



CISB Main Entrees G3-G5 Menu January 2020

Week 1

	Monday 1.6	Tuesday 1.7	Wednesday 1.8	Thursday 1.9	Friday 1.10
Soup	French onion soup 法式洋葱汤	Chicken & mushroom soup 菌菇 香鸡汤	Tomato Egg Soup 番茄蛋汤	Cream of mushroom soup 奶油蘑菇汤	White Fungus soup 银耳羹
Menu (A) Western	Rosemary chicken 迷迭香烤鸡 Carrots in honey sauce 蜜汁胡萝卜 Roasted new potato 烤新土豆	Roasted duck in honey sauce 蜜汁烤鸭脯 Roasted vegetable with herbs 香草烤蔬菜 Baked potato with cheese 芝士焗土豆	Beef Bolognese Pasta 意式肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜蓉面包	Orleans Roast Chicken 奥尔良烤鸡腿肉 Roasted Vegetable with Herts 香草烤蔬菜 Lyonnaise Potatos 培根洋葱炒土豆	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 Poached Cauliflower & Green 青豆炒菜花 Steamed Rice 米饭
Menu (B) Asian	Braised Beef with Turnip 萝卜炖牛肉 Stir-Fried Baby Cabbage 清炒白菜 Steamed Rice 米饭	Five colours Fish 五彩鱼丁 Celery & Tofu 芹菜豆干 Steamed Rice with Sweet Potato 红薯米饭	Braised Tofu 红烧豆腐 Sautéed Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Moo Shu Beef 牛肉木须 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice 米饭	Fried Shrimp with Egg 滑蛋虾仁 Sautéed Cole 清炒油菜 Steamed Rice 米饭
Daily Special (C)	Beef Ham & Cheese Panini 扒牛肉火腿奶酪帕尼尼	Ham Sandwich 火腿三明治	Crispy Chicken Burger with Mixed Salad & French Fries 脆皮鸡肉汉堡包/ 蔬菜沙拉/薯条	Salami Pizza 萨拉米披萨	Chinese Noodles with Braised Beef Soup 红烧牛肉面

* The set menu in included Drink / Fruit, The price is 29RMB / Set, The set meal can be refilled.



Heathy
choice



OK most of
the time


















Enjoy it once
in a while



CISB Main Entrees G3-G5 Menu January 2020

Week 2

	Monday 1.13	Tuesday 1.14	Wednesday 1.15	Thursday 1.16	Friday 1.17
Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup  西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Cream Pumpkin Soup 奶油南瓜汤	Corn soup 玉米羹
Menu (A) Western	Spaghetti Carbonara 猪肉培根奶油意面 Sautéed Green Peas & Carrot  洋葱炒青豆 Garlic Bread 蒜蓉面包	Chicken Curry 咖喱鸡肉 Sautéed Broccoli with Baby  Tomato 清炒西兰花配樱桃番茄 Steamed Sweet Potato 蒸红薯	Tandoori Chicken 印度天多瑞烤鸡腿 Sautéed Zucchini with Carrot  西葫芦配胡萝卜条 Roasted Potato with Herb 香草烤土豆块	 Beef Goulash 匈牙利烩牛肉 Gratin Cauliflower  焗菜花 Homemade Soft Roll 自制面包	Grilled Chicken Breast with Mushroom Gravy 扒鸡胸配蘑菇汁 Sautéed Mix Vegetables  混合时蔬 Steamed Pumpkin 蒸南瓜
Menu (B) Asian	Steamed Chicken in Mushroom 香菇蒸鸡肉 Braised Cabbage with Fungus  白菜木耳 Steamed Rice 米饭	Beef Slice with Black Bean Sauce  豉汁牛肉片 Sautéed Cole  清炒油菜 Steamed Red Bean Rice 红豆米饭	Scrambles Egg with Tomato  番茄炒鸡蛋 Funguss Curd  木耳芹菜 Hanamaki 花卷 Steamed Rice 米饭	Braised Chicken 红烧鸡块 Zucchini with Carrot  西葫芦配胡萝卜 Steamed Rice with Sweet Potato 紫薯米饭	Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Cabbage with Carrot  胡萝卜炒圆白菜 Steamed Rice & Millet 二米饭
Daily Special (C)	Singapore Noodle 星洲炒米粉	Chicken Tortilla Wrap 墨西哥鸡肉卷	Beef Ham & Cheese Panini 扒牛肉火腿奶酪帕尼尼	 Fish Finger /Mixed Salad/French Fries 鱼排/沙拉/薯条	Ham Sandwich 火腿三明治

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