

# Weekly Lunch Menu

## 2026 Jan 12 ~ Jan 16<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato soup O※	Carrot soup O※	Chickpea soup※O△	Pumpkin soup※O	Minestrone soup△
<b>Asian</b>	<ul style="list-style-type: none"> <li>•Stir-fried beef※△☆</li> <li>•Steamed rice</li> <li>•Choy sum</li> </ul>	<ul style="list-style-type: none"> <li>•Kung pao chicken ※△☆</li> <li>•Noodles ※△☆</li> <li>•Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>•Stir-fried pork loin※△☆</li> <li>•Steamed bun ※O△☆</li> <li>•Guangdong cabbage</li> </ul>	<ul style="list-style-type: none"> <li>•Chicken curry※O☆</li> <li>•Steamed rice</li> <li>•Spinach</li> </ul>	<ul style="list-style-type: none"> <li>•Roast duck legs※△</li> <li>•Chinese dumpling ※△☆</li> <li>•Cabbage</li> </ul>
<b>Western</b>	<ul style="list-style-type: none"> <li>•Pan-fried chicken piccata ※O (served with basil yoghurt sauce O or tomato sauce)</li> <li>•Mashed 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 garlic sauce O)</li> <li>•Lyonnaise potatoes</li> <li>•Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>•Beef Bourguignon※O</li> <li>•Baked potatoes O</li> <li>•Ratatouille</li> </ul>	<ul style="list-style-type: none"> <li>•Grilled pork chop※ (served with honey mustard sauce or BBQ sauce※△)</li> <li>•Buttered potatoes O</li> <li>•Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>•Hot dog ※O☆</li> <li>•French fries ※</li> <li>•Mixed seasonal vegetables</li> </ul>
<b>Vegetarian (Option)</b>	<ul style="list-style-type: none"> <li>•Baked tomato bread※O☆</li> <li>•Mixed seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>•Mixed vegetables curry※O</li> <li>•Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>•Garlic bread※O☆</li> <li>•Cream garlic vegetable※O</li> </ul>	<ul style="list-style-type: none"> <li>•Tortilla※O△☆</li> <li>•Roast mushroom※O</li> </ul>	<ul style="list-style-type: none"> <li>•Clay pot tofu ※△☆</li> <li>•Fried rice※△☆</li> </ul>
<b>Salad Bar</b>	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