





















UISG LUNCH MENU: November 18th-22nd

BUFFET LUNCH K3-Y2: ¥26 Y3-Y6: ¥30 Y7-Y12: ¥35		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
MAIN DISH 主要菜式	Option(A) A餐	Spaghetti Bolognese with Cheese 芝士牛肉酱意粉		Cutlet Pork Chop 吉列炸猪扒		Halal-Chicken Fricassee 清真-弗里卡西炖鸡		Spanish Seafood Paella (Slightly Spicy) 西班牙海鲜烩饭 (微辣)		Thai Stir Fry Mincing Pork with Lemongrass (Slightly Spicy) 泰式香茅炒肉碎 (微辣)		
	Option(B) B餐	Halal-Teriyaki Chicken 清真-日式照烧鸡		Halal-Malta Style Braised Red Snapper 清真-马耳他式炖鲷鱼		Diced Beef with Black Pepper and Vegetables 黑椒牛肉粒配时蔬		Halal - Braised Duck with Five Sauces 清真-五杯焖鸭		Halal-Mediterranean Grilled Chicken Wings 清真-地中海烤鸡翅		
	Vegetarian Option (C) C餐 (素)	Potato Gratin 烤芝士土豆片		Braised Tofu and Mushroom 蟹味菇焖豆腐干		Vegetables and Egg Fried Rice Noodle 杂菜鸡蛋炒米粉		Steamed Eggs 蒸水蛋		Farfalle Pasta with Tomato Sauce 茄汁蝴蝶粉		
STARCH 主食		Rice 米饭	Pasta 螺丝粉	Roast Corn with Butter 牛油烤玉米	Bicolor Rice 双色饭	Steam Bun 小馒头						
HOT VEGETABLES 配菜		Baguette Slices 法包片	Bicolor Rice 杂粮双色饭	Rice 米饭	Roast Sweet Potato 烤红薯	Chickpea 鹰嘴豆						
		OPTION ONE 选项一	Choy Sum 菜心		Broccoli/Carrot 西兰花胡萝卜		Lettuce 油麦菜		Bok Choy 小唐菜		Zucchini 云南小瓜	
Side Dish 配菜		OPTION TWO 选项二	Pickled Leek Root 酸芥头		Chickpea/ Kidney Beans and Black Olive 鹰嘴豆红腰豆黑橄榄		Mixed Couscous with Vegetables 中东小米和蔬菜		Glass Noodle and Cucumber 粉丝青瓜		Diced Cucumber and Corn 青瓜玉米粒	
		Lettuce & Tomatoes 生菜番茄	Lettuce & Tomatoes 生菜番茄	Lettuce & Tomatoes 生菜番茄	Lettuce & Tomatoes 生菜番茄							
SNACK OPTION 简餐 25rmb/ Box		VEGETARIAN (D) 素食	Tofu Skin and Kimchi Rice Ball 豆腐皮泡菜饭团		Cheese Pizza with Vegetables 芝士披萨配生菜番茄		Spring Rolls and Samosa with Mashed Potato and Vegetables 炸春卷/咖喱角配土豆泥和蔬菜		Light food-Bread/Egg/Chickpea /Broccoli/Vegetables 轻食-鸡蛋/面包粒/玉米/鹰嘴豆/蔬菜		Cheese Quesadillas with Corns and Tomatoes 烤芝士墨西哥饼/小番茄/玉米棒	
		NON-VEGETARIAN (E) 含肉类	Korean Rice Cake with Beef (Spicy) 韩式宫廷肥牛炒年糕 (微辣)		Light food-Chicken/Chickpea /Broccoli/Vegetables 轻食-鹰嘴豆/蔬菜/番茄/玉米/鸡肉		Meat Floss Onigiri 肉松三角包		Chicken Black Rice Sushi 鸡肉黑米寿司		Philly Cheese Steak Sandwich 费城牛肉三明治	
		NON-VEGETARIAN (F) 含肉类	Ham and Cheese Sandwich 火腿芝士三明治		Tuna Sandwich 吞拿鱼三明治		Chicken Sandwich 鸡肉蔬菜三明治		Chicken Burger with Vegetables 鸡肉汉堡配生菜番茄		Pork Dumplings with Vegetables(Pork/Corn) 煮猪肉玉米饺子和蔬菜	
FRUIT		Banana 香蕉	Yogurt 酸奶	Apple 苹果	Pear 梨	Yogurt 酸奶						
DESSERT		Croissant 牛角包	Yogurt 酸奶	Peach Cake 黄桃蛋糕	Brownie 翡翠蛋糕	Yogurt 酸奶						