

Weekly Lunch Menu

2026 Mar 9th ~ Mar 13th

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Bacon & potato soup※0	Minestrone soup※△	Tomato & basil soup※0	Mushroom soup ※0	Coconut chicken soup
Asian	<ul style="list-style-type: none"> •Shredded pork※△☆ •Steamed rice •Cabbage 	<ul style="list-style-type: none"> •Braised beef & daikon※ △ •Steamed rice •Lettuce 	<ul style="list-style-type: none"> •Stir-fried sliced pork ※△☆ •Fried rice with eggs ☆ •Indian lettuce 	<ul style="list-style-type: none"> •Kung pao chicken ※△☆ •Noodles ※△☆ •Baby cabbage 	<ul style="list-style-type: none"> •Braised pork ribs & pineapple ※△ •Steamed rice •Choy Sum
Western	<ul style="list-style-type: none"> •Grilled chicken breast (served with gravy※0 or cream garlic sauce※0) •Pasta in cheese tomato sauce ※☆ •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Roast pork loin (served with gravy※0 or BBQ sauce※△) •Roast potatoes 0 •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Ciabatta※☆0 •Beef goulash※0 •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Pan-fried fish fillet with cream tomato sauce※0# •Mashed potatoes※0 •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Bolognese pizza※☆ •Potato wedges※ •Mixed seasonal vegetables
Vegetarian (Option)	<ul style="list-style-type: none"> •Fried noodles※△☆ •Choy sum 	<ul style="list-style-type: none"> •Garlic crispy potato & mushroom 0 •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Curry chickpeas※△0 •Thai rice •Mixed seasonal vegetables 	<ul style="list-style-type: none"> •Vegetables moussaka ※ 0☆ 	<ul style="list-style-type: none"> •Tomato & tofu Casserole△ ※☆ •Steamed rice •Mixed seasonal vegetables
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, 0 Dairy Product 牛奶, # Shell Fish & Seafood (鱼&海鲜), ☆ Eggs Product 鸡蛋