

UISG Lunch Menu: March 24th-28th, 2025

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	Greek Moussaka 希腊名菜穆萨卡 (Beef/Eggplant/Zucchini) (牛肉, 茄子, 云南小瓜)	Uzbek Palov 乌兹别克黑抓饭 (Mutton/Halal) (羊肉/清真)	Pan Fried Fish with Tomato Basil Sauce 香煎鱼柳配番茄罗勒汁 (Halal/清真)	American Grilled Pork Ribs 美式烤猪肋排
	Option (B) B餐	Spaghetti Bolognese 牛肉酱意粉 (Halal/清真)	Grilled Duck Breast with Orange 橙香烤鸭胸肉 (Halal/清真)	Steam Pork Patty with Water Chestnut 马蹄蒸肉饼	Braised Marinated Chicken Wings (Halal) 卤水鸡翅	Diced Beef with Pepper and Mushroom 黑椒口蘑牛肉粒 (Halal/清真)
	VEGETARIAN (C) 素食	Steamed Eggs 蒸水蛋	Ratatouille 炖杂菜	Stir Fry Pasta with Bell Pepper and Vegetables 彩椒杂菜炒螺丝粉	Scrambled Eggs with Tomato Sauce 番茄炒蛋	Farfalle Pasta with Tomato Sauce 茄汁蝴蝶粉
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	Wax Gourd with Garlic 蒜蓉炒冬瓜	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 酸芥头	Mix Sweet Corn/ Red Bean 玉米/红豆/彩椒	Baked Beans 茄汁焗豆	Potato Salad (Egg) 土豆沙拉 (含鸡蛋)	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)	Cheese, Lettuce and Tomato Tortilla Wrap 芝士番茄生菜墨西哥卷	Vegetable and Cheese Rice Balls 芝士味七彩饭团	Cheese, Tomato, Lettuce Oatbread Sandwich 芝士番茄生菜燕麦包三明治	Cheese Quesadillas with Baked Beans 芝士墨西哥饼配焗豆	Cheese Pizza with Vegetables 芝士披萨配生菜番茄
	NON-VEGETARIAN 含肉类 (E)	Ham and Cheese Sandwich 芝士火腿三明治	Tuna Onigiri 吞拿鱼三角包	Tuna Sandwich 吞拿鱼三明治	Ham Sushi Roll 火腿寿司	Chicken Sandwich 鸡肉蔬菜三明治
	NON-VEGETARIAN 含肉类 (F)	Mixed Vegetables and Chicken Noodle 杂菜鸡肉蚝油汤面	Mixed Noodles with Minced Beef and Vegetables 牛肉碎青瓜胡萝卜丝拌面	Korean Beef Bibimbap 韩式牛肉拌饭	Char Siu (Barbecued Pork) Noodle 叉烧河粉	Korean Spicy Beef Rice Cakes (Spicy) 韩式宫廷肥牛年糕 (微辣)
FRUIT		Banana 香蕉	Yogurt 酸奶	Pear 梨	Apple 苹果	Yogurt 酸奶
DESSERT		Croissant 牛角包		Multigrain Cake 杂粮糕	Brownie 翡翠巧克力蛋糕	