HARROW INTERNATIONAL SCHOOL HONG KONG

EYC Lunch Menu - November 2026

epicure Catering

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 2-6th	Meal A	Hainanese Chicken with Rice Chicken, Soy, Gluten	Beef Udon Beef, Soy, Gluten	Sweet & Sour Pork with Rice Pork, Soy, Gluten	Carbonara Pork, Dairy, Soy, Gluten	Parent Consultation Day
	Veggie/ Starch	Baby Bok Choy Soy, Gluten	Cauliflower Soy, Gluten	Green Beans Soy, Gluten	Broccoli Soy, Gluten	
week 2 9-13th	Meal A	Char Siu Pork with Rice Pork, Soy, Gluten	Pasta Beef Bolognese with Garlic Bread Beef, Dairy, Soy, Gluten	Steamed Fish Lemon Coriander with Rice Fish, Dairy, Gluten	BBQ Chicken with Rice Chicken, Soy, Gluten	Butter Chicken with Naan Bread Chicken, Dairy, Gluten
	Veggie/ Starch	Garlic Broccoli Soy, Gluten	Green Beans Soy, Gluten	Vegetable Medley Soy, Gluten	Choy Sum Soy, Gluten	Shanghai Brassica Soy, Gluten
week 3 16-20th	Meal A	Bacon with Mac & Cheese Pork, Dairy, Soy, Gluten	Beef Burger with Potato Wedge Beef, Dairy, Soy, Gluten	Hainanese Chicken with Rice Chicken, Soy, Gluten	Pork Udon Pork, Soy, Gluten	Yeung Chow Rice Pork, Eggs, Soy, Gluten
	Veggie/ Starch	Butter Sweet Corn Dairy	Vegetable Medley Soy, Gluten	Pumpkin Soy, Gluten	Baby Bok Choy Soy, Gluten	Broccoli Soy, Gluten
week 4 23-27th	Meal A	Soy Sauce Chicken with Rice Chicken, Soy, Gluten	Pork Udon Pork, Soy, Gluten	Chicken Strips with Pita Bread Chicken, Soy, Gluten	Sweet & Sour Fish with Rice Fish, Soy, Gluten	Baked Ziti Beef, Dairy, Soy, Gluten
	Veggie/ Starch	Garlic Broccoli Soy, Gluten	Butter Sweet Corn Dairy	Green Beans Soy, Gluten	Roasted Pumpkin Soy, Gluten	Choy Sum Soy, Gluten
week 5 30th-4th	Meal A	Chicken & Sweet Corn Rice Chicken, Soy, Gluten				
	Veggie/ Starch	Cauliflower Soy, Gluten				
Week 1-5	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit

AISL Food Project

(Sustainable)

(Spicy)

Beef, Pork, Chicken, Crustaceans, Fish, Eggs, Dairy, Soy, Gluten, Mustard, Oat, TreeNuts, Sesame, Lupin, Celery

(V)Suitable for lacto-ovo vegetarians

Please kindly note that items on this menu may change or be unavailable at certain times.

V11