

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

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	Option (A) Western 西式	Spaghetti Bolognese (Halal) 牛肉酱意粉 (清真)		Deep-Fried Fish fillet with Tartar sauce 炸鱼柳配塔塔酱		Mutton Masala (Halal) 印度玛莎拉羊肉 (清真)		Beef Goulash (Halal) 匈牙利炖牛肉 (清真)		Mediterranean Style Grilled Chicken Wings (Halal) 地中海烤鸡翅 (清真)	
	Option (B) Asian 亚式	Char Siu with Honey Sauce (Barbecued Pork) 蜜汁叉烧		Curry Chicken (Spicy/Halal) 咖喱鸡 (微辣/清真)		Stir Fried Beef with Asparagus and Mushroom 芦笋蘑菇炒牛肉		Mapo Tofu with Minced Pork (Spicy) 肉沫麻婆豆腐 (微辣)		Sweet and Sour Pork 酸甜猪肉	
Vegetables 蔬菜	Option One 选项一	Choy Sum 菜心		Sauteed Zucchini 清炒云南小瓜		Mustard Green 水东芥菜		Choy Sum 菜心		Lettuce 油麦菜	
	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		Mixed Fungus and Glass Noodles 青瓜粉丝		Baked Beans 茄汁焗豆		Kimchi 泡菜	
	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		Corn cob 牛油玉米棒		Pasta in Tomato Sauce 茄汁螺丝粉		Roast Vegetables 橄榄油黑椒烤蔬菜		Potato Wedges 土豆角		Sweet Potatoes 蒸红薯	
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Carrot Rice 胡萝卜饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭	
Main Dish 主要菜式 (Vegetarian and Vegan) (素食和严格素食)	Vegetarian (C) 素食	Pasta in Tomato Sauce 茄汁意粉		Vegetables and Lentils in Curry Sauce 咖喱小扁豆煮杂菜		Steam Egg with Soy Sauce 蒸水蛋		Fried Dried Beans with Bean Sprouts 豆芽炒香干		Scrambled Egg with Tomatoes 番茄炒蛋	
	Vegetarian (D) 素食	Tofu Skin Kimchi Rice Ball 豆腐泡菜饭团		Cheese, Tomato, Lettuce Oatbread Sandwich 芝士番茄生菜燕麦包三明治		Cheese Quesadillas with Tomatoes and Corn 芝士墨西哥饼配小番茄玉米		Japanese Style Fried Udon with Vegetables 日式蔬菜炒乌冬		Pasta in Pesto Sauce 罗勒酱意粉	
Vegetables 蔬菜	Option One 选项一	Choy Sum 菜心		Sauteed Zucchini 清炒云南小瓜		Mustard Green 水东芥菜		Choy Sum 菜心		Lettuce 油麦菜	
	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		Mixed Fungus and Glass Noodles 青瓜粉丝		Baked Beans 茄汁焗豆		Kimchi 泡菜	
	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		Corn cob 牛油玉米棒		Pasta in Tomato Sauce 茄汁螺丝粉		Roast Vegetables 橄榄油黑椒烤蔬菜		Potato Wedges 土豆角		Sweet Potatoes 蒸红薯	
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Carrot Rice 胡萝卜饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭	
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		Beef Pizza with Vegetables 配生菜番茄		Korean Spicy Beef Rice Cakes (Spicy) 韩式宫廷肥牛年糕 (微辣)		Chicken Sandwich 鸡肉蔬菜三明治		Ham Sushi 火腿寿司	
NON-VEGETARIAN 含肉类 (F)	Soup noodle or Bibimbap 汤面或石锅饭	Unadon (Grilled Eel Rice Bowl) 日式鳗鱼饭		Tonkatsu Pork Cutlet and Egg Ramen 炸猪扒鸡蛋拉面		Chicken Leg Noodles 鸡腿面		Spicy Pork Rib Noodles 香辣排骨面		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		Milk 牛奶 / Fruit 水果	