

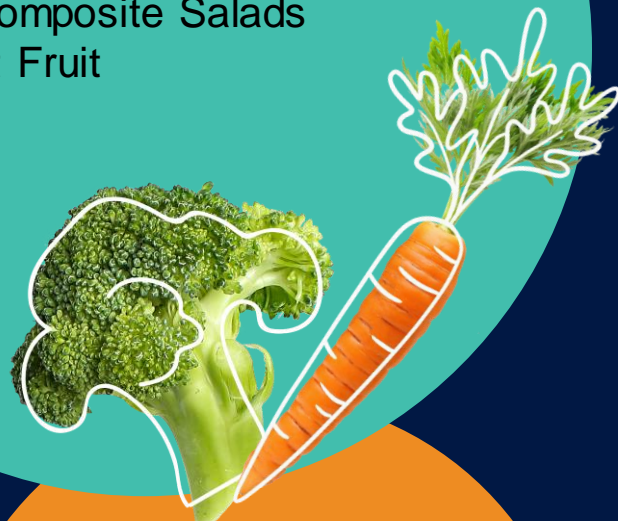
Lunch Menu

March 2024 (Week 1)



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
 1-Mar	Fish & Chips, Tartare Sauce     	Steam Egg with Mushroom & Glass Noodles   	Sauteed Carrots and Broccoli	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

March 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	4-Mar	Honey Roasted Chicken	Teriyaki Tofu & Vegetables  	Roasted Broccoli and Carrots	Pasta / Rice 	Fruits
TUESDAY	5-Mar	Harrow School Chinese BBQ Pork  	Buddha's Delight (Lo Han Chai)  	Grilled Vegetables Medley	Rice / Noodles 	Ice Cream Mochi  
WEDNESDAY	6-Mar	Pepperoni Focaccia Pizza  	Cheese Focaccia Pizza  	Steamed Broccoli and Cherry Tomatoes	Baked Potatoes / Rice	Fruits
THURSDAY	7-Mar	Beef Bolognese	Japanese Vegetable Curry  	Garlic Zucchini and Mixed Bell Pepper	Baked Potatoes / Rice	Fruits
	8-Mar	Fish & Chips, Tartare Sauce   	Vegan Fish in Tomato Sauce    	Sauteed Carrots and Broccoli	Chips / Rice	Ice Pop



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Lunch Menu

March 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	11-Mar	Honey Roasted Chicken	Teriyaki Tofu & Vegetables  	Roasted Broccoli and Carrots	Pasta / Rice 	Fruits
TUESDAY	12-Mar	Harrow School Chinese BBQ Pork  	Buddha's Delight (Lo Han Chai)  	Grilled Vegetables Medley	Rice / Noodles 	Ice Cream Mochi  
WEDNESDAY	13-Mar	Pepperoni Focaccia Pizza  	Cheese Focaccia Pizza  	Steamed Broccoli and Cherry Tomatoes	Baked Potatoes / Rice	Fruits
THURSDAY	14-Mar	Beef Bolognese	Japanese Vegetable Curry  	Garlic Zucchini and Mixed Bell Pepper	Baked Potatoes / Rice	Fruits
	15-Mar	Fish & Chips, Tartare Sauce   	Vegan Fish in Tomato Sauce    	Sauteed Carrots and Broccoli	Chips / Rice	Locally Sourced Ice Cream 



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Shellfish Alert

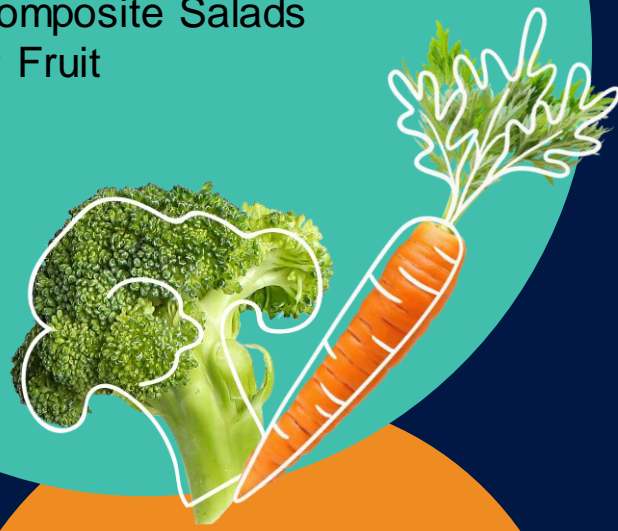
Lunch Menu

March 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	18-Mar	Honey Roasted Chicken	Teriyaki Tofu & Vegetables  	Roasted Broccoli and Carrots	Pasta / Rice 	Fruits
TUESDAY	19-Mar	Harrow School Chinese BBQ Pork  	Buddha's Delight (Lo Han Chai)  	Grilled Vegetables Medley	Rice / Noodles 	Ice Cream Mochi  
WEDNESDAY	20-Mar	Pepperoni Focaccia Pizza  	Cheese Focaccia Pizza  	Steamed Broccoli and Cherry Tomatoes	Baked Potatoes / Rice	Fruits
THURSDAY	21-Mar	Beef Bolognese	Japanese Vegetable Curry  	Garlic Zucchini and Mixed Bell Pepper	Baked Potatoes / Rice	Fruits
	22-Mar	Fish & Chips, Tartare Sauce   	Vegan Fish in Tomato Sauce    	Sauteed Carrots and Broccoli	Chips / Rice	Locally Sourced Ice Cream 



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Shellfish Alert

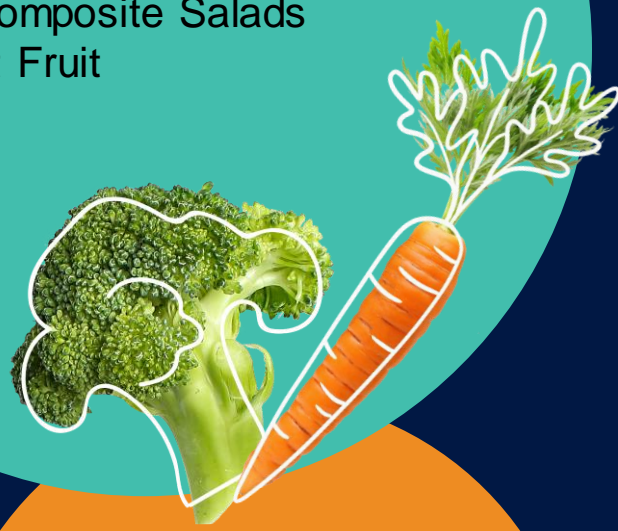
Lunch Menu

March 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	25-Mar	Honey Roasted Chicken	Teriyaki Tofu & Vegetables  	Roasted Broccoli and Carrots	Pasta / Rice 	Fruits
TUESDAY	26-Mar	Harrow School Chinese BBQ Pork  	Buddha's Delight (Lo Han Chai)  	Grilled Vegetables Medley	Rice / Noodles 	Ice Cream Mochi  
WEDNESDAY	27-Mar	Pepperoni Focaccia Pizza  	Cheese Focaccia Pizza  	Steamed Broccoli and Cherry Tomatoes	Baked Potatoes / Rice	Fruits
THURSDAY	28-Mar	Beef Bolognese	Japanese Vegetable Curry  	Garlic Zucchini and Mixed Bell Pepper	Baked Potatoes / Rice	Fruits



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