

UISG Lunch Menu: November 4th - November 8th

MEAL		TYPE OF FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Protein		Cheese 芝士	Boiled Egg (1/2) 煮全蛋 (1/2)	Egg & Butter Mini Sandwich 鸡蛋牛油三明治	Lower sugar Yakult 低糖益力多	Cream Cheese 芝士奶油
	Starch		Digestive Crackers 消化饼	Steamed bread 奶香小馒头		Steamed Bun 蒸包	Cracker 苏打饼
	Fruit		Banana 香蕉	Fresh-Cut Watermelon 西瓜	Fresh-Cut Apple 苹果	Fresh-Cut Pear 秋梨	Fresh-Cut Apple 苹果
LUNCH	WITH MEAT	PROTEIN	Pan Fried Nunemberg Sausage with Pepper 黑椒彩椒炒纽伦堡香肠	Chicken Pizza 鸡肉披萨	Fry Pasta with Beef, Bell Pepper and Vegetables 牛肉 彩椒杂菜炒螺丝粉	Sweet and Sour Pineapple Pork 菠萝酸甜猪肉	Steam Fish with Lemon Juice 日式柠檬汁蒸鱼
	VEGETARIAN		Teriyaki Tofu 日式照烧豆腐	Cheese Pizza 芝士披萨	Fry Pasta with Bell Pepper and Vegetables 彩椒杂菜炒螺丝粉	Steamed Eggs 蒸水蛋	Singapore style fried rice noodle 星洲炒粿条
		STARCH	Steamed Rice 蒸饭			Bicolor Rice 蒸杂粮饭	Steamed Rice 蒸饭
		VEGETABLE	Garlic Broccoli 蒜蓉炒西兰花	Cauliflower & Carrots 椰菜花和胡萝卜	Bok Choy 小唐菜	Sauteed Baby Cabbage 白 灼娃娃菜	Butter Carrots 牛油胡萝卜
		Drink	Soy Milk 豆奶		Milk 牛奶		Yogurt 酸奶
AFTERNOON SNACK		Dessert	Raisins 提子干	Banana Chips 香蕉干	Japanese Cracker 日式饼干	Cherry Tomatoes 圣女果	Hawthorn Roll 山楂
		Fruit	Fresh- Cut Melon 哈密瓜	Fresh- cut Orange 橙子	Fresh- Cut Dragon Fruit 火龙果	Fresh- cut Orange 橙子	Fresh- Cut Watermelon 西瓜