







Halal



Heathy choice



OK most of the time



Enjoy it once in a while



CISB Main Entrees KGT Menu November 2022



Monday

Tuesday 11.8

蔬菜条

Wednesday

Thursday 11.10 Friday 11.11

Vegetable Stick

Vegetable Stick

Vegetable Stick

11.9

Vegetable Stick Vegetable Stick

蔬菜条

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

Russian Soup Jujube and Tremella Soup 蔬菜条

Tomato Egg Soup

蔬菜条

蔬菜条

番茄鸡蛋汤

Creamy Corn Soup 奶油玉米汤

Vegetables Stick Soup

Chinese

罗宋汤

红枣银耳汤

Korean Soybean Paste Soup 韩式大酱汤

Braised Beef with Potato 十豆烧牛肉

Sautéed Cole with Mushroom

香菇炒油菜

Steamed Rice

白米饭

Scrambled Egg with Tomato

番茄炒鸡蛋

Fungus and Celery

木耳芹菜

Steamed Rice

白米饭

Hanamaki 自制大饼

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

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



Pasta with Chicken &

Tomato Sauce

意大利面鸡肉番茄汁

Roasted Duck

with Cajun Sauce

卡真烤鸭

BBO Roasted Pork

烧烤猪梅肉

Curry Fish

日式咖喱鱼

Beef & Cheese Panini



牛肉奶酪帕尼尼























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CISB Main Entrees KGT Menu November 2022



Monday 11.14

Vegetable Stick

Minestrone Soup

意式蔬菜汤

蔬菜条

11.15

Vegetable Stick

Tuesday

蔬菜条

Chicken & Mushroom Soup

香菇炖鸡汤

Wednesday

11.16

Vegetable Stick

蔬菜条

Creamy Carrot Soup

奶油胡萝卜汤

Thursday

Vegetable Stick

蔬菜条

Tremella & Pear Soup

银耳雪梨汤

Friday

11, 18

Vegetable Stick

蔬菜条

Hot and Sour Soup

酸辣汤

Chinese

Western

LET'S EAT

T'S SWEET, COLORFUL AND SO HEALTHY!

Vegetables Stick

Soup

Sweet and Sour Pork

糖醋里脊 Sautéed Cole 清炒油菜

Steamed Rice

白米饭

Braised Beef with Turnip



萝卜炖牛肉

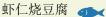
Sautéed Cabbage with Fungus

白菜木耳

Steamed Rice

with Sweet Potato 红薯饭/白米饭

Braised Tofu with Shrimp



Stir-fried Mixed Vegetable

罗汉上素 Steamed Rice

白米饭

Hanamaki

自制花卷

Braised Pork Meatballs with White Gourd

冬瓜烧猪肉丸子

Stir-Fried Zucchini with Egg

西葫芦炒蛋

Steamed Cereal Rice 杂粮饭/白米饭

Yu-Shiang Shredded Pork 鱼香肉丝 (不辣)

Stir-Fried Spinach with Vermicelli

> 粉丝炒菠菜 Steamed Rice

> > 白米饭



Curry Chicken 咖喱鸡

Braised Fish Balls

红烩鱼丸



Beef Bolognaise Pasta 意式肉酱面

Grilled Duck Breast with

Gravy

香煎鸭胸蘑菇汁





牛肉三明治



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CISB Main Entrees KGT Menu November 2022



Monday

Tuesday 11.22

Wednesday 11.243

Thursday

11.24

Friday

Vegetable Stick

蔬菜条

Vegetable Stick

Vegetable Stick

蔬菜条

Vegetable Stick

蔬菜条

11.25

蔬菜条

Vegetable Stick

Vegetables

Stick

Soup

LET'S EAT

IT'S SWEET, COLORFUL AND SO HEALTHY!

Lotus Root & Pork Soup

Creamy Potato Soup

蔬菜条

Seaweed & Egg Soup

Creamy Pumpkin Soup

Minestrone Soup

莲藕汤

奶油土豆汤

紫菜蛋花汤

奶油南瓜汤

意大利蔬菜汤

Chinese

Stir-Fried beef with Mushroom

杏鲍菇炒牛肉

Dried shrimp with

海米冬瓜

Steamed Rice

白米饭

white gourd



Turnip 萝卜烧羊肉

Braised Mutton with

Braised Cabbage with

Bean Curd

千张烧白菜

Steamed Rice with

二米饭/白米饭

Millet

番茄炒蛋

Scrambled Egg with Tomato

Fungus and Celery

木耳芹菜

Steamed Rice

白米饭

Hanamaki

自制玉米发糕

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

Sauteed Fish with Mixed Vegetable





Stir-fry Chinese Baby Cabbage

炒小白菜

Steamed Rice

白米饭



Orleans Roast Chicken Burger

奥尔良烤鸡腿汉堡

Fish & Vegetable Pizza

鱼肉蔬菜披萨



Carbonara

奶油培根意面

Ham & Cheese Sandwich 猪肉火腿三明治

Swedish Beef Meatball



瑞典风味牛肉丸



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Western





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