

ECE Campus Lunch Menu



October 19-23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE Allergen Content	Gong Bao Chicken L	Baked Fish with Tarragon Sauce D S	Chicken Onigiri L		Roasted Beef with Gravy G
STAPLE FOOD Allergen Content	Steamed Rice	Penne with Garlic & Olive Oil G	Tamagoyaki E		Mashed Potato D
VEGETABLES Allergen Content	Sautéed Cabbage & Carrot	Steamed Broccoli Cauliflower & Carrot	Steamed Corn, Carrot & Green Peas L		Steamed Broccoli & Carrot
VEGETARIAN DISH (On request) Allergen Content	Gong Bao Tofu L	Baked Mushroom & Chickpea with Tarragon Sauce D L	Japanese Rice Ball L		Roasted Mushroom
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk		Milk
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		Seasonal Fruit

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

BASIL N LATTE