

MENU



Healthy choice



OK most of the time



Enjoy it once in a while

CISB Main Entrees G1-G2 Menu November 2022



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY	TUESDAY 11.1	WEDNESDAY 11.2	THURSDAY 11.3	FRIDAY 11.4
Soup		Chinese Cabbage Soup 白菜粉丝汤	Creamy Mushroom Soup 奶油蘑菇汤	Indian Coconut Curry Soup 印度香椰咖喱汤	
Combo		Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Braised Fish 三鲜鱼 Stir-Fried Tofu with Mushroom and Capsicum 香菇彩椒炒千叶豆腐 Steamed Red Bean Rice 红豆米饭/白米饭 Hanamaki 自制花卷	Orleans Roast Chicken Burger 奥尔良烤鸡腿汉堡 Braised Bean Puff with Fungus and Bamboo Shoots 木耳冬笋烧豆泡 Scrambled Egg with Cucumber 黄瓜炒鸡蛋 Steamed Rice with Sweet Potato 红薯米饭/白米饭	Tandoori Chicken 印度天多瑞烤鸡腿 Braised Taro with Beef 芋头烧牛肉 Lotus Root Slices with mixed vegetables 荷塘月色 Steamed Rice 白米饭	
Fruit		Juice 果汁	Juice 果汁	Juice 果汁	

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MEAL/ 菜品	MONDAY 11.7	TUESDAY 11.8	WEDNESDAY 11.9	THURSDAY 11.10	FRIDAY 11.11
Soup	Russian Soup 罗宋汤	Jujube and Tremella Soup 红枣银耳汤	Korean Soybean Paste Soup 韩式大酱汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Corn Soup 奶油玉米汤
Combo	Pasta with Chicken & Tomato Sauce 鸡肉茄汁意面 Braised Pork with Bean Puff 红烧肉烧豆泡 Stewed White Gourd 烧冬瓜 Steamed Rice with Millet 二米饭/白米饭	Beijing Roast Duck Wrap 北京烤鸭卷 Braised Beef with Potato 土豆烧牛肉 Sautéed Cole with Mushroom 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制南瓜馒头	BBQ Roasted Pork 烧烤猪梅肉 Scrambled Egg with Tomato 番茄炒蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Curry Fish 日式咖喱鱼 Stir-fried Pork with Mushroom 鲜蘑猪肉片 Braised Cabbage with Tofu 白菜豆腐 Steamed Red Bean Rice 红豆米饭/白米饭	Beef & Vegetable Pizza 牛肉蔬菜披萨 Steamed Egg with Shrimp 虾仁蒸水蛋 Stir-fry Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁



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MEAL/ 菜品	MONDAY 11.14	TUESDAY 11.15	WEDNESDAY 11.16	THURSDAY 11.17	FRIDAY 11.18
Soup	Minestrone Soup 意式蔬菜汤	Chicken & Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Pear Tremella Soup 银耳雪梨汤	Hot and Sour Soup 酸辣汤
Combo	Hawaiian Chicken Pizza 夏威夷鸡肉披萨 Sweet and Sour Pork 糖醋里脊 Sautéed Cole 清炒油菜 Steamed Rice 白米饭	Braised Fish Balls 红烩鱼丸  Stewed Beef with Turnip  萝卜炖牛肉 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 红薯饭/白米饭 Hanamaki 自制发糕	Beef & Cheese Panini  牛肉奶酪帕尼尼 Braised Tofu with Shrimp  虾仁烧豆腐 Stir-fried Mixed Vegetable 罗汉上素 Steamed Rice 白米饭	Grilled Duck Breast with Gravy 香煎鸭胸蘑菇汁 Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Stir-Fried Zucchini with Egg 西葫芦炒蛋 Steamed Rice with Oats 杂粮饭/白米饭	Hungarian Beef Goulash  匈牙利烩牛肉 Yu-Shiang Shredded Pork (non-spicy) 鱼香肉丝 (不辣) Wok-Fried Cabbage 清炒圆白菜 Steamed Rice 白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 11.21	TUESDAY 11.22	WEDNESDAY 11.23	THURSDAY 11.24	FRIDAY 11.25
Soup	Lotus Root & Pork Soup 莲藕汤	Creamy Potato Soup 奶油土豆汤	Seaweed & Egg Soup 紫菜蛋花汤	Creamy Pumpkin Soup 奶油南瓜汤	Minestrone Soup 意大利蔬菜汤
Combo	Roasted Chicken Breast w/ Onion Gravy 烤鸡胸配洋葱汁 Stir-Fried Beef with Mushroom 杏鲍菇炒牛肉 Dried Shrimp with White Gourd 海米冬瓜 Steamed Rice 白米饭	Fish & Vegetable Pizza 鱼肉蔬菜披萨 Braised Mutton with Turnip 萝卜烧羊肉 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice with Millet 二米饭/白米饭 Hanamaki 自制馒头	Carbonara 奶油培根意面 Scrambled Egg with Tomato 番茄炒蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Curry Pork 日式咖喱猪肉 Sweet & Sour Chicken 菠萝咕咾鸡 Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Swedish Beef Meatball 瑞典风味牛肉丸 Sauteed Fish with Mixed Vegetable 三鲜炒鱼丁 Stir-fry Chinese Baby Cabbage 炒小白菜 Steamed Rice 白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 11.28	TUESDAY 11.29	WEDNESDAY 11.30	THURSDAY	FRIDAY
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹	Turnip and Vermicelli Soup 白萝卜粉丝汤		
Combo	BBQ Duck 烤鸭鸭胸 Moo Shu Pork 猪肉木须 Stewed White Gourd 烧冬瓜 Steamed Rice 白米饭 	Pan-Fried Fish Fillet with Cream Sauce  意式煎鱼柳奶油汁 Braised Pork with Bean Curd 百叶结红烧肉 Stir-Fried Cabbage with Vermicelli 白菜粉条 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭 	Fish & Vegetable Pizza  鱼肉蔬菜披萨 Wok-Fried Pork with Soybean Paste 酱爆肉丁 (猪肉) Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 白米饭 		
Fruit	Juice 果汁	Juice 果汁	Juice 果汁		