

# Pudong Campus Lunch Menu



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

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