

CISB Main Entrees DRC Menu

January 2020



Vegetables
Stick
Soup

Monday
1.4

Tuesday
1.5

Wednesday
1.6

Thursday
1.7

Friday
1.8

Vegetable Stick

蔬菜条

Mixed Beef Soup

西湖牛肉羹

Vegetable Stick

蔬菜条

Creamy Mushroom Soup

奶油蘑菇汤

Vegetable Stick

蔬菜条

Tomato Egg Soup

番茄鸡蛋汤

Vegetable Stick

蔬菜条

Creamy Pumpkin Soup

奶油南瓜汤

Vegetable Stick

蔬菜条

Seaweed & Egg Soup

紫菜蛋花汤

Steamed pork with
Brown Sauce

红烧猪肉丁

Sautéed Cole with
Mushroom

香菇油菜

Steamed Rice

白米饭



Mushroom Duck

蘑菇烧鸭块

Fungus Zucchini

西葫芦炒木耳

Steamed Rice

米饭



Braised tofu with
Soy Paste

酱烧豆腐

Wok-Fried Cabbage

胡萝卜炒圆白菜

Steamed Rice

米饭

Hanamaki

自制玉米发糕



Pork with Egg

猪肉末滑蛋

Stir-Fry Cabbage

清炒白菜

Steamed Cereal Rice

杂粮饭



Kung Pao Chicken

宫保鸡丁 (不辣)

Stir-Fry Vermicelli &
Spinach

粉丝炒菠菜

Steamed Rice

玉米米饭



Chinese

Western

Rotisserie chicken with
rosemary

迷迭香烤鸡配烧汁



Mini Croissant
Sandwich

迷你牛角三明治



Chicken burger
美式鸡肉汉堡



Chicken and Cheese Sandwich
鸡肉芝士三明治



Pasta with Bacon
Tomato Sauce

意大利培根番茄面



Vegetarian

Seafood

Halal

Heathy
choice

OK most
of the
time

Enjoy it
once in a
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Stick
Soup

Chinese

Western

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	Monday 1.11	Tuesday 1.12	Wednesday 1.13	Thursday 1.14	Friday 1.15
	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
	Winter Melon & Balls Soup 冬瓜鸡丸汤	Tomato Egg Soup 番茄鸡蛋汤	Korean Miso Soup 韩式大酱汤	Creamy Tomato Soup 奶油番茄汤	Russian Soup 罗宋汤
	Moo Shu Pork 猪肉木须	Braised beef With Egg 红烧牛肉鹌鹑蛋	Scrambles Egg with Tomato 番茄炒鸡蛋	Beef Slice with Black Bean Sauce 豉汁牛肉片	Five colours Chicken 五彩鸡肉丁
	Sautéed Cauliflower with Tomato 番茄菜花	Sautéed Cole 香菇炒油菜	Fungus and Celery 木耳芹菜	Sautéed Cole 清炒油菜	Sautéed Cabbage 炒圆白菜
	Steamed Rice With Millet 二米饭	Steamed Rice 白米饭	Fried Rice 什锦菜炒米饭	Steamed Red Bean Rice 红豆米饭	Steamed Rice Mil 二米饭
	Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄汁	Chicken Panini 鸡肉帕尼尼	Bacon pizza 蔬菜培根披萨	Pork Sandwich 猪肉三明治	Beef lasagna 牛肉千层面



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	Monday	Tuesday	Wednesday	Thursday	Friday
	1.18	1.19	1.20	1.21	1.22
	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
	Creamy Corn Soup	Sweet Tremella Soup	Creamy Carrot Soup	Mixed Beef Soup	Minestrone Soup
	奶油玉米汤	银耳甜汤	奶油胡萝卜汤	西湖牛肉羹	意式蔬菜汤

Chinese

Wok-Fried Pork with Soy Bean Paste	Braised Beef with Potato	Braised Tofu 什锦烧豆腐	Braised Chicken Meat Ball	Pork with Egg 猪肉末滑蛋
酱爆肉丁 (猪肉)	土豆烧牛肉	Wok-Fried Cabbage	红烧鸡肉丸子	Fried Spinach with Vermicelli
Sautéed Cabbage with Fungus	Sautéed Cole 清炒油菜	胡萝卜炒圆白菜	Scrambled Eggs Zucchini 西葫芦炒鸡蛋	粉丝炒菠菜
白菜木耳	Steamed Rice 红薯饭	Steamed Rice 米饭	Steamed Cereal Rice 杂粮饭	Steamed Rice 玉米米饭
Steamed Rice 白米饭		Hanamaki 自制花卷		

Western

Roasted chicken breast w/gravy	Hawaiian Chicken Pizza	Beef Bolognese Pasta 意式肉酱面	Pork Sandwich 猪肉三明治	Chicken burger 美式鸡肉汉堡
烤鸡胸配洋葱汁	夏威夷鸡肉披萨			

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Monday	Tuesday	Wednesday	Thursday	Friday
1.25	1.26	1.27	1.28	1.29
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
Chinese Cabbage Soup	Creamy Pumpkin Soup	Duck & Mushroom Soup	Seaweed & Egg Soup	Creamy Potato Soup
白菜粉丝汤	奶油南瓜汤	菌菇老鸭汤	紫菜蛋花汤	奶油土豆汤

Chinese

<p>Steamed Chicken in Mushroom 香菇蒸鸡肉 Sautéed Cole 清炒油菜 Steamed Rice with Purple Sweet Potato 紫薯饭</p>	<p>Sautéed Duck with Soy bean Paste 酱爆鸭肉 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭 Hanamaki 自制玉米发糕</p>	<p>Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Fried Rice 什锦菜炒米饭 Pork & Vegetable Dumplings 猪肉三鲜水饺</p>	<p>Yu-Shiang Shredded Chicken 鱼香鸡肉丝 (不辣) Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Sweet Potato 红薯米饭</p>	<p>Sweet & Sour Chicken 菠萝咕咾鸡 Braised Cabbage with Carrot 胡萝卜白菜 Steamed Rice Millet 二米饭</p>
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Western

<p>Pasta with Bacon Tomato Sauce 意大利面培根番茄汁</p>	<p>Mini Croissant Sandwich 迷你牛角三明治</p>	<p>Swedish Beef Meat Ball 瑞典风味牛肉丸</p>	<p>Pork Sandwich 猪肉三明治</p>	<p>Cream bacon mushroom pasta 奶油培根蘑菇面</p>
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