


## UISG LUNCH MENU: December 16th - 20th

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 芝士牛肉蕃意粉	Halal-Beef Goulash 清真-匈牙利炖牛肉	Creamy French Mustard Chicken 法式芥末奶油炖鸡	Diced Beef with Black Pepper and Vegetables 黑椒牛肉配时蔬	
	Option(B) B餐	Halal-Teriyaki Chicken 清真-日式照烧鸡	Sweet and Sour Pork with Pineapple 菠萝咕嚕肉	Halal-Steam Fish with Soy Sauce 清真-广式豉油蒸鱼	Halal-Braised Duck with Five Sauces 清真-五杯焖鸭	
	Vegetarian Option (C) C餐 (素)	Swedish Baked Potato 瑞典烤土豆	Braised Tofu and Mushrooms 杂菇焖豆腐	Vegetables and Egg Fried Rice Noodle 杂菜鸡蛋炒米粉	Steamed Eggs 蒸水蛋	
STARCH 主食		Rice 米饭	Pasta 螺丝粉	Roast Corn with Butter 牛油烤玉米	Bicolor Rice 双色饭	
		Baguette Slices 法包片	Bicolor Rice 杂粮双色饭	Rice 米饭	Roast Sweet Potato 烤红薯	
HOT VEGETABLES 配菜	OPTION ONE 选项一	Choy Sum 菜心	Roast Vegetables 烤田园时蔬	Lettuce 油麦菜	Bok Choy 小唐菜	
	OPTION TWO 选项二	Kelp with Vinegar 醋拌海带丝	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	Pickled Leek Root 酸芥头	
Side Dish 配菜		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 (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	Hash Brown with Corn and Vegetables 炸薯饼配玉米蔬菜	Light food-Bread/Egg/Chickpea /Broccoli/Vegetables 轻食-鸡蛋/面包粒/玉米/鹰嘴豆/蔬菜	
	NON-VEGETARIAN (E) 含肉类	Light food-Chicken/Chickpea /Broccoli/Vegetables 轻食-鹰嘴豆/蔬菜/番茄/玉米/鸡肉	Ham Sushi 火腿寿司	Meat Floss Onigiri 肉松三角包	Chicken Black Rice Sushi 鸡肉黑米寿司	
	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	Shrimp & Guacamole Sandwich 牛油果酱虾仁三明治	Fried Chicken Burger with Vegetables 炸鸡肉汉堡配生菜番茄	
FRUIT		Banana 香蕉	Yogurt 酸奶	Apple 苹果	Pear 梨	
DESSERT		Doughnut 甜甜圈		Peach Cake 黄桃蛋糕	Brownie 翡翠蛋糕	