



Weekly Lunch Menu

2026 Jan 19 ~ Jan 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chickpeas soup	Minestrone soup△	Leek potato soup	Carrot ginger soup	Green pea soup
Asian	<ul style="list-style-type: none"> •Stew minced beef※O •Steamed rice •Choy sum 	<ul style="list-style-type: none"> •Korean chicken※△O☆ •Rice cake ※△O •Cabbage 	<ul style="list-style-type: none"> •Braised duck ※△ •Fried eggs rice☆ •Bok choy 	<ul style="list-style-type: none"> •Tonkatsu curry※△O☆ •Steamed rice •Lettuce 	<ul style="list-style-type: none"> •Stir-fried beef fillet※△ ☆ •Steamed rice •Spinach
Western	<ul style="list-style-type: none"> •Grilled chicken breast (served with gravy※O or cream tomato sauce O※) •Butter potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast pork loin (served with mushrooms sauce※O or apple sauce※O) •Roast new potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Salmon pasta※O#☆ •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast beef (served with pepper sauce※O or lemon garlic butter sauce O) •Mashed potatoes※O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast chicken (served with tomato sauce or BBQ sauce※△) •Lyonnaisse potatoes •Mixed seasonal vegetables
Vegetarian (Option)	<ul style="list-style-type: none"> •Garlic bread ※O☆ •Baked eggplant ※O 	<ul style="list-style-type: none"> •Buttered peas △O •Couscous △ 	<ul style="list-style-type: none"> •Mixed curry vegetables ※O •Steamed rice 	<ul style="list-style-type: none"> •Fried rice noodles ※△ ☆ • Seasonal vegetables 	<ul style="list-style-type: none"> •Vegetables risotto ※O •Grilled mushrooms O
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