

Upper Canteen Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar included with each meal	Salad & Mini Cake & Fruit	Salad & Mini Cake & Fruit	Salad & Yoghurt & Fruit	Salad & Mini Cake & Fruit	Salad & Mini Cake & Fruit
Western Influence & Asian Influence	Roasted duck Steamed potato Broccoli Tomato and cream soup Stir fried pork slices Shao Mai Cabbage and cherry tomato Chinese pickle soup	Roasted chicken Roasted pumpkin Celery Pasta and vegetable soup Pork in oyster sauce Fried rice noodles Cabbage Tom yum soup	Roasted Chicken Pasta Carrot Cream of corn soup Pork stew Fried rice Bean sprouts Hot and sour soup	Pork curry Roasted potato Zucchini Onion soup Roasted duck Fried glass noodle Broccoli Kelp and tofu soup	Roasted Chicken Roasted potato Carrot Pumpkin soup Pork stew Bun Cabbage Glass noodle soup
Chinese Influence	Sweet and sour pork ribs Stir fried mince with Asian greens Cabbage Glass noodle & bean curd soup	Sweet and sour fish Fried pork slices asparagus lettuce Cabbage Winter melon soup with bamboo shoots	Stewed chicken with sauce Mapo tofu Bok Choy Chinese pickles with bean soup	Braised pork with bean curd Steamed egg with mushroom Asparagus lettuce Egg and seaweed soup	Braised chicken wings Stir fried mince meat with eggplant Celery with bean curd Tomato and potato soup
Teppanyaki/Bowl	Kung-pao chicken	Barbecued pork rice	Chicken leg rice	Beef & rice	Chicken curry & rice
Sandwich Bar	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Chicken	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Beef, Tuna	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Bacon, Chicken	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Chicken, Tuna	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Bacon, Chicken
Meal in a bowl	Noodle soup with beef stew	Noodle soup with duck leg	Japanese Udon soup	Noodle soup with pork chop	Xiao long bao
Street	Jacket potato	Hot Dog	Pizza or Pasta	Cordon bleu pork	Pizza or Lasagna
Vegetarian	Soybean with potato	Vegetarian wrap	Baked cheese and pasta	Pita bread with hummus	Soybean with curry