Main Campus Lunch Menu

HIS 杭州国际学校 Hangzhou International School

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	November 9	November 10	November 11	November 12	November 13
MAIN COURSE	Gong Bao Chicken	Beef Bolognese	Chicken Tikka Masala	Pork Stew	Shake & Bake Chicken
ALLERGENS	L		D	G	
STAPLE FOOD	Egg Fried Rice	Spaghetti with Tomato & Basil	Naan	Brown RIce	Potato Gratin
ALLERGENS	E	G	G		D
VEGETABLES	Stir-Fried Chinese Choy Sum	Steamed Broccoli, Carrot & Cauliflower	Roasted Carrot, Zucchini, Bell Peppers	Steamed Broccoli & Cauliflower	Sauteed Carrot & Green Beans
ALLERGENS					
SPECIALTIES	Wonton Soup	Ham & Cheese Quiche	Vegetable Samosa	Garlic Bread	Pancake with Syrup
ALLERGENS	G, L	D, E	G	G, D	G, D, E
SANDWICH BAR	Ham	Egg Salad	Paprika Lyoner	Tuna Salad	Bacon
ALLERGENS		E	L	S, E	
VEGETARIAN DISH (on request)	Gong Bao Tofu	Chickpea Bolognese	Tofu Masala	Chickpea & Mushroom Stew	Shake & Bake Eggplant
ALLERGENS	L	L	L	G, L	G
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice	Milk, Fruit Yogurt, Apple Juice, Kumquat Lemon Juice	Milk, Plain Yogurt, Apple Juice, Grape Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Lemonade
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

ECE Campus Lunch Menu

HIS 杭州国际学校 Hangzhou International School

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	November 9	November 10	November 11	November 12	November 14
MAIN COURSE	Gong Bao Chicken	Beef Bolognese	Chicken Tikka Masala	Pork Stew	Shake & Bake Chicken
ALLERGENS	L		D	G	
STAPLE FOOD	Egg Fried Rice	Spaghetti with Tomato & Basil	Naan	Brown RIce	Potato Gratin
ALLERGENS	E	G	G		D
VEGETABLES	Stir-Fried Chinese Choy Sum	Steamed Broccoli, Carrot & Cauliflower	Roasted Carrot, Zucchini, Bell Peppers	Steamed Broccoli & Cauliflower	Sauteed Carrot & Green Beans
ALLERGENS					
SPECIALTIES	Wonton Soup	Ham & Cheese Quiche	Vegetable Samosa Curry Puff	Garlic Bread	Pancake with Syrup
ALLERGENS	G, L	D, E	G	G, D	G, D, E
SANDWICH BAR	Ham	Egg Salad	Paprika Lyoner	Tuna Salad	Bacon
ALLERGENS		E	L	S, E	
VEGETARIAN DISH (on request)	Gong Bao Tofu	Chickpea Bolognese	Tofu Masala	Chickpea & Mushroom Stew	Shake & Bake Eggplant
ALLERGENS	L	L	L	G, L	G
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Kumquat Lemon Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

Nutrition Facts

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November 9-13 Lunch Menu Nutrition Facts (based on 2000 calorie diet)						
Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Gong Bao Chicken	434	11	28	29	896	4
Beef Bolognese	330	18	20	35	600	8
Chicken Tikka Masala	450	10	25	35	500	4
Pork Stew	535	14	29	50	546	4
Shake & Bake Chicken	250	12	7	25	600	2
Egg Fried Rice	233	13	7	14	338	2
Spaghetti with Tomato & Basil	213	8	8	5	194	1
Naan	250	45	5	10	400	3
Brown RIce	200	45	1	6	2	0
Potato Gratin	206	13	14	10	388	3
Stir-Fried Chinese Choy Sum	120	5	7	4	300	2
Steamed Broccoli & Cauliflower	70	12	1	5	50	3
Steamed Broccoli, Carrot & Cauliflower	100	18	0	5	80	8
Sauteed Carrot & Green Beans	47	1	13	3	260	1
Roasted Carrot, Zucchini, Bell Peppers	140	18	6	7	400	5

* ALL DATA FOR REFERENCE ONLY