

UISG Lunch Menu: November 4th - November 8th

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	Pan Fried Nunemberg Sausage with Pepper 黑椒彩椒炒纽伦堡香肠		Cream White Sauce Chicken Pasta(Halal) 白汁鸡球意粉(清真)		Indian Mutton Masala (Slightly Spicy) 印度玛莎拉羊肉(微辣)		Sweet and Sour Pineapple Pork 菠萝酸甜猪肉		Steam Fish with Lemon Juice (Halal) 日式柠檬汁蒸鱼(清真)	
	Option (B) B餐	Beef with Pumpkin Sauce Soup (Spicy)(Halal) 金汤肥牛(微辣)(清真)		Daeji Galbi (Pork Ribs) 韩式烤排骨		NiKu Jaga (Beef/ Potato/Carrot) (Halal) 日式焖土豆牛肉(清真)		Chicken Parmigiana (Halal) 意式奶酪鸡排(清真)		Beef with Green Pepper and Mushroom 青椒红萝卜杏鲍菇炒牛肉	
	VEGETARIAN (C) 素食	Teriyaki Tofu 日式照烧豆腐		Ratatouille 炖杂菜		Fry Pasta with Bell Pepper and Vegetables 彩椒杂菜炒螺丝粉		Steamed Eggs 蒸水蛋		Singapore Style Fry Rice Noodles 星洲炒裸条	
STARCH 主食		Steamed Rice 蒸饭		Sweet Potato 烤红薯		Steamed Rice 蒸饭		Bicolor Rice 蒸杂粮饭		Mashed Potato 土豆泥	
		Corn Cob 玉米棒		Steamed Carrot Rice 蒸胡萝卜饭		Little Bun 小馒头		Baked Beans 茄汁焗豆		Steamed Rice 蒸饭	
VEGETABLES 配菜	OPTION ONE 选项一	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	
	OPTION TWO 选项二	Pickled Leek Root 酸养头		Mix Sweet Corn/ Red Bean 玉米/红豆/彩椒		Baked Beans 茄汁焗豆		Mixed Cucumber with Fungus 拌青瓜木耳		Chickpea/Cucumber/Olive Slice 鹰嘴豆/橄榄片/青瓜	
	SIDE FOOD	Lettuce/Tomatoes 生菜/番茄		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 简易餐 25rmb/ Box	VEGETARIAN 素食 (D)	Korean Spicy Rice Cake 韩式辣年糕		Cheese Pizza with Cherry Tomatos/Cucumber 芝士披萨配小番茄/青瓜片		Slow cooked Butter tofu chickpea and Tortilla 牛油豆腐鹰嘴豆配墨西哥饼		Cheese Quesadillas with Corn and Tomato 芝士墨西哥饼配玉米和番茄		Mix Couscous Salad with Vegetables and Avocado 中东小米蔬菜牛油果沙拉	
	NON-VEGETARIAN 含肉类 (E)	Light food-Chicken/Corn/Quinoa/vegetables/Tomato 轻食-鸡肉/玉米粒/藜麦/面包/蔬菜/番茄		Beef Sushi rice balls 牛肉寿司饭团		Tuna Sandwich 吞拿鱼三明治		Kimchi and Chicken Sandwich 泡菜鸡肉三明治		Ham, Cheese and Gherkin Burger 火腿芝士酸黄瓜汉堡	
	NON-VEGETARIAN 含肉类 (F)	Ham Sushi Roll 火腿寿司		Chicken Sandwich 鸡肉蔬菜三明治		Shrimp and Crab Stick Sushi 虾仁蟹柳寿司		Fried Noodles with Beef 牛肉炒面		Meat Floss Onigiri 肉松三角包	
FRUIT	Banana香蕉		Pear 梨		Yogurt 酸奶		Apple 苹果		Yogurt 酸奶		
DESSERT	Croissant 牛角包		Brownie 翡翠蛋糕				Egg Tart 蛋挞				