


UISG Lunch Menu: January 20th-24th

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	Char Siu Chinese Style Roast Pork 港式叉烧		Halal-Mutton Pilaf 清真-羊肉手抓饭		Braised Duck with Five Sauce 五杯汁焖鸭肉		Halal-American Style Grilled Chicken 清真-美式烤鸡翅		Halal-Braised Beef Brisket with Tomato 清真-萝卜焖牛腩	
	Option (B) B餐	Halal-French Beef Stew with Carrot 清真-法式红萝卜炖牛肉		Korean Braised Chicken 韩式料理炖鸡		Halal-Stir Fry Spaghetti with Pepper and Beef 清真-黑椒牛柳炒意粉		Thai GaPao Minced Pork 泰式打抛炒肉末		Pork Chop with Tomato Sauce 茄汁猪扒	
	VEGETARIAN (C) 素食	Steamed Rice Noodles with Garlic 金银蒜蒸陈村粉		Farfalle Pasta with Tomato Sauce 茄汁蝴蝶粉		Stir Fried Vegetables (Potato, Eggplant, Green Pepper) 地三鲜		Nyonya Style Mixed Vegetables 娘惹杂菜		Baked Pumpkin 烤南瓜	
STARCH 主食		Rice 蒸饭	Bicolor rice 杂粮黑米饭	Rice 蒸饭	Rice 米饭	Rice 蒸饭	Corn cob 玉米棒	Couscous and Vegetables 拌中东小米和杂菜	Steam Potato 蒸土豆	Chickpea/Kidney Beans 鹰嘴豆/红腰豆	Sweet Potato 烤红薯
VEGETABLES 配菜	OPTION ONE 选项一	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	
	OPTION TWO 选项二	Chickpea/ Kidney Beans and Black Olive 鹰嘴豆红腰豆黑橄榄		Cucumber in Yogurt 酸奶浸青瓜粒		Roast Pumpkin with Lentil and Cheese 烤南瓜/扁豆/芝士		Kelp with Vinegar 醋拌海带丝		Mix Sweet Corn/ Red Bean 玉米/红豆/彩椒	
	SIDE FOOD	Lettuce and Tomatoes 生菜番茄		Lettuce and Tomatoes 生菜番茄		Lettuce and Tomatoes 生菜番茄		Lettuce and Tomatoes 生菜番茄		Lettuce and Tomatoes 生菜番茄	
SNACK OPTION 简易餐 25rmb/ Box	VEGETARIAN 素食 (D)	French Fries with Vegetable Sticks and Hummus 炸薯条配蔬菜条和鹰嘴豆泥		Cheese Pizza with Vegetables 芝士披萨配蔬菜		Cheese, Tomato and Egg Burrito 芝士鸡蛋番茄卷		Cheese/Tomato/ Avocado/ Lettuce Croissant 芝士/牛油果/生菜番茄牛角包		Korean Rice Cake (Spicy) 韩式炒年糕 (辣)	
	NON-VEGETARIAN 含肉类 (E)	Crab Stick Sushi 蟹柳寿司		Tuna Sushi 吞拿鱼寿司		Chicken Nuggets with Mashed Potatoes 炸鸡块配土豆泥和蔬菜		Meat Floss Onigiri 肉松三角包		Tuna Sandwich 吞拿鱼三明治	
	NON-VEGETARIAN 含肉类 (F)	Ham and Cheese Sandwich 芝士火腿三明治		Philly Cheese Steak Sandwich 费城牛肉三明治		Chicken Sandwich 鸡肉蔬菜三明治		Pan fried Pork Dumpling with Vegetables 煎猪肉饺子配蔬菜		Light food-Shrimp/Chickpea /Vegetables 轻食-虾仁/玉米粒/鹰嘴豆蔬菜	
FRUIT	Sweet Tangerine 沙糖桔	Banana 香蕉	Yogurt 酸奶	Pear 香梨	Apple 苹果						
DESSERT	Croissant 牛角包	Brownie 翡翠蛋糕	Egg Tart 蛋挞	Carrot Cake 胡萝卜蛋糕							