

## UISG EY Lunch Menu: January 20th-24th

MEAL		TYPE OF FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		Protein	Cream Cheese 芝士奶油	Egg & Butter Mini Sandwich 鸡蛋牛油三明治	Boiled Egg (1/2) 煮全蛋 (1/2)	Lower sugar Yakult 低糖益力多	Vegetables Sticks 蔬菜条
		Starch	Cracker 苏打饼		Donut 甜甜圈	Steamed Bun 蒸包	Digestive Crackers 消化饼
		Fruit	Banana 香蕉	Fresh-Cut Watermelon 西瓜	Fresh-Cut Apple 苹果	Grape 红提	Fresh-Cut Apple 苹果
LUNCH	WITH MEAT	PROTEIN	Char Siu Chinese Style Roast Pork 港式叉烧	Chicken Pizza 鸡肉披萨	Stir Fry Spaghetti with Pepper and Beef 黑椒牛柳炒意粉	American Style Grilled Chicken 美式烤鸡翅	Pork Chop with Tomato Sauce 茄汁猪扒
	VEGETARIAN		Steamed Rice Noodles with Garlic 金银蒜蒸陈村粉	Cheese Pizza 芝士披萨	Stir Fry Spaghetti with Pepper and Vegetables 黑椒蔬菜炒意粉	Nyonya Style Mixed Vegetables 娘惹杂菜	Baked Pumpkin 烤南瓜
		STARCH	Rice 蒸饭			Rice 米饭	Rice 蒸饭
		VEGETABLE	Choy sum 水煮菜心	Vichy Carrots 维希式胡萝卜	Bok Choy 小唐菜	Broccoli 西兰花	Choy Sum 菜心苗
		Drink	Soy Milk 豆奶		Milk 牛奶		Yogurt 酸奶
	AFTERNOON SNACK		Dessert	Raisins 提子干	Dried Vegetable Crackers 蔬果干	Japanese Snack 日式饼干	Cherry Tomatoes 圣女果
Fruit			Fresh- Cut Melon 哈密瓜	Sweet Tangerine 沙糖桔	Fresh- Cut Dragon Fruit 火龙果	Fresh- cut Orange 橙子	Fresh- Cut Watermelon 西瓜