HARROW INTERNATIONAL SCHOOL HONG KONG

Lunch Menu
16 - 20 November 2026

epicure Catering

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Chicken Nuggets (Chicken, Soy, Gluten)	Chocolate Muffin (Eggs, Dairy, Gluten)	Tater Puff (Soy)	Indian Samosa (Gluten)	Brownie (Eggs, Dairy)
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Meal A	Texas Chicken Steak with Roast Potatoes (Chicken, Gluten)	Honey-Glazed BBQ Pork (Char Siu) with Steamed Rice (Pork, Soy, Gluten)	Moroccan-Style Roasted Fish with Roast Potatoes (Fish, Eggs, Gluten)	Five-Spice Roast Duck with Steamed Rice (Soy, Gluten)	Beef Lasagna (Beef, Dairy, Gluten)
Meal B	Mediterranean Sea Bass with Tomato Sauce (Fish, Gluten)	Red Wine Braised Beef Cheek with Mashed Potato (Beef, Dairy, Gluten)	Kung Pao Chicken (Nut-Free) with Steamed Rice (Chicken, Soy, Gluten)	Japanese Curry Pork Chop with Steamed Rice (Pork, Eggs, Soy, Gluten)	Thai Grilled Chicken Steak with Steamed Rice (Chicken, Fish, Soy)
Chef's Choice	Tomato Scrambled Eggs with Rice (Eggs)	Thai Red Curry with Tofu with Steamed Rice (AISL) (Soy, Gluten)	Maple-Glazed Miso Tofu Fettuccine (AISL) (Soy, Gluten)	Veg Manchurian with Steamed Rice (Soy, Gluten)	Bean & Potato Burger with Fries (Gluten)
Veggie/Starch	Stir-Fried Choy Sum with Garlic (Soy, Gluten)	Stir-Fried Broccoli with Chili Bean Sauce (Soy, Gluten)	Poached Lettuce (Soy, Gluten)	Chinese Cabbage in Superior Broth (Soy, Gluten)	Butter Corn (Dairy)
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day

AISL Food Project

(Sustainable) (Vegetarian)

(Spicy)

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

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

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