

# CISB Main Entrees KGT Menu

## November 2022



Vegetables  
Stick  
Soup

Monday

Tuesday

Wednesday

Thursday

Friday

11.1

11.2

11.3

11.4

Vegetable Stick

蔬菜条

Chinese Cabbage Soup

白菜粉丝汤

Vegetable Stick

蔬菜条

Creamy Mushroom Soup

奶油蘑菇汤

Vegetable Stick

蔬菜条

Indian Coconut Curry Soup

印度香椰咖喱汤

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



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

Hanamaki

自制玉米发糕

Braised Taro with Beef

芋头烧牛肉

Lotus Root Slices

with mixed vegetables

荷塘月色

Steamed Rice

白米饭

Chinese

Western

Salami & Vegetable Pizza

萨拉米蔬菜披萨

Sour Cream & Cheese Chicken

芝士酸奶油焗鸡

Tandoori Chicken

印度天多瑞烤鸡腿

Vegetarian

Seafood

Halal

Heathy  
choice

OK most  
of the  
time

Enjoy it  
once in a  
while



# CISB Main Entrees KGT Menu

## November 2022



Vegetables  
Stick  
Soup

Monday 11.7	Tuesday 11.8	Wednesday 11.9	Thursday 11.10	Friday 11.11
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
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

Chinese

Braised Pork with Bean Puff 红烧肉烧豆泡	Braised Beef with Potato 土豆烧牛肉	Scrambled Egg with Tomato 番茄炒鸡蛋	Stir-fried Pork with Mushroom 鲜蘑猪肉片	Steamed Egg with Shrimp 虾仁蒸水蛋
Stewed White Gourd 烧冬瓜	Sautéed Cole with Mushroom 香菇炒油菜	Fungus and Celery 木耳芹菜	Braised Cabbage with Tofu 白菜豆腐	Stir-fry Cabbage with Vermicelli 圆白菜炒粉丝
Steamed Rice with Millet 二米饭/白米饭	Steamed Rice 白米饭	Steamed Rice 白米饭	Steamed Red Bean Rice 红豆米饭/白米饭	Steamed Rice 白米饭

Western

Pasta with Chicken & Tomato Sauce 意大利面鸡肉番茄汁	Roasted Duck with Cajun Sauce 卡真烤鸭	BBQ 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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Vegetarian

Seafood

Halal

Heathy choice

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Enjoy it once in a while



# CISB Main Entrees KGT Menu

## November 2022



Vegetables  
Stick  
Soup

	Monday 11.14	Tuesday 11.15	Wednesday 11.16	Thursday 11.17	Friday 11.18
	Vegetable Stick	Vegetable Stick	Vegetable Stick	Vegetable Stick	Vegetable Stick
	蔬菜条	蔬菜条	蔬菜条	蔬菜条	蔬菜条
	Minestrone Soup	Chicken & Mushroom Soup	Creamy Carrot Soup	Tremella & Pear Soup	Hot and Sour Soup
	意式蔬菜汤	香菇炖鸡汤	奶油胡萝卜汤	银耳雪梨汤	酸辣汤

### Chinese

Sweet and Sour Pork	Braised Beef with Turnip	Braised Tofu with Shrimp	Braised Pork Meatballs with White Gourd	Yu-Shiang Shredded Pork
糖醋里脊	萝卜炖牛肉	虾仁烧豆腐	冬瓜烧猪肉丸子	鱼香肉丝 (不辣)
Sautéed Cole	Sautéed Cabbage with Fungus	Stir-fried Mixed Vegetable	Stir-Fried Zucchini with Egg	Stir-Fried Spinach with Vermicelli
清炒油菜	白菜木耳	罗汉上素	西葫芦炒蛋	粉丝炒菠菜
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Cereal Rice	Steamed Rice
白米饭	with Sweet Potato	Hanamaki	杂粮饭/白米饭	白米饭
	红薯饭/白米饭	自制花卷		

### Western

Curry Chicken	Braised Fish Balls	Beef Bolognaise Pasta	Grilled Duck Breast with Gravy	Beef Sandwich
咖喱鸡	红烩鱼丸	意式肉酱面	香煎鸭胸蘑菇汁	牛肉三明治



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# CISB Main Entrees KGT Menu

## November 2022



Vegetables  
Stick  
Soup

Monday	Tuesday	Wednesday	Thursday	Friday
11.21	11.22	11.243	11.24	11.25

Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
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

Chinese

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



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



Scrambled Egg with Tomato

番茄炒蛋

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

三鲜炒鱼丁



Stir-fry Chinese Baby Cabbage

炒小白菜

Steamed Rice

白米饭



Western

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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Seafood

Halal

Happy face icon  
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# CISB Main Entrees KGT Menu

## November 2022



Vegetables  
Stick  
Soup

**Monday**

11.28

Vegetable Stick

蔬菜条

Seaweed & Egg Soup

紫菜蛋花汤

**Tuesday**

11.29

Vegetable Stick

蔬菜条

Mixed Beef Soup

西湖牛肉羹

**Wednesday**

11.30

1 Vegetable Stick

蔬菜条

Fungus, Turnip & Vermicelli Soup

木耳白萝卜粉丝汤

**Thursday**

**Friday**

Chinese

Moo Shu Pork

猪肉木须

Stewed White Gourd

烧冬瓜

Steamed Rice

白米饭



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



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

Hanamaki

自制南瓜馒头



Western

Beijing Roast Duck Wrap

北京烤鸭卷



Pan-Fried Fish Fillet with Cream Sauce

意式煎鱼柳奶油汁



Chicken & Vegetable Sandwich

鸡肉蔬菜三明治



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