

CISB Main Entrees Staff Menu

January 2020

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Kun Bao Chicken 宫保鸡丁 Stew with cabbage 白菜冻豆腐 Steamed Rice 米饭	Stewed Duck with Soy Bean Sauce 酱鸭 Fried Dry Bean Curd with Bell Pepper 尖椒豆皮 Steamed Rice 米饭	Poached Spicy Slices of Beef 水煮肉 (牛肉) Stir-Fried Celery with Dry Bean Curd 香干西芹 Steamed Rice 米饭	Fried Chicken with Spicy Sauce 鱼香鸡片 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭	Braised Tofu in Sichuan Style 麻婆豆腐 Stir-fried Tomato with Egg 西红柿炒鸡蛋 Steamed Rice 米饭
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶

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January 2020

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
Hot Food	Braised Chicken with Turnip 萝卜烧鸡腿 Chinese Green with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried w Chicken ith Egg 木须肉 (鸡肉) Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭	Braised Duck Sichuan Sauce 麻辣鸭块 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭	Chinese Noodles 手擀面 Braised vegetarian Sauce 素打卤 With Vegetable 配时令蔬菜丝
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶