Pudong Campus Lunch Menu

November 2 - 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Fricassee	Singaporean Laksa	Shanghainese Lion Head	Chicken Al Pastor	Yakiniku Style Beef
Allergen Content	G D	S D L E	G L E S		G L
STAPLE FOOD	Spaghetti with Cherry Tomato & Olive Oil	Rice Noodle	Vegetable Fried Rice	Tortillas	Steamed Rice
Allergen Content	G		L	G	
VEGETABLES	Steamed Mixed Vegetables	Sautéed Bok Choy	Stir-Fried Choy Sum with Garlic	Sautéed Green Bean, Corn & Carrot	Sautéed Cabbage
Allergen Content				L	
SPECIALTIES	Corn Nuggets	Vegetable Spring Roll	Scrambled Egg with Tomato	Corn Chips with Tomato Salsa	Crab Tempura
Allergen Content	G	G	E		G S
SANDWICH BAR	Ham, Peanut Butter, Strawberry Jam	Egg Salad, Peanut Butter, Strawberry Jam	Chicken, Peanut Butter, Strawberry Jam	Bacon, Peanut Butter, Strawberry Jam	Tuna Salad, Peanut Butter, Strawberry Jam
Allergen Content	N	N E	N	N	S E N
VEGETARIAN DISH (On request)	Chickpea Mushroom Fricassee	Vegetarian Laksa	Fried Tofu Ball with Soy Saucy	Chickpea & Vegetable Pastor	Yakiniku Tofu
Allergen Content	G D L	G L	G L	L	G 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, Fruit Yogurt, Apple Juice, Lemonade	Milk, Plain Yogurt, Apple Juice, Grape 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