

UISG Lunch Menu: August 25th-29th, 2025

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) Western 西式	Spaghetti Bolognese 意式肉酱意粉		Iberian Grilled Pork Ribs 伊比利亚式烤猪肋排		Traditional British Mutton Stew 英式炖羊肉		Pan Fried Pork Chop with Pepper Sauce 煎猪扒配黑椒汁		Chicken Cacciatore 意式猎人烩鸡肉 (清真)	
	Option (B) Asian 亚式	Stir Fry Chicken and Shrimp with Lettuce9 (Halal) 莴笋炒虾仁鸡肉丁 (清真)		Stir Fry Beef with Sauerkraut (Halal) 潮汕酸菜炒滑牛肉片 (清真)		Deep Fried Chicken Wings with Lemongrass (Halal) 香炸香茅鸡全翅 (清真)		Shredded Mixed Chicken (Halal) 手撕鸡 (清真)		Steamed Fish with Soy Sauce (Halal) 广式清蒸龙利鱼柳	
Vegetables 蔬菜	Option One 选项一	Broccoli & Carrots 西兰花和胡萝卜		Choy Sum 菜心		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Stir Fry Mushrooms 黑椒炒杂菇	
	Option Two 选项二	Baked Beans 茄汁焗豆		Rost Vegetables 橄榄油黑椒烤蔬菜		Couscous with Vegetables 杂菜拌中东小米		Diced Radish 萝卜丁		Chickpea/Cucumber/Olive 鹰嘴豆/橄榄片/青瓜	
	Side Food 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		Lettuce/Tomatoes 生菜/番茄	
Starch 主食		Corn cob 牛油玉米棒		Pasta in Tomato Sauce 茄汁螺丝粉		Couscous and Vegetables 杂菜拌中东小米		Roast Vegetables 橄榄油黑椒烤蔬菜		Steamed Sweet Potatoes 蒸甜薯	
		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭	
Main Dish 主要菜式 (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食	Pasta in Tomato Sauce 意式茄汁意粉		Ratatouille 普罗旺斯炖杂菜		Scrambled Egg with Tomatoes 番茄炒蛋		Mapo Tofu (Spicy) 麻婆豆腐 (微辣)		Korean Stir Fry Mixed Vegetables 韩式炒杂菜	
	Vegetarian (D) 素食	Stir Fry Tofu with Bell Peppers and Celery 彩椒芹菜炒豆腐		Cheese Quesadillas 芝士墨西哥饼		Tteokbokki Korean Rice Cake (Spicy) 韩式炒年糕 (微辣)		Spring Rolls with Potato Wedges 春卷配土豆角		Tofu Skin and Kimchi 豆腐皮泡菜饭团	
Vegetables 蔬菜	Option One 选项一	Broccoli & Carrots 西兰花和胡萝卜		Choy Sum 菜心		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Stir Fry Mushrooms 黑椒炒杂菇	
	Option Two 选项二	Baked Beans 茄汁焗豆		Rost Vegetables 橄榄油黑椒烤蔬菜		Couscous with Vegetables 杂菜拌中东小米		Diced Radish 萝卜丁		Chickpea/Cucumber/Olive 鹰嘴豆/橄榄片/青瓜	
	Side Food 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		Lettuce/Tomatoes 生菜/番茄	
Starch 主食		Corn cob 牛油玉米棒		Pasta in Tomato Sauce 茄汁螺丝粉		Couscous and Vegetables 杂菜拌中东小米		Roast Vegetables 橄榄油黑椒烤蔬菜		Steamed Sweet Potatoes 蒸甜薯	
		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭	
NON-VEGETARIAN 含肉类 (E)	Packed Snack Lunch 简易餐	Toast Hame and Cheese Sandwich 烤芝士火腿三明治		Chicken Nuggets with Mashed Potato 炸鸡块配土豆泥		Chicken Sandwich 鸡肉蔬菜三明治		Chicken Burger with French Fries 鸡肉汉堡配炸薯条		Tuna sandwich 吞拿鱼三明治	
		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	
NON-VEGETARIAN 含肉类 (F)	Soup noodle or Bibimbap 汤面或石锅饭	Mixed Meat and Beans Sauce Noodles 炸酱面		Spicy Beef Noodles 麻辣牛肉面		Korean Beef Bibimbap 韩式牛肉拌饭		Pork Wonton Noodles 云吞面		Vietnam Beef Rice Noodle Soup 越南火车头牛肉汤河粉	
Daily Dairy Product and Fruits 牛奶&水果		Milk 牛奶 / Fruit 水果		Yogurt 酸奶 / Fruit 水果		Milk 牛奶 / Fruit 水果		Yogurt 酸奶 / Fruit 水果		Milk 牛奶 / Fruit 水果	