Main Campus Lunch Menu

HIS 杭州国际学校 Hangzhou International School

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	November 16	November 17	November 18	November 19	November 20
MAIN COURSE	Sweet Soy-Glazed Chicken	Beef Lasagna	Chicken Chile Con Carne	Chinese Braised Pork	Chicken Schnitzel
ALLERGENS	L	G, D, E	L	L	G, E
STAPLE FOOD	Stir-Fried Chinese Rice Noodle	Roasted Mushroom	Brown Rice	Chinese Vegetable Fried Rice	Potato Wedges
ALLERGENS	G, L				
VEGETABLES	Sauteed Chinese Asparagus & Carrot	Steamed Broccoli & Carrot	Roasted Carrot, Zucchini, Bell Peppers	Sauteed Chinese Lettuce	Sauteed Carrot & Green Beans
ALLERGENS					L
SPECIALTIES	Pan-Fried Pork Bun	Corn Fritters	Corn Chips with Tomato Salsa/Guacamole	Fried Vegetable Spring Roll	Warm Corn Salad
ALLERGENS	G, L	G		G, L	
SANDWICH BAR	Ham	Egg Salad	Paprika Lyoner	Chicken Salad	Bacon
ALLERGENS		E	L	E	
VEGETARIAN DISH (on request)	Sweet Soy-Glazed Tofu	Eggplant Lasagna	Chili with Chickpea & Beans	Chinese Braised Tofu & Mushroom	Zucchini Schnitzel
ALLERGENS	L	G, D, E	L	L	G, E
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 16	November 17	November 18	November 19	November 20
MAIN COURSE	Sweet Soy-Glazed Chicken	Beef Lasagna	Chicken Chile Con Carne	Chinese Braised Pork	Chicken Schnitzel
ALLERGENS	L	G, D, E	L	L	G, E
STAPLE FOOD	Stir-Fried Chinese Rice Noodle	Roasted Mushroom	Brown Rice	Chinese Vegetable Fried Rice	Potato Wedges
ALLERGENS	G, L				
VEGETABLES	Sauteed Chinese Asparagus & Carrot	Steamed Broccoli & Carrot	Roasted Carrot, Zucchini, Bell Peppers	Sauteed Chinese Lettuce	Sauteed Carrot & Green Beans
ALLERGENS					L
SPECIALTIES	Pan-Fried Pork Bun	Corn Fritters	Corn Chips with Tomato Salsa/Guacamole Ham & Cheese Sandwich	Fried Vegetable Spring Roll	Warm Corn Salad
ALLERGENS	G, L	G	D	G, L	
SANDWICH BAR	Ham	Egg Salad	Paprika Lyoner	Chicken Salad	Bacon
ALLERGENS		E	L	E	
VEGETARIAN DISH (on request)	Sweet Soy-Glazed Tofu	Eggplant Lasagna	Chili with Chickpea & Beans	Chinese Braised Tofu & Mushroom	Zucchini Schnitzel
ALLERGENS	L	G, D, E	L	L	G, E
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

HIS 杭州国际学校 Hangzhou International School

November 16-20 Lunch Menu Nutrition Facts (based on 2000 calorie diet)						
Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Sweet Soy-Glazed Chicken	371	10	12	93	651	11
Beef Lasagna	450	35	22	35	900	8
Chicken Chile Con Carne	300	30	10	30	600	8
Chinese Braised Pork	580	5	50	28	1,300	3
Chicken Schnitzel	279	12	14	22	315	1
Stir-Fried Chinese Rice Noodle	612	55	6	74	780	5
Roasted Mushroom	104	9	6	3	409	3
Brown Rice	200	45	1	6	2	0
Chinese Vegetable Fried Rice	450	65	20	15	600	5
Potato Wedges	352	52	14	6	406	3
Sauteed Chinese Asparagus & Carrot	99	19	7	2	170	2
Sauteed Chinese Green Lettuce	41	9	1	3	38	2
Steamed Broccoli & Carrot	50	6	0	2	80	2
Sauteed Carrot & Green Beans	64	3	9	2	30	4
Roasted Carrot, Zucchini, Bell Peppers	140	18	6	7	400	5

* ALL DATA FOR REFERENCE ONLY