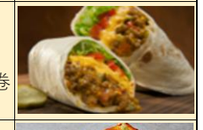
UISG Lunch Menu: November 2nd-6th, 2026

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Main Dish 主要菜式	**Option (A) A选项**	Spaghetti Bolognese (Halal) 牛肉酱意粉（清真）		Beef Lasagna 牛肉千层面		Mutton Masala (Halal) 印度玛莎拉羊肉（清真）		Mediterranean Style Grilled Chicken Wings (Halal) 地中海烤鸡翅（清真）		French Pan Fried Chicken Breast (Halal) 法式煎鸡胸肉（清真）	
	Option (B) B选项	Apple Pork Stew 苹果炖猪扒		Steam Fish (Halal) 豉油蒸鱼（清真）		Stir-fried Beef with Garlic Shoots 蒜苔炒牛肉		Mapo Tofu with Minced Pork (Spicy) 肉沫麻婆豆腐（微辣）		Sweet and Sour Pork 酸甜咕噜肉	
	Option (C) C选项	Ham and Cheese Sandwich 火腿芝士三明治		Sausage Pizza with Vegetables 香肠披萨配生菜番茄		Spinach, Bacon & Pumpkin Quiche 南瓜菠菜培根派		Pork Wonton 煮猪肉云吞		Beef and Cheese Burrito Wrap 芝士牛肉墨西哥饼卷	
	Vegetarian and Vegan （D）（素餐和严格素餐）D选项	Pasta in Tomato Sauce 茄汁意粉		Stir Fry Potato, Eggplant, Bell Pepper 炒地三鲜		Vegetables and CheeseSandwiche 蔬菜芝士三明治		Scrambled Egg with Tomatoes 番茄炒蛋		Teriyaki Tofu 照烧豆腐	
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		Broccoli 西兰花	
	Option Two 选项二	Chickpea/Black Olive /Tomato with Olive Oil 橄榄油拌鹰嘴豆/橄榄/番茄粒		Bell Pepper and Beans 彩椒杂豆沙拉		Bake Beans 茄汁焗豆		Corn with Beans and Cucmber 青瓜玉米杂豆粒		Beans Salad with Avocado 牛油果杂豆沙拉	
	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 法式烤南瓜		Pasta in Tomato Sauce 茄汁螺丝粉		Braised Chickpeas with Tomato 番茄炖鹰嘴豆		Potato Wedges 土豆角		Sweet Potatoes 蒸甜薯	
		Steamed Rice 蒸饭		Bicolor Rice 杂粮饭		Carrot Rice 胡萝卜饭		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		Milk 牛奶 / Fruit 水果	
Specialty Product 特色出品	**Soup noodle or Bibimbap 汤面或石锅饭**	Noodles with Minced Chicken and Bean Sauce 鸡肉炸酱面		Spicy Beef Noodles 香辣牛肉面		Chicken Sauce Noodles 鸡肉担担面		Beef Rice Noodles 卤牛肉面		Korean Beef Bibimbap (Spicy) 韩式牛肉拌饭（微辣）	