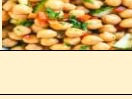
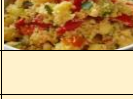
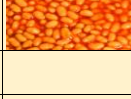
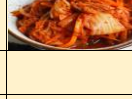
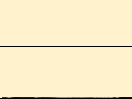
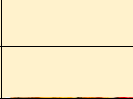
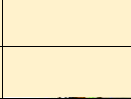
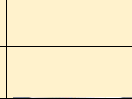
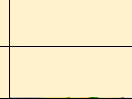
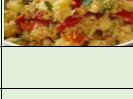
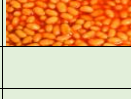
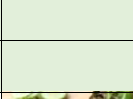
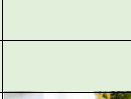
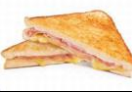
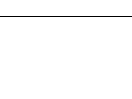
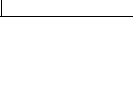
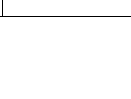
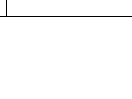
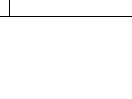


| UISG Lunch Menu: January 19th-23rd, 2026                                          |                                      |                                                                           |                                                                                     |                                                                                 |                                                                                      |                                                                                   |                                                                                       |                                                                              |                                                                                       |                                                                    |                                                                                       |
|-----------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |                                      | MONDAY                                                                    |                                                                                     | TUESDAY                                                                         |                                                                                      | WEDNESDAY                                                                         |                                                                                       | THURSDAY                                                                     |                                                                                       | FRIDAY                                                             |                                                                                       |
| Main Dish<br>主要菜式                                                                 | Option (A)<br>Western<br>西式          | French Pan Fry Fish<br>Fillet with Butter<br>(Halal)<br>法式黄油香煎龙利鱼<br>(清真) |    | Beef Goulash<br>(beef/Carrot/Potatoes)<br>(Halal)<br>匈牙利式炖牛肉(牛肉/胡萝卜/土豆)<br>(清真) |    | French Pork Chop<br>with Apple<br>法式苹果猪扒                                          |    | Orleans Grilled<br>Chicken Wing (Halal)<br>奥尔良式烤鸡翅<br>(清真)                   |    | Mexican-style Beef<br>(Slightly Spicy/Halal)<br>墨西哥式炒牛肉<br>(微辣/清真) |    |
|                                                                                   | Option (B)<br>Asian<br>亚式            | Vegetables and<br>Chicken Fried Noodle<br>杂菜鸡肉炒面                          |    | Daeji Galbi (Pork Ribs)<br>韩式烤排骨                                                |    | Braised Beef with<br>Tomatoes (Halal)<br>番茄炖牛肉 (清真)                               |    | Pan fried Nuremberg<br>flavor sausage &<br>Onion with Pepper<br>彩椒洋葱炒纽伦堡风味香肠 |    | Chicken with<br>Mushroom, Cream<br>and Truffle<br>黑松露蘑菇奶油鸡扒        |    |
| Vegetables<br>蔬菜                                                                  | Option One<br>选项一                    | Choy Sum /菜心                                                              |    | Sauteed Zucchini / 清<br>炒云南小瓜                                                   |    | Cabbage/ Carrots 包<br>菜/胡萝卜                                                       |    | Cauliflower/Broccoli<br>菜花/西兰花                                               |    | Bok Choy 小唐菜                                                       |    |
|                                                                                   | Option Two<br>选项二                    | Chickpea/Black Olive/<br>Tomato with Olive Oil<br>橄榄油拌鹰嘴豆/橄榄<br>/番茄粒      |    | Mix Couscous with<br>Vegetables<br>拌中东小米和杂菜                                     |    | Baked Beans<br>茄汁焗豆                                                               |    | Kimchi<br>泡菜                                                                 |    | Mixed Fungus and<br>Cucumber<br>青瓜拌木耳                              |    |
|                                                                                   | Side Food<br>配菜                      | Lettuce/Tomatoes<br>生菜/番茄                                                 |    | Lettuce/Tomatoes<br>生菜/番茄                                                       |    | Lettuce/Tomatoes<br>生菜/番茄                                                         |    | Lettuce/Tomatoes<br>生菜/番茄                                                    |    | Lettuce/Tomatoes<br>生菜/番茄                                          |    |
| Starch<br>主食                                                                      |                                      | Corn cob<br>牛油玉米棒                                                         |    | Pasta in Tomato<br>Sauce<br>茄汁螺丝粉                                               |    | Mashed Potato<br>土豆泥                                                              |    | Creamy Penne Pasta<br>with Spinach<br>奶油菠菜通心粉                                |    | Steamed Sweet<br>Potatoes<br>蒸甜薯                                   |    |
|                                                                                   |                                      | Steamed Rice<br>蒸饭                                                        |    | Steamed Rice<br>蒸饭                                                              |    | Steamed Rice<br>蒸饭                                                                |    | Steamed Rice<br>蒸饭                                                           |    | Steamed Rice<br>蒸饭                                                 |    |
| Main Dish<br>主要菜式<br>(Vegetarian and Vegan)<br>(素食和严格素食)                          | Vegetarian (C)<br>素食                 | Vegetables Fried Rice<br>蔬菜炒面                                             |    | Vegetables and Potato<br>Cheese Gratin<br>芝士蔬菜焗土豆                               |    | Luohanzhai (Glass<br>Noodles/<br>Carrots/Toufu/Mushro<br>om)<br>罗汉斋(米粉/胡萝卜/腐竹/蘑菇) |    | Braised Eggplant<br>红烧茄子                                                     |    | Steamed Eggs with<br>Glass Noodles<br>粉丝蒸水蛋                        |    |
|                                                                                   | Vegetarian (D)<br>素食                 | Pan fried<br>Vegetables/Eggplant/<br>Pepper/Potato) 炒地<br>三鲜              |   | Samosa 咖哩<br>Vegetables Root 咖喱<br>角配蔬菜根                                        |   | Pasta with Vegetables<br>in Pesto Sauce<br>罗勒青酱拌意粉                                |   | Cheese Pizza with<br>Vegetables<br>芝士披萨配生菜番茄                                 |   | Vegetables Sushi 蔬菜<br>寿司                                          |   |
| Vegetables<br>蔬菜                                                                  | Option One<br>选项一                    | Choy Sum /菜心                                                              |  | Sauteed Zucchini / 清<br>炒云南小瓜                                                   |  | Cabbage/ Carrots 包<br>菜/胡萝卜                                                       |  | Cauliflower/Broccoli<br>菜花/西兰花                                               |  | Bok Choy 小唐菜                                                       |  |
|                                                                                   | Option Two<br>选项二                    | Chickpea/Black Olive/<br>Tomato with Olive Oil<br>橄榄油拌鹰嘴豆/橄榄<br>/番茄粒      |  | Mix Couscous with<br>Vegetables<br>拌中东小米和杂菜                                     |  | Baked Beans<br>茄汁焗豆                                                               |  | Kimchi<br>泡菜                                                                 |  | Mixed Fungus and<br>Cucumber<br>青瓜拌木耳                              |  |
|                                                                                   | Side Food<br>配菜                      | Lettuce/Tomatoes<br>生菜/番茄                                                 |  | Lettuce/Tomatoes<br>生菜/番茄                                                       |  | Lettuce/Tomatoes<br>生菜/番茄                                                         |  | Lettuce/Tomatoes<br>生菜/番茄                                                    |  | Lettuce/Tomatoes<br>生菜/番茄                                          |  |
| Starch<br>主食                                                                      |                                      | Corn cob<br>牛油玉米棒                                                         |  | Pasta in Tomato<br>Sauce<br>茄汁螺丝粉                                               |  | Mashed Potato<br>土豆泥                                                              |  | Creamy Penne Pasta<br>with Spinach<br>奶油菠菜通心粉                                |  | Steamed Sweet<br>Potatoes<br>蒸甜薯                                   |  |
|                                                                                   |                                      | Steamed Rice<br>蒸饭                                                        |  | Steamed Carrot Rice<br>蒸胡萝卜饭                                                    |  | Steamed Rice<br>蒸饭                                                                |  | Steamed Bicolor Rice<br>蒸杂粮饭                                                 |  | Steamed Rice<br>蒸饭                                                 |  |
| NON-VEGETARIAN<br>含肉类 (E)                                                         | Packed Snack Lunch<br>简易餐            | Toast Hame and<br>Cheese Sandwich<br>烤芝士火腿三明治                             |  | Tuna sandwich<br>吞拿鱼三明治                                                         |  | Chicken Sandwich<br>鸡肉蔬菜三明治                                                       |  | Meat Floss Onigiri<br>肉松三角饭团                                                 |  | Pork Dumpling with<br>Vegetables 猪肉饺子<br>配蔬菜                       |  |
|                                                                                   |                                      | Lettuce/Tomatoes<br>生菜/番茄                                                 |  | Lettuce/Tomatoes<br>生菜/番茄                                                       |  | Lettuce/Tomatoes<br>生菜/番茄                                                         |  | Lettuce/Tomatoes<br>生菜/番茄                                                    |  | Lettuce/Tomatoes<br>生菜/番茄                                          |  |
| NON-VEGETARIAN<br>含肉类 (F)                                                         | Soup noodle or<br>Bibimbap<br>汤面或石锅饭 | Marinated Beef<br>Noodles Soup<br>卤牛肉面                                    |  | Braised Pork Noodles<br>卤肉面                                                     |  | Korean Beef Bibimbap<br>韩式牛肉拌饭                                                    |  | Beef Brisket Rice<br>牛腩河粉                                                    |  | Orlean's Style Grilled<br>Chicken Chop<br>奥尔良鸡排面                   |  |
| Daily Dairy Product and Fruits<br>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                                                 |  |