

Hongqiao Campus Lunch Menu



October 19 – 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Chicken	Miso Salmon	Chicken Fajita		Roasted Beef with Gravy
Allergen Content	G L	L S			G
STAPLE FOOD	Potato Gratin	Furikake Rice	Tortillas		Mashed Potato
Allergen Content	G D	G S E N	G		D
VEGETABLES	Roasted Mixed Vegetables	Stir-Fried Choy Sum with Garlic	Steamed Broccoli, Cauliflower & Carrot		Steamed Broccoli & Carrot
Allergen Content					
SPECIALTIES	Corn on the Cob	Oden	Corn Chips with Tomato Salsa		Corn Nuggets
Allergen Content		S L G			G
SANDWICH BAR	Ham, Peanut Butter, Strawberry Jam	Chicken, Peanut Butter, Strawberry Jam	Guacamole, Peanut Butter, Strawberry Jam		Egg Salad, Peanut Butter, Strawberry Jam
Allergen Content	N	N	N		E N
VEGETARIAN DISH (On request)	BBQ Mushroom with Eggplant	Miso Tofu	Vegetable Fajita		Roasted Mushroom with Gravy
Allergen Content	G L	L			G
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, Grape Juice
FRUITS	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