

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



MENU

CISB Main Entrees G3-G5 Menu September 2020

| MEAL | MONDAY | TUESDAY 9.1 | WEDNESDAY 9.2 | THURSDAY 9.3 | FRIDAY 9.4 |
|-----------------------------|--------|--|---|---|---|
| Soup | | Cabbage & Vermicelli Soup 白菜粉丝汤 | Cucumber & Egg Soup 黄瓜鸡蛋汤 | Cream of mushroom soup 奶油蘑菇汤 | Tremella Lily soup 银耳百合汤 |
| Menu (A) Western | | Braised Fish Fillet with Chicken 番茄烩鸡丸 Poached Cauliflower & Carrot 胡萝卜炒菜花 Soft Roll 软面包 | Beef Bolognaise Pasta 意式牛肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包 | Beef Stew with celery and carrot 法式红烩牛肉 Roasted Vegetable with Herbs 香草烤蔬菜 Roasted Potato with Herb 卡真烤土豆块 | Roasted Duck Breast with Honey Sauce 蜜汁烤鸭脯 Poached Cauliflower & Green Peas 青豆炒菜花 Roasted Potato with Herb 香草烤土豆 |
| Menu (B) Asian | | Yu-Shiang Shredded Pork 鱼香肉丝 (猪肉不辣) Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Oat Rice 燕麦饭 Hanamaki 自制花卷 | Braised Tofu 三鲜烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭 | Sweet & Sour Chicken Ball 豉椒鸡球 Sautéed Cole with Mushroom 香菇油菜 Steamed Oat Rice 燕麦饭 | Braised Pork Fillet with Vegetable 猪肉丸烩什蔬 Sautéed Zucchini with Egg 西葫芦炒鸡蛋 Steamed Rice 玉米米饭 |
| Daily Special (C) | | Meat Pizza 肉食披萨 Vegetarian Pizza 素食披萨 | Nasi Goreng 印尼炒饭 肉串虾片煎蛋 | Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 炒蔬菜/薯条 | Chinese Noodles with Braised Chicken Soup 鸡肉阳春面 |

Week 1



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FOR YOU FOR THE PLANET
FRIDAY 9.11 by sodexo*

| MEAL | MONDAY 9.7 | TUESDAY 9.8 | WEDNESDAY 9.9 | THURSDAY 9.10 | FRIDAY 9.11 |
|-----------------------------|--|---|--|--|---|
| Soup | Greens & Vermicelli Soup 青菜粉丝汤 | Chicken & mushroom soup 菌菇香鸡汤 | Mushroom & Egg Soup 金针菇蛋花汤 | Cream of pumpkin soup 奶油南瓜汤 | Red Dates Soup 银耳红枣汤 |
| Menu (A) Western | Pasta with Bacon Tomato Sauce 培根番茄意面 Sautéed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包 | Roast Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Mixed Vegetable 混合什蔬 Baked Potato with cheese 芝士焗土豆 | Rosemary Chicken 迷迭香烤鸡 Carrot in Honey Sauce 橙味蜜汁胡萝卜 Roasted New Potato 香烤新土豆 | Chicken Curry 咖喱鸡肉 Sautéed Broccoli with Baby Tomato 花菜配樱桃番茄 Steamed Sweet Potato 蒸紫薯 | Roasted Beef with Tomato 蕃茄烩牛肉 Sautéed Zucchini 清炒西葫芦 Baked Sweet Potato 焗红薯 |
| Week 2 | | | | | |
| Menu (B) Asian | Braised Chicken Wing 小鸡炖蘑菇 Sautéed Cauliflower with Tomato 番茄炒菜花 Steamed Rice With Millet 二米饭 | Braised Beef with Carrot & Bamboo Shoot 胡萝卜冬笋烧牛肉 Sautéed Cole 香菇炒白菜 Steamed Rice 白米饭 Hanamaki 自制馒头 | Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭 | Beef Slice with Soy Sauce 豉汁牛肉片 Sautéed Cole 清炒油菜 Steamed Red Bean Rice 红豆米饭 | Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Wok-Fried Cabbage 炆炒包菜 Steamed Rice Millet 二米饭 |
| Daily Special (C) | Chicken Pizza 鸡肉披萨 | Chicken Tortilla Wrap 墨西哥鸡肉卷 | Beef lasagna 牛肉千层面 Sautéed Cole 清炒油菜 | Ham Sandwich 火腿三明治 | Deep-Fried Chicken Chop 英式炸鸡排烤薯角 Sautéed Cole 清炒油菜 |

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by **sodexo***

| | MEAL | MONDAY 9.14 | TUESDAY 9.15 | WEDNESDAY 9.16 | THURSDAY 9.17 | FRIDAY 9.18 |
|-----------|---------------------|---|---|---|--|--|
| | Soup | Egg & Nori Soup 紫菜蛋花汤 | Mixed Beef Soup 西湖牛肉羹 | Minestrone Soup 意式蔬菜汤 | Korean Soup 韩式酱汤 | Corn soup 玉米羹 |
| Week 3 | Menu (A) Western | Orleans Roast Chicken 奥尔良烤鸡胸 Roasted Vegetable 烤什蔬 Soft Roll 软面包 | Roasted Pork 香烤猪梅肉 Poached Cauliflower & Carrot 胡萝卜炒菜花 Roasted Potato with Herb 香草烤土豆块 | Beef Bolognese Pasta 意式牛肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包 | Roasted Duck with Black Pepper Sauce 香草烤鸭胸 配黑椒汁 Roasted Vegetable with Herbs 香草烤蔬菜 Roasted Pumpkin 蜜汁烤南瓜 | Beef curry 咖喱烩牛肉 Poached Cauliflower & Green Peas 青豆炒菜花 Roasted Potato with Herb 烤土豆 |
| | Menu (B) Asian | Braised Pork with Quail Egg 红烧肉烧鹌鹑蛋 Sautéed Cole 清炒油菜 Steamed Rice 白米饭 | Braised Beef with Turnip 萝卜炖牛肉 Stir-fried Babby Cababge 木耳炒白菜 Steamed Rice 紫薯饭 Hanamaki 自制花卷 | Braised Tofu 木耳冬笋烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭 | Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Cereal Rice 杂粮饭 | Braised Pork with Egg 猪肉末蒸滑蛋 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 玉米米饭 |
| | Daily Special (C) | Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼 | Chicken Sandwich 鸡肉三明治 | Rice Noodles with Beef Soup 牛肉汤河粉 | Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 炒蔬菜/薯条 | Salami Pizza 萨拉米披萨 |

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| MEAL | MONDAY 9.21 | TUESDAY 9.22 | WEDNESDAY 9.23 | THURSDAY 9.24 | FRIDAY 9.25 |
|--------------------------------------|--|--|---|--|---|
| Soup | Tomato Egg Soup 番茄蛋汤 | Vegetable & Tofu Soup 蔬菜豆腐汤 | Minestrone Soup 意式蔬菜汤 | Creamy Carrot Soup 奶油胡萝卜汤 | Corn soup 玉米羹 |
| Menu (A) Western | Pasta with ham Tomato Sauce 火腿番茄意面 Sautéed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包 |  Goulash 匈牙利烩牛肉 Gratin Cauliflower 焗菜花 Steamed Pumpkin 蒸南瓜 | Tandoori Chicken 印度天多瑞烤鸡腿 Sautéed Zucchini with Carrot 西葫芦配胡萝卜条 Roasted Potato with Herb 香草烤土豆 | Chicken Curry 泰式咖喱鸡肉 Sautéed Broccoli with Baby Tomato 花菜配樱桃番茄 Steamed Sweet Potato 蒸红薯 |  Swedish Beef Meat Ball 瑞典风味牛肉丸 Sautéed Mix Vegetables 混合时蔬 Mashed potato 奶香土豆泥 |
| Week 4 Menu (B) Asian | Steamed Chicken in Mushroom 香菇蒸鸡肉 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭 | Kung Pao Chicken 宫保鸡丁 (不辣) Sautéed Cole 清炒油菜 Steamed Rice with Purple Sweet Potato 紫薯饭 Hanamaki 自制馒头 | Scrambled Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭 | Stir-Fried Pork w/Egg & Fungus 木须肉 (猪肉) Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Sweet Potato 紫薯米饭 | Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice Millet 二米饭 |
| Daily Special (C) | Nasi Goreng 印尼炒饭 煎蛋, 鸡肉串 | Chicken Tortilla Wrap 墨西哥鸡肉卷 | Hot Dog 热狗 Sautéed Cole 清炒油菜 | Ham Sandwich 火腿三明治 | Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 |

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| | MEAL | MONDAY 9.28 | TUESDAY 9.29 | WEDNESDAY 9.30 | THURSDAY | FRIDAY |
|-------------------|--|--|--|---|----------|--------|
| Week 5 | Soup | Tomato Egg Soup 番茄蛋汤 | Cabbage & Vermicelli Soup 白菜粉丝汤 | Cucumber & Egg Soup 黄瓜鸡蛋汤 | | |
| | Menu (A) Western | Cajun Roasted Chicken 卡真烤鸡腿 Roasted Vegetable 烤什蔬 Roasted Potato with Herb 香草烤土豆块 | Braised Beef with Tomato 蕃茄烩牛肉 Poached Cauliflower & Carrot 胡萝卜炒菜花 Soft Roll 软面包 | Beef Bolognese Pasta 意式肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包 | | |
| | Menu (B) Asian | Stir-Fried Pork with / Mushroom 鲜蘑炒肉片 (猪) Stir-Fried Babby Cababge 清炒白菜 Steamed Rice 白米饭 | Stir-Fried chicken with vegetable 鸡肉炒三丁 Sautéed Celery with Dried Tofu 香干炒西芹 Steamed Oat Rice 燕麦饭 Hanamaki 自制花卷 | Braised Tofu 客家烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭 | | |
| Daily Special (C) | Beef Ham & Cheese Panini  扒牛肉火腿奶酪帕尼尼 | Meat Pizza 肉食披萨 Vegetarian Pizza  素食披萨 | Nasi Goreng 印尼炒饭 肉串虾片煎蛋 | | | |