

Hongqiao Campus Lunch Menu



October 12 - 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Adobo	Fish Finger	Mongolian Beef	Roasted Pork with Mushroom Sauce	Tandoori Chicken
Allergen Content	G L	G S E	G S L	G D	D
STAPLE FOOD	Steamed Rice	Penne with Tomato Sauce	Steamed Rice	Mashed Potato	Naan
Allergen Content		G		D	G
VEGETABLES	Oriental Cooked Vegetables(Chinese Asparagus,Carrot,Mushroom)	Steamed Broccoli,Cauliflower & Carrot	Sautéed Lettuce with Garlic	Steamed Broccoli & Carrot	Sautéed Cabbage & Carrot
Allergen Content					
SPECIALTIES	Typhoon Corn Ribs	Ham & Cheese Quiche	Fried Chicken Roll	Onion Ring	Samosa
Allergen Content	G	D E	G L	G	G L
SANDWICH BAR	Ham, Peanut Butter, Strawberry Jam	Egg Salad, Peanut Butter, Strawberry Jam	Bacon, Peanut Butter, Strawberry Jam	Tuna Salad, Peanut Butter, Strawberry Jam	Lyoner, Peanut Butter, Strawberry Jam
Allergen Content	N	E N	N	E S N	N
VEGETARIAN DISH (On request)	Tofu Adobo	Zucchini Finger	Mongolian Eggplant	Roasted Vegetable with Mushroom Sauce	Tandoori Vegetable & Chickpea
Allergen Content	G L	G	G L		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, Plain 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

BASIL N LATTE