

# CISB Main Entrees KGT Menu

## September 2020



Vegetables  
Stick  
Soup

Monday

Tuesday  
9.1

Wednesday  
9.2

Thursday  
9.3

Friday  
9.4

Vegetable Stick

蔬菜条

Cabbage & Vermicelli Soup

白菜粉丝汤

Vegetable Stick

蔬菜条

Cucumber & Egg  
Soup

黄瓜鸡蛋汤

Vegetable Stick

蔬菜条

Cream of mushroom soup

奶油蘑菇汤

Vegetable Stick

蔬菜条

Tremella Lily soup  
银耳百合汤

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



Meat Pizza

鸡肉披萨



Braised Tofu  
三鲜烧豆腐

Wok-Fried Cabbage

胡萝卜炒圆白菜

Steamed Rice  
米饭

Hanamaki  
蒸点



Beef Bolognese Pasta

意式牛肉酱面



Beef Stew  
with celery and carrot

红烩牛肉

Sautéed Cole with  
Mushroom

香菇油菜

Steamed Oat Rice  
燕麦饭



Chicken Sandwich

鸡肉三明治



Braised Pork Fillet with  
Vegetable

猪肉丸烩什蔬

Sautéed Zucchini  
with Egg

西葫芦炒鸡蛋

Steamed Rice

with Corns

玉米米饭



Roasted Duck Breast with  
Honey Sauce

蜜汁烤鸭脯



Chinese

Western

Vegetarian

Seafood

Halal

Heathy  
choice

OK most  
of the  
time

Enjoy it  
once in a  
while



# CISB Main Entrees KGT Menu

## September 2020



Vegetables Stick Soup

**Monday**  
9.7

Vegetable Stick

蔬菜条  
Greens & Vermicelli Soup  
青菜粉丝汤

**Tuesday**  
9.8

Vegetable Stick

蔬菜条  
Chicken & mushroom soup  
菌菇香鸡汤

**Wednesday**  
9.9

Vegetable Stick

蔬菜条  
Mushroom & Egg Soup  
金针菇蛋花汤

**Thursday**  
9.10

Vegetable Stick

蔬菜条  
Cream of pumpkin soup  
奶油南瓜汤

**Friday**  
9.11

Vegetable Stick

蔬菜条  
White Fungus & Red Dates Soup  
银耳红枣汤

Chinese

Western

Braised Chicken Wing

小鸡炖蘑菇

Sautéed Cauliflower

with Tomato

番茄炒菜花

Steamed Rice with Sweet Potato

红薯饭



Pasta with Bacon Tomato Sauce

培根番茄意面



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



Chicken Pizza

鸡肉披萨



Scrambles Egg with Tomato

番茄炒鸡蛋

Fungus and Celery

木耳芹菜

Steamed Rice

米饭

Hanamaki

蒸点



Beef lasagna

意式牛肉千层面



Beef Slice with Soy Sauce

豉汁牛肉片

Sautéed Cole

清炒油菜

Steamed Red Bean Rice

红豆米饭



Chicken Curry

咖喱鸡肉



Sautéed Duck with Soy bean Paste

酱爆鸭肉

Wok-Fried Cabbage

炆炒包菜

Steamed Rice Millet

二米饭



Ham Sandwich

火腿三明治



Vegetarian

Seafood

Halal

Healthy choice

OK most of the time

Enjoy it once in a while



# CISB Main Entrees KGT Menu

## September 2020



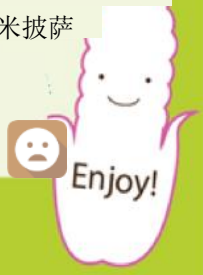
Vegetables Stick Soup

Chinese

Western

Vegetarian    
 Seafood    
 Halal    
 Heathy choice    
 OK most of the time    
 Enjoy it once in a while

	Monday 9.14	Tuesday 9.15	Wednesday 9.16	Thursday 9.17	Friday 9.18
	Vegetable Stick 蔬菜条 Egg & Nori Soup 紫菜蛋花汤	Vegetable Stick 蔬菜条 Mixed Beef Soup 西湖牛肉羹	Vegetable Stick 蔬菜条 Minestrone Soup 意式蔬菜汤	Vegetable Stick 蔬菜条 Korean Soup 韩式酱汁	Vegetable Stick 蔬菜条 Corn soup 玉米羹
	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 with Purple Sweet Potato 紫薯饭	Braised Tofu 木耳冬笋烧豆泡 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭 Hanamaki 蒸点	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
	Pasta with Tomato Sauce 蘑菇番茄意面	Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡	Chicken Sandwich 鸡肉三明治	Roasted Duck with Black Pepper Sauce 香草烤鸭胸	Salami Pizza 萨拉米披萨



# CISB Main Entrees KGT Menu

## September 2020



Vegetables Stick Soup

Chinese

Western

Vegetarian    
 Seafood    
 Halal    
 Healthy choice    
 OK most of the time    
 Enjoy it once in a while

	Monday 9.21	Tuesday 9.22	Wednesday 9.23	Thursday 9.24	Friday 9.25
	Vegetable Stick 蔬菜条 Tomato Egg Soup 番茄蛋汤	Vegetable Stick 蔬菜条 Vegetable & Tofu Soup 蔬菜豆腐汤	Vegetable Stick 蔬菜条 Minestrone Soup 意式蔬菜汤	Vegetable Stick 蔬菜条 Creamy Carrot Soup 奶油胡萝卜汤	Vegetable Stick 蔬菜条 Corn soup 玉米羹
	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	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭 Hanamaki 花卷	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 Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice Millet 二米饭
	Pasta with ham Tomato Sauce 火腿番茄意面	Goulash 匈牙利烩牛肉	Hot Dog 美式热狗	Chicken Curry 日式咖喱鸡肉	Ham Sandwich 火腿三明治



# CISB Main Entrees KGT Menu

## September 2020



Vegetables  
Stick  
Soup

**Monday**  
9.28

Vegetable Stick  
蔬菜条  
Tomato Egg Soup  
番茄蛋汤

**Tuesday**  
9.29

Vegetable Stick  
蔬菜条  
Cabbage & Vermicelli Soup  
白菜粉丝汤

**Wednesday**  
9.30

Vegetable Stick  
蔬菜条  
Cucumber & Egg  
Soup  
黄瓜鸡蛋汤

**Thursday**

**Friday**

Chinese

Stir-Fried Pork with /  
Mushroom  
鲜蘑炒肉片

Stir-Fried Baby Cabbage  
清炒白菜  
Steamed Rice  
白米饭



Braised Beef with  
Tomato  
蕃茄烩牛肉

Sautéed Celery with  
Dried Tofu  
香干炒西芹  
Steamed Oat Rice  
燕麦饭



Braised Tofu  
客家烧豆腐

Wok-Fried Cabbage  
胡萝卜炒圆白菜  
Steamed Rice  
米饭  
Hanamaki  
蒸点



Western

Cajun Roasted Chicken  
卡真烤鸡腿



Chicken Sandwich  
鸡肉三明治



Beef Bolognese Pasta  
意大利肉酱面



OK most  
of the  
time



Enjoy it  
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