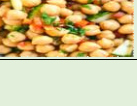


UISG Lunch Menu: February 2nd-6th, 2026

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) Western 西式	Creamy Chicken Pasta with Mushrooms and Black Truffle 黑松露白汁鸡肉蘑菇意粉		Homemade Italian Beef Meatballs 自制意式茄汁牛肉丸		Braised Pork Chop with Apples 苹果炖猪扒		Beef Stroganoff 俄罗斯蘑菇酸奶油炖牛肉		Grilled Chicken Legs with Herbs (Halal) 香草烤鸡腿 (清真)	
	Option (B) Asian 亚式	Braised Beef with Tomato and Potato (Halal) 土豆番茄炖牛肉 (清真)		Indian Masala Mutton (Halal) 印度玛莎拉羊肉 (清真)		Braised Chicken with Soy Sauce (Halal) 玫瑰豉油鸡 (清真)		French Duck Breast with Orange Sauce (Halal) 法式香橙鸭胸 (清真)		Mediterranean Baked Fish (Halal) 地中海风味烤龙利鱼 (清真)	
Vegetables 蔬菜	Option One 选项一	Choy Sum / 菜心		Broccoli 西兰花		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Carrots 牛油胡萝卜	
	Option Two 选项二	Roast Vegetables 橄榄油拌烤蔬菜		Baked Beans 茄汁焗豆		Cucumber with Yoghurt 酸奶拌黄瓜		Kimchi 泡菜		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		French Roast Pumpkin 法式烤南瓜		Farfalle Pasta in Tomato Sauce 茄汁蝴蝶粉		Mashed Potato 土豆泥		Pasta 螺丝粉		Steam Sweet Potatoes 蒸甜薯	
		Steamed Quinoa Rice 蒸藜麦饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Carrot Rice 蒸胡萝卜饭		Steamed Rice 蒸饭	
Main Dish 主要菜式 (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食	Creamy Pasta with Mushrooms 白汁蘑菇斋意粉		Homemade Italian vegetarian Balls 自制意式茄汁蔬菜丸		Mapo Tofu (Spicy) 麻婆豆腐 (微辣)		Scrambled Egg with Tomato 番茄炒蛋		Teriyaki Tofu 照烧豆腐	
	Vegetarian (D) 素食	Kimchi Jumeokbbap 韩式泡菜饭团		Nasi Kuning Turmeric Rice with Samosa 茴香姜黄饭配咖喱角		Japanese Seaweed Sushi 日式海草寿司		Cheese Quesadillas with Corn and Tomato 烤芝士墨西哥饼配玉米番茄		Baked Macaroni and Cheese 焗芝士通心粉	
Vegetables 蔬菜	Option One 选项一	Choy Sum / 菜心		Broccoli 西兰花		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Carrots 牛油胡萝卜	
	Option Two 选项二	Roast Vegetables 橄榄油拌烤蔬菜		Baked Beans 茄汁焗豆		Cucumber with Yoghurt 酸奶拌黄瓜		Kimchi 泡菜		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		French Roast Pumpkin 法式烤南瓜		Farfalle Pasta in Tomato Sauce 茄汁蝴蝶粉		Mashed Potato 土豆泥		Pasta 螺丝粉		Steam Sweet Potatoes 蒸甜薯	
		Steamed Quinoa Rice 蒸藜麦饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Carrot Rice 蒸胡萝卜饭		Steamed Rice 蒸饭	
NON-VEGETARIAN 含肉类 (E)	Packed Snack Lunch 简易餐	Ham and Cheese Sandwich 芝士火腿三明治		Chicken Burgers with Fries and Vegetables 鸡肉汉堡配薯条蔬菜		Chicken Nuggets with Pasta 炸鸡块配炒意粉		Tuna Sandwich 吞拿鱼三明治		Chicken sandwich 鸡肉三明治	
		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	Braised Pork Noodles 台湾卤肉面		Korean Beef Bibimbap 韩式牛肉拌饭		Japanese Pork Ramen 日式豚骨拉面		Marinated Beef Noodles 牛肉片卤鸡蛋面		Spicy and Sour Pork Rice Noodles 酸辣猪肉片粉	
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	