

ECE Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Seafood Doria	Hainan Steamed Chicken	Ham & Cheese Toast	Beef Bolognese	Pork Bulgogi
Allergen Content	G S D	G L	G D	G D	G L
STAPLE FOOD	Oven Baked Rice	Hainan Steamed Rice	Spinach Quiche	Spaghetti with Garlic & Olive Oil Garlic Bread	Seaweed Rice
Allergen Content			D E	G D	S
VEGETABLES	Sautéed Broccoli & Carrot	Sautéed Chinese Green Vegetables	Corn on the Cob	Steamed Broccoli & Cauliflower	Sautéed Cabbage & Carrot
Allergen Content					
VEGETARIAN DISH (On request)	Vegetarian Doria	Hainan Steamed Tofu	Tomato & Cheese Toast	Chickpea Bolognese	Tofu Bulgogi
Allergen Content	G L D	L	G D	G L D	L
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
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