

Pudong Campus Lunch Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|---|---|---|---|---|
| MAIN COURSE | Tandoori Chicken | Beef Bolognese | Japanese Pork Stew | Chicken Schnitzel | Shanghainese Lion Head |
| Allergen Content | D | G D | G L | G E | S G L E |
| STAPLE FOOD | Naan | Spaghetti with Garlic and Olive Oil | Steamed Rice | Fusilli with Pesto Sauce | Vegetable Fried Rice |
| Allergen Content | G | G | | G D | L |
| VEGETABLES | Sautéed Cabbage and Carrot | Steamed Broccoli and Cauliflower | Sautéed Chinese Cabbage | Sautéed Broccoli, Carrot and Baby Corn | Stir-Fried Choy Sum with Garlic |
| Allergen Content | | | | | |
| SPECIALTIES | Samosa | Garlic Bread | Taro Ball | Pepperoni Pizza | Scrambled Egg with Tomato |
| Allergen Content | G L | G D | G D | G D | E |
| SANDWICH BAR | Ham, Peanut Butter, Strawberry Jam | Chicken, Peanut Butter, Strawberry Jam | Egg Salad, Peanut Butter, Strawberry Jam | Lyoner, Peanut Butter, Strawberry Jam | Tuna Salad, Peanut Butter, Strawberry Jam |
| Allergen Content | N | N | E N | N | S N E |
| VEGETARIAN DISH (On request) | Tandoori Vegetable with Chickpea | Chickpea Bolognese | Japanese Chickpea and Vegetable Stew | Mushroom Schnitzel | Fried Tofu Ball with Soy Sauce |
| Allergen Content | D L | L G | G L | G E | G L |
| SALAD BAR | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| DRINKS | Milk, Plain Yogurt, Apple Juice, Orange Juice | Milk, Fruit Yogurt, Apple Juice, Lemonade | Milk, Plain Yogurt, Apple Juice, Orange Juice | Milk, Fruit Yogurt, Apple Juice, Lemonade | Milk, Plain Yogurt, Apple Juice, Orange Juice |
| FRUITS | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |

*Allergen Content: D Dairy E Egg G Gluten L Legumes N Nuts S Seafood