























Menu for Harrow International School

Menu subject to change

























































































































































































SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRUNCH Made to Order Omelets  <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> Macaroni & Cheese  Total Calories: 615.26. <hr/> Vegan Mac & Cheese  Total Calories: 384.03. <hr/> Peas & Carrots  Total Calories: 38.92. <hr/> HOT SOUP Chicken Rice  Total Calories: 181.67. <hr/> DINNER Teriyaki Salmon  Total Calories: 192.82. <hr/> Vegetable Lo Mein  Total Calories: 896.61. <hr/> Steamed Brown Rice  Total Calories: 248.46. <hr/> Stir Fried Bok Choy  Total Calories: 118.77. <hr/>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Vegetable Noodle Soup  Total Calories: 116.39. <hr/> LUNCH Pasta Station Freshly sautéed pasta with a choice of sauces & protein add-ins Gluten free pasta available <hr/> DINNER Honey Dijon Baked Ham  Total Calories: 147.22. <hr/> BBQ Tofu "Steaks"  Total Calories: 338.06. <hr/> Mashed Sweet Potatoes  Total Calories: 377.25. <hr/> Garlicky Green Beans  Total Calories: 46.72. <hr/>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Chicken Tortilla Soup  Total Calories: 319.19. <hr/> LUNCH Taco Bar Choices of carnitas, pulled chicken or spicy red beans Flour or gluten-free corn tortillas Shredded lettuce, chopped onions, cojitas crumbled cheese, sour cream, salsa, guacamole and hot sauces <hr/> Mango & Pepper Salad  Total Calories: 157.72. <hr/> DINNER Roasted Chicken Thigh marinated in a tangy lemon & herb sauce  Total Calories: 501.51. <hr/> Hearty Bean Stew slow cooked medley of legumes and root vegetables  Total Calories: 627.86. <hr/> Rice Pilaf  Total Calories: 352.24. <hr/> Steamed Broccoli & Cauliflower  Total Calories: 21.69. <hr/>	BREAKFAST Made to Order Omelets  <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Tomato Bisque  <hr/> LUNCH Grilled Cheese Gluten free bread available  Total Calories: 634.06. <hr/> Buffalo Chicken Grilled Cheese Gluten free bread available  Total Calories: 1,060.72. <hr/> Vegan Grilled Cheese Gluten free bread available  Total Calories: 427.86. <hr/> DINNER Pasta Station Freshly sautéed pasta with a choice of sauces & protein add-ins Gluten free pasta available <hr/>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Miso Soup  Total Calories: 16.83. <hr/> LUNCH Korean Rice Bowl Choice of Brown or Jasmine Rice topped with Shredded Korean Beef, Sweet & Sticky Chicken or Sesame EdamameBeans with Steamed Vegetables & Kimchi <hr/> DINNER House-made Meatballs  Total Calories: 341.17. <hr/> Vegan Meatballs  Total Calories: 280.66. <hr/> Chef's Pasta of the Day  <hr/> Caesar Salad  Total Calories: 488.92. <hr/>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Chicken Noodle Soup  Total Calories: 572.69. <hr/> LUNCH Beef Gyro w/ Toppings Shaved beef wrapped in a warm pita bread with a toppings bar of chopped tomato & onions, shredded lettuce, crumbled feta cheese, tahini and cucumber tzatziki sauce  Total Calories: 375.53. <hr/> Falafel Gyro Seasoned chickpea patties wrapped in warm pita bread with a toppings bar of chopped tomato & onions, shredded lettuce, crumbled feta cheese, tahini and cucumber tzatziki sauce  Total Calories: 488.73. <hr/> Israeli Salad  Total Calories: 75.79. <hr/> DINNER Pizza Station A variety of pizzas including vegan and gluten-free pizzas <hr/> Grilled Chicken Caesar Salad  Total Calories: 773.45. <hr/>	BRUNCH Made to Order Omelets  <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> American Hero Sandwich  Total Calories: 690.25. <hr/> Grilled Vegetable Hummus Wrap  Total Calories: 280.90. <hr/> Breaded Buffalo Chicken Salad  Total Calories: 671.72. <hr/> HOT SOUP Carrot Ginger Soup  Total Calories: 89.26. <hr/> DINNER Chinese Chicken & Broccoli  Total Calories: 418.57. <hr/> Sweet Chili Tofu  Total Calories: 318.60. <hr/> Jasmine Rice  Total Calories: 86.49. <hr/>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRUNCH Made to Order Omelets   <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> Cheese Ravioli w/ Marinara Sauce   <i>Total Calories: 723.58.</i> <hr/> Sautéed Zucchini      <i>Total Calories: 95.25.</i> <hr/> Farfalle Primavera gluten free pasta available     <i>Total Calories: 375.12.</i> <hr/> Garlic Bread    <i>Total Calories: 150.50.</i> <hr/> HOT SOUP Chicken Vegetable Soup     <i>Total Calories: 414.10.</i> <hr/> DINNER Turkey Meatloaf     <i>Total Calories: 707.70.</i> <hr/> Vegan Meatloaf      <i>Total Calories: 414.44.</i> <hr/> Garlic Mashed Potatoes    <i>Total Calories: 87.74.</i> <hr/> Glazed Carrots      <i>Total Calories: 97.08.</i>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Black Bean Soup      <i>Total Calories: 237.90.</i> <hr/> LUNCH Burrito Bowl Station Build-your-own burrito bowl with a base of cilantro rice or shredded lettuce. Top with a choice of chipotle grilled chicken or smokey seasoned pinto beans. Toppings bars with guacamole, salsa, sour cream, shredded jack cheese and hot sauces <hr/> DINNER Jerk Chicken     <i>Total Calories: 476.64.</i> <hr/> Jerk Style Cauliflower Wings    <i>Total Calories: 304.57.</i> <hr/> Sautéed Collard Greens      <i>Total Calories: 77.02.</i> <hr/> Seasoned Rice     <i>Total Calories: 221.98.</i>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Cream Of Tomato Soup   <i>Total Calories: 295.78.</i> <hr/> LUNCH Chicken Tenders   <i>Total Calories: 252.00.</i> <hr/> Buffalo Vegan "Wings"     <i>Total Calories: 431.16.</i> <hr/> Buttered Corn    <i>Total Calories: 117.77.</i> <hr/> Roasted Cauliflower      <i>Total Calories: 27.70.</i> <hr/> DINNER Pasta Station Freshly sautéed pasta with a choice of sauces & protein add-ins Gluten free pasta available <hr/>	BREAKFAST Made to Order Omelets   <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Broccoli Cheddar Soup    <i>Total Calories: 343.17.</i> <hr/> LUNCH Assorted Sandwiches Chicken Caesar Salad Wraps Roast Beef & Cheddar Panini Pesto White Bean Spread, Grilled Zucchini & Fresh Tomato on Ciabatta Rolls Gluten free bread available <hr/> Potato Salad      <i>Total Calories: 239.81.</i> <hr/> Popcorn     <hr/> DINNER Mediterranean Chicken     <i>Total Calories: 495.32.</i> <hr/> Garlic Tofu      <i>Total Calories: 342.31.</i> <hr/> Couscous   <i>Total Calories: 162.62.</i> <hr/> Sautéed Spinach       <i>Total Calories: 59.56.</i>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Chicken Noodle Soup   <i>Total Calories: 572.69.</i> <hr/> LUNCH Pasta Station Freshly sautéed pasta with a choice of sauces & protein add-ins Gluten free pasta available <hr/> DINNER Chicken Lo Mein      <i>Total Calories: 661.88.</i> <hr/> Vegetable & Tofu Lo Mein       <i>Total Calories: 1,067.56.</i> <hr/> Baby Eggplant w/ Spicy Ginger Sauce       <i>Total Calories: 28.91.</i>	BREAKFAST Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> HOT SOUP Smooth Tomato Soup      <hr/> LUNCH Turkey Melt gluten free bread available   <i>Total Calories: 315.15.</i> <hr/> Tuna Melt gluten free bread available     <i>Total Calories: 370.36.</i> <hr/> Grilled Eggplant Hero gluten free bread available     <i>Total Calories: 343.10.</i> <hr/> Pretzels     <i>Total Calories: 217.73.</i> <hr/> DINNER Chili & Rice Station w/ Toppings Bar Warm rice bowls with a choice of chili con carne or 3 bean vegan chili Top with crumbled bacon, shredded cheeses, sour cream & chopped chives <hr/> Steamed Broccoli       <i>Total Calories: 20.28.</i>	BRUNCH Made to Order Omelets   <hr/> Continental Breakfast Daily scrambled egg, Fresh local breads & wraps available <i>including gluten-free & allergy-sensitive items</i> , Fresh cut & whole fruit, Yogurt & granola, Fruit juices & milk, An assortment of cereals <hr/> Baked Ziti Gluten-free pasta available   <i>Total Calories: 659.82.</i> <hr/> Vegan Baked Ziti Gluten-free pasta available     <i>Total Calories: 381.60.</i> <hr/> Arugula Salad w/ Lemon Vinaigrette w/ optional sliced grilled chicken      <i>Total Calories: 312.54.</i> <hr/> Garlic Knots     <i>Total Calories: 137.18.</i> <hr/> HOT SOUP Chicken Rice     <i>Total Calories: 181.67.</i> <hr/> DINNER Pulled Pork    <i>Total Calories: 555.72.</i> <hr/> Cajun Style Rice & Beans      <i>Total Calories: 105.99.</i> <hr/> String Beans & Peppers       <i>Total Calories: 65.84.</i>

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