

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※0 •Steamed rice •Choy sum 	<ul style="list-style-type: none"> •Korean chicken※△0☆ •Rice cake ※△0 •Cabbage 	<ul style="list-style-type: none"> •Braised duck ※△ •Fried eggs rice☆ •Bok choy 	<ul style="list-style-type: none"> •Tonkatsu curry※△0☆ •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※0 or cream tomato sauce 0※) •Butter potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast pork loin (served with mushrooms sauce※0 or apple sauce※0) •Roast new potatoes O •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Salmon pasta※0#☆ •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast beef (served with pepper sauce※0 or lemon garlic butter sauce 0) •Mashed potatoes※0 •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 ※0☆ •Baked eggplant ※0 	<ul style="list-style-type: none"> •Buttered peas △0 •Couscous △ 	<ul style="list-style-type: none"> • Mixed curry vegetables ※0 •Steamed rice 	<ul style="list-style-type: none"> •Fried rice noodles※△ ☆ • Seasonal vegetables 	<ul style="list-style-type: none"> •Vegetables risotto ※0 •Grilled mushrooms O
Salad Bar	<p>4 kinds of fruits, 10 varieties of fresh vegetables, noodles, and bread</p>				

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