



Weekly Lunch Menu

2026 Jan 12 ~ Jan 16th

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