












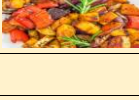
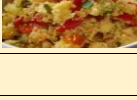
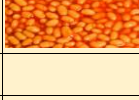
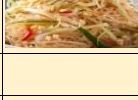
















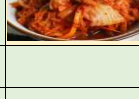











# UISG Lunch Menu: September 8th-12th, 2025

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) Western 西式	Pork and Apple Casserole 法式苹果炖猪肉		Beef Lasagna 牛肉千层面		French Cranberry Balsamic Beef Stew 法式蔓越莓炖牛肉		Deep Fry Pork Ribs with Peppermint 薄荷炸排骨		Orlean Grilled Chicken Drumsticks(Halal) 奥尔良烤鸡翅根 (清真)	
	Option (B) Asian 亚式	Chicken Fried Rice (Halal) 鸡肉炒饭 (清真)		Japanese- Style Steamed Fish with Lemon Juice (Halal) 日式柠檬汁蒸鱼 (清真)		Korean Braised Chicken with Kimchi (Spicy) 韩式泡菜炖鸡肉 (微辣) (清真)		Braised Duck with Five Sauces (Halal) 五杯汁焖鸭 (清真)		Diced Beef with Mushroom and Garlic 蒜香蘑菇牛肉粒	
Vegetables 蔬菜	Option One 选项一	Choy Sum /菜心		Sauteed Zucchini /清炒云南小瓜		Cabbage/ Carrots 包菜/胡萝卜		Cauliflower/Broccoli 菜花/西兰花		Bok Choy 小唐菜	
	Option Two 选项二	Roast Vegetables with Olive Oil and Black Pepper 橄榄油拌烤蔬菜		Mix Couscous with Vegetables 拌中东小米和杂菜		Baked Beans 茄汁焗豆		Mixed Fungus and Glass Noodles 青瓜粉丝		Kimchi 泡菜	
	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		Chickpea 鹰嘴豆		Roast Vegetables 橄榄油黑椒烤蔬菜		Sweet Potatoes 蒸红薯	
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Steamed Rice 蒸饭		Carrot Rice 胡萝卜饭		Steamed Rice 蒸饭	
Main Dish 主要菜式 (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食	Farfalle Pasta in Tomato Sauce 茄汁蝴蝶粉		Vegetables in Curry Sauce 咖喱煮杂菜		Steam Baby Cabbage with Garlic and Noodle Glass 粉丝蒜蓉蒸娃娃菜		Vegetarian Mousakk 蔬菜穆萨卡		Scrambled Egg with Tomatoes 番茄炒蛋	
	Vegetarian (D) 素食	Potato and Vegetables Pancake 土豆蔬菜煎饼		Cheese, Tomato, Lettuce Oatbread Sandwich 芝士番茄生菜燕麦包三明治		Japanese Style Fried Udon with Vegetables 日式蔬菜炒乌冬		Egg Sandwich 鸡蛋三明治		Cheese Quesadillas with Tomatoes and Corn 芝士墨西哥饼配小番茄玉米	
Vegetables 蔬菜	Option One 选项一	Choy Sum /菜心		Sauteed Zucchini /清炒云南小瓜		Cabbage/ Carrots 包菜/胡萝卜		Cauliflower/Broccoli 菜花/西兰花		Bok Choy 小唐菜	
	Option Two 选项二	Roast Vegetables with Olive Oil and Black Pepper 橄榄油拌烤蔬菜		Mix Couscous with Vegetables 拌中东小米和杂菜		Baked Beans 茄汁焗豆		Mixed Fungus and Glass Noodles 青瓜粉丝		Kimchi 泡菜	
	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		Chickpea 鹰嘴豆		Roast Vegetables 橄榄油黑椒烤蔬菜		Sweet Potatoes 蒸红薯	
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Steamed Rice 蒸饭		Carrot Rice 胡萝卜饭		Steamed Rice 蒸饭	
NON-VEGETARIAN 含肉类 (E)	Packed Snack Lunch 简易餐	Beef and Cheese Burrito Wrap 芝士牛肉墨西哥饼卷		Korean Spicy Beef Rice Cakes (Spicy) 韩式宫廷肥牛年糕 (微辣)		Chicken Sandwich 鸡肉蔬菜三明治		Beef Pizza with Vegetables 配生菜番茄		Smoked Salmon Sushi 烟熏三文鱼寿司	
		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	Char Siu (Barbecued Pork) Noodle 叉烧河粉		Mixed Noodles with Sesame Paste and Minced Pork 热干面 (芝麻酱汁)		Spanish Paella 西班牙海鲜饭		Beef Rice Noodles 卤牛肉面		Whole Chicken Wing Noodles 鸡全翅汤面	
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	