






CISB Daily Special Western Food November 2022



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	
Western		 World Vegan Day 国际素食日 Baked Rice with Cheese and Plant-Based Meat 植物肉焗饭 Mixed Vegetables 混合时蔬	Korean Kimchi Fried Rice 韩国泡菜炒饭 Korean Style BBQ Chicken 韩国烤鸡 Kimchi 韩式泡菜	Indian Food Promotion 印度美食节  Curry Beef 印度咖喱牛肉 Curry Broccoli 印度玛萨拉西兰花 Indian Rice with Green Beans 印度孜然青豆饭 Samosa 印度咖喱角	





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
Western	Fried Fish with Ketchup  香炸鲷鱼配茄汁 Sautéed Mixed Vegetable 田园混合蔬菜 Bread 面包	 Vegetarian Option 素食 Bibimbap 石锅拌饭 Plant-Based Meat/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 植物肉/蘑菇/西葫芦 /胡萝卜/豆芽/ 煎鸡蛋 Kimchi 韩式泡菜	Sausage with Sauerkraut 德式酸菜猪肉肠 Sautéed Vegetable 混合时蔬 Lyonnaise Potato 里昂那土豆	BBQ Ribs 美式烧烤猪排 Bread 面包 Mixed Vegetables 混合时蔬	 Beef & Cheese Hamburger 牛肉芝士汉堡包 French Fries 自制薯条 Mixed Vegetables 混合时蔬





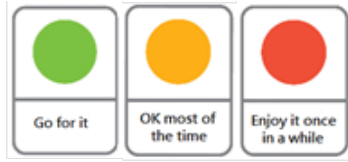
MEAL/ 菜品	MONDAY 11.14	TUESDAY 11.15	WEDNESDAY 11.16	THURSDAY 11.17	FRIDAY 11.18
Soup	Minestrone Soup 意式蔬菜汤	Chicken & Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Pear Tremella Soup 银耳雪梨汤	Hot and Sour Soup 酸辣汤
Western	Rosemary Chicken 迷迭香烤春鸡 Mixed Vegetable 混合时蔬 Roasted Potato 烤土豆	American Hot Dog 美式热狗 French Fries 炸薯条 Mixed Vegetables 混合时蔬	 Cumin Beef Pizza 孜然牛肉披萨  Cheese Pizza 芝士披萨 Chicken Wings 鸡翅根 Mixed Vegetables 混合时蔬	 Vegetarian Option 素食 Quesadilla with Plant-Based Meat 墨西哥植物肉 芝士饼 Nachos 玉米片 Mixed Vegetables 混合时蔬	Taste of Sichuan 品味四川 Braised Fish in Chill Sauce  大千干烧鱼 Stir-fry Cabbage 清炒小白菜 Steamed Rice 米饭 Sweet Glutinous Rice Ball (Tangyuan) 赖汤圆





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
Western	Korean Roasted Pork 韩式烤五花肉 Kimchi 辣白菜 Fried Kimchi Rice 韩式泡菜炒饭	 Vegetarian option 素食 Potato & Plant-Based Meat Pie 植物肉土豆泥派 Mixed Vegetables 黄油时蔬 Bread 面包	 Deep-Fried Fish with Tartar Sauce 英式炸鱼排 配塔塔汁 Vegetables 时蔬 French Fries 薯条	 Roasted Chicken 香草烤鸡腿 Sautéed Broccoli with Carrot 西兰花胡萝卜 Roasted Potato 香草烤土豆	 Salami Pizza 意式萨拉米披萨 Cheese Pizza 芝士披萨 Pan Fried Pork Sausage 香煎猪肉肠 Vegetable 时蔬





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		
Western	Korean Budae Jjigae 韩式部队火锅 Egg Noodle 鸡蛋面 Kimchi 韩式泡菜	Spaghetti/Penne 意大利直面/斜切面 Bolognese 牛肉酱 Tomato Sauce/ Onion/Bacon/Cheese /Tomato 番茄酱/洋葱/培根/ 芝士/西红柿	Bourbon Pulled Beef 牛肉奶酪帕尼尼 Sautéed Broccoli 西兰花 Roasted Potato 烤土豆		

