

UISG Lunch Menu: December 15th-18th

		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		Beef Brisket with Radish 萝卜焖牛腩		Boeuf Bourguignon (Beef Stew) (Halal) 法式炖牛肉 (清真)			
	Option (B) B餐	Korean Bulgogi Stir Fried Beef (Halal) 韩式炒牛肉 (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)		Deep Fried Pork Ribs with Peppermint 薄荷炸排骨			
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		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		Glass Noodles 粉丝			
	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			
Starch 主食		Corn Cob 煮玉米棒		Pasta in Tomato Sauce 茄汁螺丝粉		Chickpea 鹰嘴豆		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			
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 咖喱煮杂菜		Steam Baby Cabbage with Garlic and Noodle Glass 粉丝蒜蓉蒸娃娃菜		Stir Fried Sour and Spicy Shredded Potatoes 酸辣土豆丝			
	Vegetarian (D) 素食	Deep Fried Sweet Potato Balls with French Fries 炸番薯丸配薯条		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		Cheese Quesadillas with Tomatoes and Corn 芝士墨西哥饼配玉米			
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		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		Glass Noodles 粉丝			
	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			
Starch 主食		Corn Cob 煮玉米棒		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			
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Steamed Rice 蒸饭		Carrot Rice 胡萝卜饭			
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)		Sausage Pizza with Vegetables 香肠披萨配生菜番茄		Chicken Sandwich 鸡肉蔬菜三明治			
		Lettuce/Tomatoes 生菜/番茄		Lettuce/Tomatoes 生菜/番茄		Lettuce/Tomatoes 生菜/番茄		Lettuce/Tomatoes 生菜/番茄			
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		Braised Pork Ribs Noodles 红烧排骨面		Korean Beef Bibimbap 韩式牛肉拌饭		Beef Rice Noodles 卤牛肉面			
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			

Early
Dismissal
12:00