

UISG Lunch Menu: February 9th-13th, 2026

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) Western 西式	Spaghetti Bolognese 意式肉酱意粉		Iberian Grilled Pork Ribs 伊比利亚式烤猪肋排		Grilled Chicken Wings with Honey Sauce (Halal) 蜜汁烤鸡翅 (清真)		Pan Fried Pork Chop with Pepper Sauce 煎猪扒配黑椒汁		Beef Lasagna 牛肉千层面	
	Option (B) Asian 亚式	Shredded Mixed Chicken (Halal) 手撕鸡 (清真)		Stir Fry Beef with Sauerkraut (Halal) 潮汕酸菜炒滑牛肉片 (清真)		Mapo Tofu with Minced Pork and Shrimp (Slightly Spicy) 麻婆肉沫虾仁豆腐 (微辣)		Steamed Fish with Soy Sauce (Halal) 广式清蒸龙利鱼柳 (清真)		Braised Duck with Five Sauces (Halal) 五杯鸭 (清真)	
Vegetables 蔬菜	Option One 选项一	Broccoli 西兰花		Choy Sum 菜心		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Carrot 胡萝卜	
	Option Two 选项二	Baked Beans 茄汁焗豆		Rost Vegetables 橄榄油黑椒烤蔬菜		Couscous with Vegetables 杂菜拌中东小米		Diced Radish 萝卜丁		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		Roast Pumpkin 烤南瓜		Pasta in Tomato Sauce 茄汁螺丝粉		Butter Corn cob 牛油玉米棒		Steam Bun 馒头		Steamed Sweet Potatoes 蒸甜薯	
		Steamed Rice 蒸饭		Bicolor Rice 双色饭		Steamed Rice 蒸饭		Carrot Rice 胡萝卜饭		Steamed Rice 蒸饭	
Main Dish (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食	Pasta with Tomato Sauce 意式茄汁意粉		Curry Lentils with Vegetables 咖喱烩小扁豆杂菜		Mapo Tofu (Spicy) 麻婆豆腐 (微辣)		Penne Pasta with Pesto Sauce 紫苏酱尖通粉		Pumpkin Lasagna 南瓜千层面	
	Vegetarian (D) 素食	Deep Fry Sweet Potato Balls with French Fries 炸番薯丸配薯条		Tteokbokki Korean Rice Cake (Spicy) 韩式炒年糕 (微辣)		Cheese Quesadillas with Corn and Tomato 芝士墨西哥饼配玉米棒和小番茄		Corn Salad Sushi 玉米沙拉寿司		Spring Rolls with Potato Wedges 春卷配土豆角	
Vegetables 蔬菜	Option One 选项一	Broccoli 西兰花		Choy Sum 菜心		Bok Choy 小唐菜		Sauteed Baby Cabbage 白灼娃娃菜		Carrot 胡萝卜	
	Option Two 选项二	Baked Beans 茄汁焗豆		Rost Vegetables 橄榄油黑椒烤蔬菜		Couscous with Vegetables 杂菜拌中东小米		Diced Radish 萝卜丁		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		Roast Pumpkin 烤南瓜		Pasta in Tomato Sauce 茄汁螺丝粉		Butter Corn cob 牛油玉米棒		Steam Bun 馒头		Steamed Sweet Potatoes 蒸甜薯	
		Steamed Rice 蒸饭		Bicolor Rice 双色饭		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	Toast Hame and Cheese Sandwich 烤芝士火腿三明治		Chicken Sandwich 鸡肉蔬菜三明治		Chicken Nuggets with Pasta 炸鸡块配炒螺丝粉		Beef Pizza with Fries 牛肉披萨配薯条		Tuna sandwich 吞拿鱼三明治	
NON-VEGETARIAN 含肉类 (F)	Soup noodle or Bibimbap 汤面或石锅饭	Char Siu Rice Noodles 叉烧河粉		Spicy Beef Noodles 麻辣牛肉面		Korean Beef Bibimbap 韩式牛肉拌饭		Pork Wonton Noodles 云吞面		Vietnam Beef Rice Noodle Soup 越南火车头牛肉汤河粉	
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	