

UISG Lunch Menu: March 4th-6th, 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 主要菜式	Option (A) Western 西式	<h1>PD Day No School</h1>		French Pork Chop with Apple 法式苹果猪扒 	Pan fried Nuremberg flavor sausage & Onion with Pepper 彩椒洋葱炒纽伦堡风味香肠 	American Grilled Pork 美式烤猪肋排 
	Option (B) Asian 亚式			Orleans Grilled Chicken Wing (Halal) 奥尔良式烤鸡翅 (清真) 	Braised Beef with Dry Tofu (Halal) 支竹焖牛腩(清真) 	Chicken with Mushroom, Cream and Truffle (Halal) 黑松露蘑菇奶油鸡扒 (清真) 
Vegetables 蔬菜	Option One 选项一			Cabbage/ Carrots 包菜/胡萝卜 	Cauliflower/Broccoli 菜花/西兰花 	Bok Choy 小唐菜 
	Option Two 选项二			Baked Beans 茄汁焗豆 	Kimchi 泡菜 	Mixed Fungus and Cucumber 青瓜拌木耳 
	Side Food 配菜			Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄
Starch 主食				Mashed Potato 土豆泥	Creamy Penne Pasta with Spinach 奶油菠菜通心粉	Steamed Sweet Potatoes 蒸甜薯
Main Dish 主要菜式 (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食			Luohanzhai (Glass Noodles/ Carrots/Tofu/Mushroom) 罗汉斋(米粉/胡萝卜/腐竹/蘑菇) 	Braised Tofu 红烧日本豆腐 	Baked Potato Wedges with Cheese 芝士焗薯角 
	Vegetarian (D) 素食			Curry Lentils with Vegetables 咖喱焗小扁豆杂菜 	Cheese Pizza with Vegetables 芝士披萨配生菜番茄 	Vegetables Sushi 蔬菜寿司 
Vegetables 蔬菜	Option One 选项一			Cabbage/ Carrots 包菜/胡萝卜 	Cauliflower/Broccoli 菜花/西兰花 	Bok Choy 小唐菜 
	Option Two 选项二			Baked Beans 茄汁焗豆 	Kimchi 泡菜 	Mixed Fungus and Cucumber 青瓜拌木耳 
	Side Food 配菜	Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄		
Starch 主食		Mashed Potato 土豆泥	Creamy Penne Pasta with Spinach 奶油菠菜通心粉	Steamed Sweet Potatoes 蒸甜薯		
NON-VEGETARIAN 含肉类 (E)	Packed Snack Lunch 简易餐	Chicken Sandwich 鸡肉蔬菜三明治 	Meat Floss Onigiri 肉松三角饭团 	Pork Dumpling with Vegetables 猪肉饺子配蔬菜 		
NON-VEGETARIAN 含肉类 (F)	Soup noodle or Bibimbap 汤面或石锅饭	Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄	Lettuce/Tomatoes 生菜/番茄		
Daily Dairy Product and Fruits 牛奶&水果		Korean Beef Bibimbap 韩式牛肉拌饭 	Orlean's Style Grilled Chicken Chop 奥尔良鸡排面 	Beef Brisket Rice Noodle 牛腩河粉 		
		Milk 牛奶 / Fruit 水果	Yogurt 酸奶 / Fruit 水果	Milk 牛奶 / Fruit 水果		