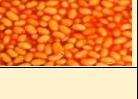


UISG Lunch Menu: November 17th-21st, 2025

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) A餐	Char Siu Barbecued Pork with Honey Sauce 蜜汁叉烧		Beef Lasagna 牛肉千层面		Braised Beef Brisket 广式焖牛腩		Duck Breast with Orange Sauce (Halal) 香橙鸭胸肉 (清真)		Deep Fried Pork Ribs with Peppermint 薄荷炸排骨	
	Option (B) B餐	Japanese Simmered Beef and Potatoes (Halal) 日式炖牛肉 (清真)		Japanese- Style Steamed Fish with Lemon Juice (Halal) 日式柠檬汁蒸鱼 (清真)		Korean Fried Chicken (Halal) 韩式炸鸡 (清真)		Spanish Braised Pork with Sausages 西班牙香肠炖猪肉		Korean Braised Beef with Potatoes (Halal) 韩式土豆炖牛腩 (清真)	
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 Potatoes with Garlic and Butter 蒜香黄油烤土豆		French Roast Pumpkin with Garlic 法式蒜香烤南瓜	
		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	Vegetarian Fried Rice 蔬菜炒饭		Vegetables in Curry Sauce 咖喱焗杂菜		Steam Baby Cabbage with Garlic and Noodle Glass 粉丝蒜蓉蒸娃娃菜		Stir Fried Dried Bean Curd with Celery and Carrot 芹菜胡萝卜炒豆腐泡		Stir Fried Sour and Spicy Shredded Potatoes 酸辣土豆丝	
	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二明治		Japanese Style Fried Udon with Vegetables 日式蔬菜炒乌冬		Egg Sandwich 鸡蛋三明治		Cheese & Corn Quesadillas with Tomatoes and Corn 芝士玉米墨西哥饼配小番茄玉米棒	
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 Potatoes with Garlic and Butter 蒜香黄油烤土豆		French Roast Pumpkin with Garlic 法式蒜香烤南瓜	
		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 牛肉披萨配生菜番茄		Veal Sausage and Cheese Burgers with Fries 牛仔肠芝士汉堡配薯条	
		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	Gilled Chicken Leg Noodles 奥尔良鸡腿面		Tonkatsu Udon 炸猪扒乌冬面		Braised Pork Ribs Noodles 红烧排骨面		Beef Rice Noodles 卤牛肉面		Korean Beef Bibimbap 韩式牛肉拌饭	
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	