UISG Dinner Menu: November 2nd-6th, 2026

			MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
DINNER	Main Dish 主要菜式	Option (A) A选项	Hawaiian Pork Neck with Pineapple 夏威夷菠萝猪颈肉		Korean Style BBQ Beef 韩式烤牛排		Orlean-Style Grilled Chicken Leg 奥尔良烤鸡腿		Braised Beef Brisket with Dry Tofu 支竹炖牛腩		No Boarding Dinner
		Option (B) B选项	Stir Fry Fish Fillet 香煎龙利鱼柳		Steamed Minced Pork with Preserved Vegetable 梅菜蒸肉饼		Braised Pork Knuckles with Soy Bean 黄豆焖猪手		Vietnamese Drumsticks with Lemon Grass 越式香茅鸡翅根		
		Option （C) C选项	Sliced Chicken with Celery Fungus 芹菜木耳炒鸡肉		Stir Fry Fish Roll with Radish 萝卜炒鱼松		Stir Fry Sessame Chicken with Asparagus 芦笋芝麻炒鸡肉#		Stir Fry Chinese Sausage with Snow Beans 荷兰豆炒腊肠		
		Vegetarian and Vegan （D) （素餐和严格素餐）D选项	Pan Fried Shredded Potatoes炒土豆丝		Steamed Eggplants with Garlic 蒜蓉蒸茄子		Fried Egg with Vegetbles and Sweet and Sour Sauce 五柳炸蛋		Stir Fry Long Beans with Preserved Vegetables 橄榄菜炒豆角		
	VEGETABLES 蔬菜	Option One 选项一	Choy Saum 菜心		Lettuce 生菜		Cabbage 手撕包菜		Milk Cabbage 奶白菜		
		Option Two 选项二	Baked Beans 焗豆		Kidney Beans and Vegetables 红腰豆杂菜		Mix Couscous with Vegetables and Avocado 拌中东小米配杂菜牛油果		Diced Radish 萝卜丁		
		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		
		Snacks 小吃	Popcorns 爆米花		Nut 坚果		Banana Chips 香蕉片		Nut 坚果		
	Starch 主食		Creamy Penne Pasta with Spinach 奶油菠菜通心粉		Baked Sweet Potato with Cheese 芝士焗番薯		Creamy Penne Pasta with Truffle 黑松露奶油蘑菇意粉		Potato Wedges 烤薯角		
			Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		Steamed Rice 蒸饭		
	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		
	Chinese Soup 中汤		Fig, Yam and Pork Soup 无花果山药猪展汤		Chicken and Herb Soup 清补凉煲鸡汤		Carrot, Sugar Crane and Herb Soup 胡萝卜竹蔗茅根水		Mustard Green, Salty Egg and Pork Soup 芥菜咸蛋肉片汤		
	Late-Night Snack 宵夜		Cookie 曲奇 Drink 饮品 Fruit 水果		Brownie 翡翠蛋糕 Drink 饮品 Fruit 水果		Bun 自制面包 Drink 饮品 Fruit 水果		Pizza 披萨 Drink 饮品 Fruit 水果		