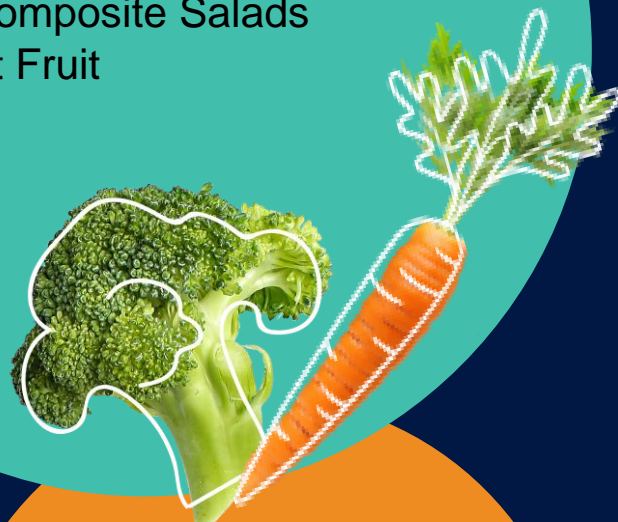
Lunch Menu

January 2024 (Week 3)



Salad Bar

Green leaves, Carrot, Corn, Black Olives, Beans, Cherry Tomatoes, Cucumber + 2 composite Salads + Cut Fruit



Daily Soup



Fruits

		HOT MEAL	VEGETARIAN 	VEGETABLES 	GRAINS	FRUITS/DESSERT
MONDAY	15-Jan	Korean Style Stewed Beef  	Japanese Vegetable Curry  	Steamed Broccoli and Carrots	Baked Potatoes / Rice	Fruits
TUESDAY	16-Jan	Takoyaki      	Tomato Frittatas 	Roasted Pumpkin and Broccoli	Rice/ Noodles 	Fruits
WEDNESDAY	17-Jan	Chicken A La King 	Vegan Meatballs  	Sautéed Mushrooms and Mixed Bell Pepper	Rice	Ice Cream Mochi 
THURSDAY	18-Jan	Japanese Ginger Pork  	Vegan Fish in Light Cream Sauce   	Garlic Broccoli and Carrots	Roasted Potatoes / Rice	Fruits
	19-Jan	Fish & Chips, Tartare Sauce     	Veggie Burritos  	Sauteed Carrots and Broccoli	Chips / Rice	Cream Puff   



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Sustainable Seafood



Dairy Alert



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Wheat Alert



Fish Alert



Soy Alert



Shellfish Alert

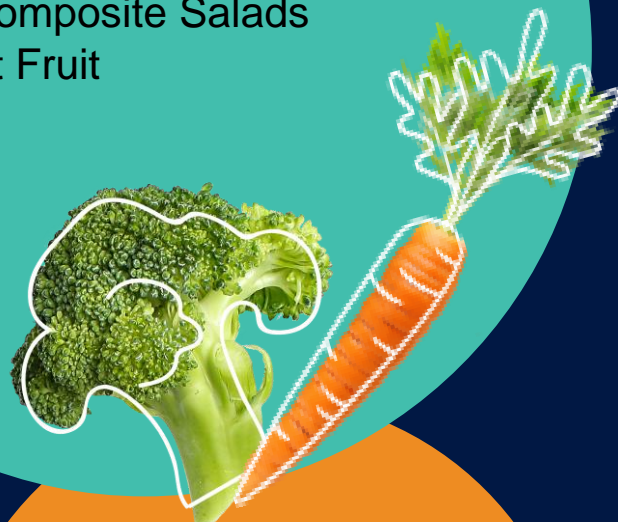
Lunch Menu

January 2024 (Week 4)



Salad Bar


Green leaves, Carrot, Corn, Black Olives, Beans, Cherry Tomatoes, Cucumber + 2 composite Salads + Cut Fruit



Daily Soup



Fruits

		HOT MEAL	VEGETARIAN 	VEGETABLES 	GRAINS	FRUITS/DESSERT
MONDAY	22-Jan	Beef Bolognese	Spanish Omelette 	Roasted Broccoli and Carrots	Pasta  / Rice	Fruits
TUESDAY	23-Jan	BBQ Roasted Chicken  	Asian Style Vegetarian Fried Noodles   	Garlic Bok Choy 	Rice / Noodles 	Fruits
WEDNESDAY	24-Jan	Sweet & Sour Pork   	Cauliflower, Mushroom Casserole	Steamed Broccoli and Cherry Tomatoes	Baked Potatoes / Rice	Ice Cream Ball 
THURSDAY	25-Jan	Mapo Tofu  	Buddha's Delight (Lo Han Chai)  	Garlic Zucchini and Mixed Bell Pepper	Baked Potatoes / Rice	Fruits
	26-Jan	Japanese Fried Pork Chop  	Lentil Hamburger Steak	Mushy Peas	Rice	Cream Puff   



The Traffic light rules



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Wheat Alert



Soy Alert



Sustainable Seafood



Egg Alert



Fish Alert



Shellfish Alert

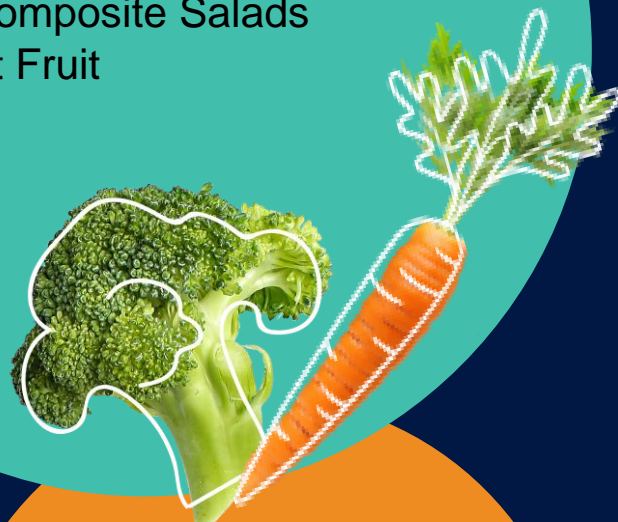
Lunch Menu

January 2024 (Week 5)



Salad Bar

Green leaves, Carrot, Corn, Black Olives, Beans, Cherry Tomatoes, Cucumber + 2 composite Salads + Cut Fruit



Daily Soup



Fruits

		HOT MEAL	VEGETARIAN 	VEGETABLES 	GRAINS	FRUITS/DESSERT
MONDAY	29-Jan	Korean Style Burger Steak  	Japanese Vegetable Curry  	Sauteed Broccoli and Carrots	Baked Potatoes / Rice	Fruits
TUESDAY	30-Jan	Japanese Yakitori  	Braised Tofu & Vegetables  	Steamed Vegetables Medley	Roasted Potatoes / Rice	Fruits
WEDNESDAY	31-Jan	Braised Chicken with Pumpkin  	Tomato Spinach Frittatas 	Sauteed Mixed Vegetables	Diced Herby Potatoes / Noodles 	Ice Cream Mochi 



The Traffic Light Rules



Eat More



Eat Moderately



Eat Less

Allergen Information



Vegetarian



Dairy Alert



Wheat Alert



Soy Alert



Sustainable Seafood



Egg Alert



Fish Alert



Shellfish Alert