

Hongqiao Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Seafood Doria	Hainan Steamed Chicken	Pork Tenderloin with Mushroom Sauce	Beef Bolognese	Gong Bao Chicken
Allergen Content	S D G	G L	G D	G D	G L
STAPLE FOOD	Oven Baked Rice	Hainan Steamed Rice	Penne with Garlic and Tomato	Spaghetti with Garlic and Olive Oil	Steamed Rice
Allergen Content	D		G	G	
VEGETABLES	Sautéed Broccoli and Carrot	Sautéed Chinese Green Vegetables	Sautéed Cauliflower, Carrot and Green Peas	Steamed Broccoli and Cauliflower	Sautéed Cabbage with Carrot
Allergen Content			L		
SPECIALTIES	Chicken Roll	Steamed Pork Dumpling	Corn Nuggets	Garlic Bread	Taro Ball
Allergen Content	G L	G L	G	G D	G
SANDWICH BAR	Ham, Peanut Butter, Strawberry Jam	Lyoner, Peanut Butter, Strawberry Jam	Chicken, Peanut Butter, Strawberry Jam	Egg Salad, Peanut Butter, Strawberry Jam	Tuna Salad, Peanut Butter, Strawberry Jam
Allergen Content	N	N	N	E N	S E N
VEGETARIAN DISH (On request)	Vegetable Doria	Hainan Steamed Tofu	Roasted Vegetable with Mushroom Sauce	Chickpea Bolognese	Gong Bao Tofu
Allergen Content	G L D	L G	G D	G L D	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