



# Weekly Lunch Menu

## 2025 Oct 20<sup>th</sup> ~ Oct24<sup>th</sup>

|                     | Monday                                                                                                                                                                                    | Tuesday                                                                                                                                                                                       | Wednesday                                                                                                                                 | Thursday                                                                                                                                                                                   | Friday                                                                                                                                                                             |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Soup                | Cream of broccoli & Potato soup ※O                                                                                                                                                        | Corn cheddar soup ※O                                                                                                                                                                          | Borsch soup ※O                                                                                                                            | Cream of green pea soup ※△O                                                                                                                                                                | Hungarian goulash soup ※O                                                                                                                                                          |
| Asian               | <ul style="list-style-type: none"> <li>• Stir-Fried beef fillet with asparagus ※△☆</li> <li>• Steamed Couscous rice△</li> <li>• Choy sum</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Chicken satay ※△O☆</li> <li>• Fried rice</li> <li>• Lettuce</li> </ul>                                                                               | <ul style="list-style-type: none"> <li>• Sweet &amp; Sour pork chop ※△☆</li> <li>• Steamed corn rice O</li> <li>• Cabbage</li> </ul>      | <ul style="list-style-type: none"> <li>• Crispy duck ※△</li> <li>• Chinese dumpling ※△☆</li> <li>• Guangdong cabbage</li> </ul>                                                            | <ul style="list-style-type: none"> <li>• Stir-fried chicken &amp; basil ※△</li> <li>• Steamed jasmine rice</li> <li>• Water spinach</li> </ul>                                     |
| Western             | <ul style="list-style-type: none"> <li>• Grilled chicken breast (served with gravy sauce ※O or tomato sauce)</li> <li>• Butter potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Roast pork loin (Served with mushroom sauce ※O or honey mustard sauce)</li> <li>• Lyonnaise potatoes</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Fish Milanese ※O#☆</li> <li>• Mashed potatoes O※</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Roast honey glazed gammon (served with gravy sauce ※O or BBQ sauce ※△)</li> <li>• Baby potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul> | <ul style="list-style-type: none"> <li>• Roast beef (served with red wine sauce ※O or pepper sauce ※O)</li> <li>• Roast potatoes O</li> <li>• Mixed seasonal vegetables</li> </ul> |
| Vegetarian (Option) | <ul style="list-style-type: none"> <li>• Pita bread ※O☆</li> <li>• Stewed chickpea△</li> </ul>                                                                                            | <ul style="list-style-type: none"> <li>• Spring roll ※☆</li> <li>• Fried noodles with vegetables &amp; eggs ※△☆</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>• Vegetable lasagna ※O☆</li> </ul>                                                                 | <ul style="list-style-type: none"> <li>• Stir-fried mixed mushrooms &amp; Basil ※△</li> <li>• Jasmine rice</li> </ul>                                                                      | <ul style="list-style-type: none"> <li>• Garlic bread ※O☆</li> <li>• Tomato Risotto O</li> </ul>                                                                                   |
| Salad Bar           | 4 kinds of fruits, 10 varieties of fresh vegetables, noodles, and bread                                                                                                                   |                                                                                                                                                                                               |                                                                                                                                           |                                                                                                                                                                                            |                                                                                                                                                                                    |

Our Healthy Eating Key: ※ Gluten Content(面粉), △ Legumes Product 豆类, O Dairy Product 牛奶, # Shell Fish & Seafood (鱼&海鲜), ☆ Eggs Product 鸡蛋