

MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while

CISB Main Entrees G1-G2 Menu January 2020




















Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 1.4	TUESDAY 1.5	WEDNESDAY 1.6	THURSDAY 1.7	FRIDAY 1.8
Soup	Mixed Beef Soup 西湖牛肉羹	Creamy Mushroom Soup 奶油蘑菇汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Pumpkin Soup 奶油南瓜汤	Seaweed & Egg Soup 紫菜蛋花汤
Combo	 Rotisserie chicken with rosemary 迷迭香烤鸡配烧汁 Steamed pork with Brown Sauce 红烧猪肉 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 白米饭 	 Grilled Pork Chop with Meat Sauce 铁扒猪排配肉汁 Mushroom Duck  蘑菇烧鸭块 Fungus with Zucchini 西葫芦炒木耳 Steamed Rice 米饭 Hanamaki 自制花卷  	 Swedish Beef meat ball 瑞典风味牛肉丸 Braised tofu with Soy Paste  酱烧豆腐 Wok-Fried Cabbage  胡萝卜炒圆白菜 Steamed Rice 米饭 	 Green Curry Chicken 泰式绿咖喱鸡 Pork with Egg 猪肉末滑蛋 Fresh Cabbage  清炒白菜 Steamed Cereal Rice 杂粮饭 	 BBQ Duck 蜜汁烤鸭肉 Kung Pao Chicken 宫保鸡丁（不辣）  Mushroom with Cole 香菇油菜 Steamed Rice 玉米米饭  
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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






















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Halal

MEAL/ 菜品	MONDAY 1.11	TUESDAY 1.12	WEDNESDAY 1.13	THURSDAY 1.14	FRIDAY 1.15
Soup	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
Combo	 Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄 汁  Moo Shu Pork 猪肉木须  Sautéed Cauliflower with Tomato 番茄菜花  Steamed Rice With Millet 二米饭 	 BBQ Roasted Pork 烧烤猪梅肉  Braised beef With Egg 红烧牛肉鹌鹑蛋  Sautéed Cole with Mushroom 香菇炒油菜  Steamed Rice 白米饭 Hanamaki 自制馒头 	 Roasted Chicken 卡真烤鸡  Scrambles Egg with Tomato 番茄炒鸡蛋  Fungus and Celery 木耳芹菜  Steamed Rice 米饭 	 Spanish Chicken 西班牙烩鸡肉丸  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 	 Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩 牛肉  Five colours Chicken 五彩鸡肉丁  Sautéed Cabbage 炒圆白菜  Steamed Rice Millet 二米饭 
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 1.18	TUESDAY 1.19	WEDNESDAY 1.20	THURSDAY 1.21	FRIDAY 1.22
Soup	Creamy Corn Soup 奶油玉米汤	Sweet Tremella Soup 银耳甜汤	Creamy Carrot Soup 奶油胡萝卜汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤
Combo	Grilled Chicken with  onion Sauce 扒鸡腿肉配洋葱汁 Wok-Fried Pork with Soy Bean Paste 酱爆肉丁 (猪肉) Sautéed Cabbage with Fungus  白菜木耳 Steamed Rice 白米饭	Pork Sausage Stewed 红烩猪肉肠 Braised Beef with  Potato 土豆烧牛肉 Sautéed Cole  清炒油菜 Steamed Rice 红薯饭 Steamed Sponge Cake 自制发糕	Beef Bolognese Pasta  意式肉酱面 Braised Tofu  什锦烧豆腐 Wok-Fried Cabbage  胡萝卜炒圆白菜 Steamed Rice 米饭	Duck with Gravy and orange juice  橙汁烤鸭胸 Braised Chicken  Meat Ball 红烧鸡肉丸子 Scrambled Eggs Zucchini  西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭	 Beef Stroganoff 俄式烩牛肉 Pork with Egg 猪肉末滑蛋 Sautéed Cole with Mushroom  香菇油菜 Steamed Rice 玉米米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 1.25	TUESDAY 1.26	WEDNESDAY 1.27	THURSDAY 1.28	FRIDAY 1.29
Soup	Chinese Cabbage Soup 白菜粉丝汤	Creamy Pumpkin Soup 奶油南瓜汤	Duck & Mushroom Soup 菌菇老鸭汤	Seaweed & Egg Soup 紫菜蛋花汤	Creamy Potato Soup 奶油土豆汤
Combo	Pasta with Bacon Tomato Sauce 意大利面培根番茄汁 Steamed Chicken in Mushroom 香菇蒸鸡肉 Sautéed Cole 清炒油菜 Steamed Rice with Purple Sweet Potato 紫薯饭	Milan Beef Stew 米兰烩牛肉 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 自制馒头	Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭	Curry Pork 印度玛萨拉烩猪肉 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	Swedish Beef Meat Ball 瑞典风味牛肉丸 Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice 二米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁