Pudong Campus Lunch Menu

SCIS

November 16 - 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE Allergen Content	Thai Grilled Chicken S G L	Cantonese Curry Beef Brisket S G L D	Roasted Salmon with Carrot & Lemon Marinade S	Roasted Chicken	Fried Pork Chop G L E S
STAPLE FOOD Allergen Content	Coconut Rice D	Steamed Rice	Spaghetti with Basil & Olive Oil G	Gnocchi with Alfredo G D	Taiwanese Braised Pork Rice G L S
VEGETABLES Allergen Content	Sautéed Chinese Grilled Vegetable	Sautéed Chinese Green Vegetable	Steamed Broccoli & Cauliflower	Sautéed Cauliflower, Carrot & Green Peas L	Sautéed Bok Choy
SPECIALTIES Allergen Content	Steamed Shrimp Dumpling G S	Steamed Pork Siu Mai G L E	Corn Nuggets G	Onion Rings G	Steamed Egg G E L
SANDWICH BAR Allergen Content	Bacon , Peanut Butter, Strawberry Jam N	Egg Salad, Peanut Butter, Strawberry Jam N E	Chicken, Peanut Butter, Strawberry Jam N	Ham, Peanut Butter, Strawberry Jam N	Tuna Salad, Peanut Butter, Strawberry Jam S E N
VEGETARIAN DISH (On request) Allergen Content	Thai Grilled Vegetables G L	Cantonese Curry Vegetable G L	Roasted Eggplant with Carrot & Lemon Marinade G	Roasted Mushroom G	Tofu Stew 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