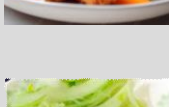
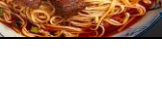
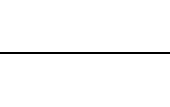
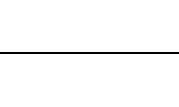
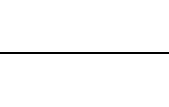
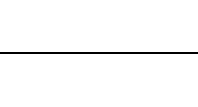


| UISG Lunch Menu: August 18th-22nd, 2025                                           |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
|-----------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |                                   | MONDAY                                                              |                                                                                      | TUESDAY                                                      |                                                                                       | WEDNESDAY                                    |                                                                                       | THURSDAY                                                      |                                                                                       | FRIDAY                                                           |                                                                                       |
| WESTERN (A) 西式                                                                    | MAIN DISH 主要菜式                    | Creamy Chicken Pasta with Mushrooms<br>白汁鸡肉蘑菇意粉                     |    | Homemade Italian Beef Meatballs<br>自制意式茄汁牛肉丸                 |    | Grilled Chicken Legs with Herbs<br>香草烤鸡腿     |    | Bacon and Beef Meatloaf with Gravy<br>培根牛肉卷配肉汁                |    | Deep Fried Finger Fish with Tartar Sauce (Halal)<br>炸鱼柳配塔塔酱 (清真) |    |
|                                                                                   | STARCH 主食                         | Corn cob<br>牛油玉米棒                                                   |                                                                                      | Pasta 螺丝粉                                                    |                                                                                       | Mashed Potato 土豆泥                            |                                                                                       | Roast Vegetables<br>橄榄油拌烤蔬菜                                   |                                                                                       | Steamed Sweet Potatoes<br>蒸红薯                                    |                                                                                       |
|                                                                                   |                                   | Steamed Quinoa Rice<br>蒸藜麦饭                                         |    | Steamed Rice<br>蒸饭                                           |    | Steamed Rice<br>蒸饭                           |    | Steamed Carrot Rice<br>蒸胡萝卜饭                                  |    | Steamed Rice<br>蒸饭                                               |    |
|                                                                                   | VEGETABLES 蔬菜                     | Choy Sum / 菜心                                                       |    | Broccoli 西蓝花                                                 |    | Bok Choy 小唐菜                                 |    | Sauteed Baby Cabbage<br>白灼娃娃菜                                 |    | Carrots 牛油胡萝卜                                                    |    |
|                                                                                   |                                   | Roast Vegetables<br>橄榄油拌烤蔬菜                                         |    | Baked Beans 茄汁焗豆                                             |    | Cucumber with Yoghurt<br>酸奶拌青瓜               |    | Kimchi 泡菜                                                     |    | Chickpea/Cucumber/Olive<br>鹰嘴豆/橄榄片/青瓜                            |    |
|                                                                                   |                                   | Lettuce/Tomatoes<br>生菜/番茄                                           |                                                                                      | Lettuce/Tomatoes<br>生菜/番茄                                    |    | Lettuce/Tomatoes<br>生菜/番茄                    |    | Lettuce/Tomatoes<br>生菜/番茄                                     |    | Lettuce/Tomatoes<br>生菜/番茄                                        |    |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
| ASIAN (B) 亚式                                                                      | MAIN DISH 主要菜式                    | Braised Beef with Tomato and Potato (Halal)<br>土豆番茄炖牛肉 (清真)         |    | Mediterranean Grilled Chicken Wings (Halal)<br>地中海风情烤鸡翅 (清真) |    | Indian Masala Mutton (Halal)<br>印度玛莎拉羊肉 (清真) |    | Sweet and Sour Chicken (Halal)<br>酸甜鸡肉 (清真)                   |    | Char Siu (BBQ pork) with Honey Sauce<br>蜜汁叉烧                     |    |
|                                                                                   | STARCH 主食                         | Corn cob 牛油玉米棒                                                      |                                                                                      | Pasta 螺丝粉                                                    |                                                                                       | Mashed Potato 土豆泥                            |                                                                                       | Roast Vegetables<br>橄榄油拌烤蔬菜                                   |                                                                                       | Steamed Sweet Potatoes<br>蒸红薯                                    |                                                                                       |
|                                                                                   |                                   | Steamed Quinoa Rice<br>蒸藜麦饭                                         |   | Steamed Rice<br>蒸饭                                           |   | Steamed Rice<br>蒸饭                           |   | Steamed Carrot Rice<br>蒸胡萝卜饭                                  |   | Steamed Rice<br>蒸饭                                               |   |
|                                                                                   | VEGETABLES 蔬菜                     | Choy Sum / 菜心                                                       |  | Broccoli 西蓝花                                                 |  | Bok Choy 小唐菜                                 |  | Sauteed Baby Cabbage<br>白灼娃娃菜                                 |  | Carrots 牛油胡萝卜                                                    |  |
|                                                                                   |                                   | Roast Vegetables<br>橄榄油拌烤蔬菜                                         |  | Baked Beans 茄汁焗豆                                             |  | Cucumber with Yoghurt<br>酸奶拌青瓜               |  | Kimchi 泡菜                                                     |  | Chickpea/Cucumber/Olive<br>鹰嘴豆/橄榄片/青瓜                            |  |
|                                                                                   |                                   | Lettuce/Tomatoes<br>生菜/番茄                                           |                                                                                      | Lettuce/Tomatoes<br>生菜/番茄                                    |  | Lettuce/Tomatoes<br>生菜/番茄                    |  | Lettuce/Tomatoes<br>生菜/番茄                                     |  | Lettuce/Tomatoes<br>生菜/番茄                                        |  |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
| VEGETARIAN AND VEGANS (C/ D)<br>素餐 和 严格素食 (C/D)                                   | MAIN DISH 主要菜式                    | Creamy Pasta with Mushrooms<br>白汁蘑菇斋意粉                              |  | Homemade Italian vegetarian Balls<br>自制意式茄汁蔬菜丸               |  | Braised Tofu with Mushroom<br>蘑菇炖豆腐          |  | Scrambled Egg with Tomato 番茄炒蛋                                |  | Teriyaki Tofu<br>照烧豆腐                                            |  |
|                                                                                   |                                   | Cheese Quesadillas with Corn and Cherry Tomatoes<br>烤芝士墨西哥饼配玉米棒和小番茄 |  | Kimchi Jumeokkbpap Rice Ball<br>韩式泡菜饭团                       |  | Japanese Seaweed Sushi<br>日式海草寿司             |  | Spanish Omelette (Vegetables, Potatoes and Eggs)<br>西式煎蔬菜土豆蛋饼 |  | Baked Macaroni and Cheese<br>焗芝士通心粉                              |  |
|                                                                                   | STARCH 主食                         | Corn cob 牛油玉米棒                                                      |                                                                                      | Pasta 螺丝粉                                                    |                                                                                       | Mashed Potato 土豆泥                            |                                                                                       | Roast Vegetables<br>橄榄油拌烤蔬菜                                   |                                                                                       | Steamed Sweet Potatoes<br>蒸红薯                                    |                                                                                       |
|                                                                                   |                                   | Steamed Quinoa Rice<br>蒸藜麦饭                                         |  | Steamed Rice<br>蒸饭                                           |  | Steamed Rice<br>蒸饭                           |  | Steamed Carrot Rice<br>蒸胡萝卜饭                                  |  | Steamed Rice<br>蒸饭                                               |  |
|                                                                                   | VEGETABLES 蔬菜                     | Choy Sum / 菜心                                                       |  | Broccoli 西蓝花                                                 |  | Bok Choy 小唐菜                                 |  | Sauteed Baby Cabbage<br>白灼娃娃菜                                 |  | Carrots 牛油胡萝卜                                                    |  |
|                                                                                   |                                   | Roast Vegetables<br>橄榄油拌烤蔬菜                                         |  | Baked Beans 茄汁焗豆                                             |  | Cucumber with Yoghurt<br>酸奶拌青瓜               |  | Kimchi 泡菜                                                     |  | Chickpea/Cucumber/Olive<br>鹰嘴豆/橄榄片/青瓜                            |  |
|                                                                                   |                                   | Lettuce/Tomatoes<br>生菜/番茄                                           |                                                                                      | Lettuce/Tomatoes<br>生菜/番茄                                    |  | Lettuce/Tomatoes<br>生菜/番茄                    |  | Lettuce/Tomatoes<br>生菜/番茄                                     |  | Lettuce/Tomatoes<br>生菜/番茄                                        |  |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
| NON-VEGETARIAN<br>含肉类 E                                                           | Packed Snack Lunch<br>简易餐         | Beef and Cheese Tortilla Roll<br>牛肉芝士墨西哥卷                           |  | Hot dog with Roast Vegetables<br>热狗配烤蔬菜                      |  | Chicken Sandwich<br>鸡肉蔬菜三明治                  |  | Chicken Pizza with Vegetables<br>鸡肉披萨配蔬菜                      |  | Tuna sandwich 吞拿鱼三明治                                             |  |
|                                                                                   |                                   | Lettuce/Tomatoes<br>生菜/番茄                                           |                                                                                      | Lettuce/Tomatoes<br>生菜/番茄                                    |                                                                                       | Lettuce/Tomatoes<br>生菜/番茄                    |                                                                                       | Lettuce/Tomatoes<br>生菜/番茄                                     |                                                                                       | Lettuce/Tomatoes<br>生菜/番茄                                        |                                                                                       |
| NON-VEGETARIAN<br>含肉类 (F)                                                         | Soup noodle or Bibimbap<br>汤面或石锅饭 | Braised Pork Noodles<br>台湾卤肉面                                       |  | Korean Beef Bibimbap<br>韩式牛肉拌饭                               |  | Marinated Beef Noodles<br>牛肉片卤鸡蛋面            |  | Spanish Seafood Paella<br>西班牙海鲜饭                              |  | Spicy and Sour Pork Rice Noodles<br>酸辣猪肉片粉                       |  |
|                                                                                   |                                   |                                                                     |                                                                                      |                                                              |                                                                                       |                                              |                                                                                       |                                                               |                                                                                       |                                                                  |                                                                                       |
| Daily Dairy Product and Fruits<br>牛奶&水果                                           |                                   | Yogurt 酸奶 / Fruit 水果                                                |                                                                                      | Milk 牛奶 / Fruit 水果                                           |                                                                                       | Milk 牛奶 / Fruit 水果                           |                                                                                       | Yogurt 酸奶 / Fruit 水果                                          |                                                                                       | Milk 牛奶 / Fruit 水果                                               |                                                                                       |