

Vegetarian

Seafood

Halal

Heathy
choiceOK most
of the timeEnjoy it
once in a
while

MENU

CISB Main Entrees G3-G5 Menu
January 2021thinkgreen
FOR YOU FOR THE PLANET

	MEAL	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
Week 1	Menu (A) Western	Rotisserie chicken with rosemary 迷迭香烤鸡配烧汁 Mixed Vegetables 混合时蔬 Steamed potato in butter 黄油蒸土豆	Grilled Pork Chop with Meat Sauce 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Herb Potato 香烤土豆块	Swedish Beef meat ball 瑞典风味牛肉丸 Poached Zucchini & Carrot 西葫芦胡萝卜 Mashed Potato 奶香土豆泥	Green Curry Chicken 泰式绿咖喱鸡 Cauliflower with Corn 花菜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	BBQ Duck 蜜汁烤鸭肉 Gratian Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包
	Menu (B) Asian	Steamed pork with Oyster 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 Hanamaki 自制花卷	Braised tofu with Soy Paste 酱烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Pork with Egg 猪肉末滑蛋 Fresh Cabbage 清炒白菜 Steamed Cereal Rice 杂粮饭	Kung Pao Chicken 宫保鸡丁（不辣） Mushroom 香菇油菜 Steamed Rice 玉米米饭
	Daily Special (C)	Chicken Panini 鸡肉帕尼尼 Green Vegetables 炒蔬菜	Bacon pizza 意大利培根披萨 Green Vegetables 炒蔬菜	Nasi Goreng 印尼炒饭 肉串。煎蛋 Green Vegetables 炒蔬菜	American Hot Dog 美式热狗 Green Vegetables 炒蔬菜	Noodle with Beef Soup 红烧牛肉面配油菜

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MEAL	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
Menu (A) Western	Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄汁 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Garlic bread 蒜茸面包	BBQ Roasted Pork 烧烤猪梅肉 Butter Assorted Vegetable 黄油炒时蔬 Roasted Potato 烤土豆角	Roasted Chicken 卡真烤鸡 Mixed Vegetable 混合什蔬 Slice Potato with Onion 洋葱土豆片	Spanish Chicken 西班牙烩鸡肉丸 Gratin Cauliflower 焗菜花 Sweet Potatoes 烤红薯块	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
Menu (B) Asian	Moo Shu Pork 猪肉木须 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice With Millet 二米饭	Braised beef With Egg 红烧牛肉鹌鹑蛋 Sautéed Cole 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制馒头	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 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	Five colours Chicken 五彩鸡肉丁 Sautéed Cabbage 炒圆白菜 Steamed Rice Millet 二米饭
Daily Special (C)	Ham Sandwich 自制火腿面包 Green Vegetables 炒蔬菜	Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜	Beef lasagna 牛肉千层面 Green Vegetables 炒蔬菜	Chicken Pizza 鸡肉披萨 Green Vegetables 炒蔬菜	Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面

Week 2

sodexo

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	MEAL	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
	Menu (A) Western	Grilled Chicken with onion Sauce 扒鸡腿肉配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato with Herb 烤土豆	Pork Sausage Stewed 红烩猪肉肠 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Beef Bolognese Pasta 意式肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	Duck with Gravy and orange 橙汁烤鸭胸 Carrot with Corn 胡萝卜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	Beef Stroganoff 俄式烩牛肉 Mixed Vegetables 混合时蔬 Soft Roll 软面包
Week 3	Menu (B) Asian	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	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	Braised Tofu 什锦烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Braised Chicken Meat Ball 红烧鸡肉丸子 Scrambled Eggs 西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭	Pork with Egg 猪肉末滑蛋 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 玉米米饭
	Daily Special (C)	Ham & Cheese Panini 牛角火腿帕尼尼 Green Vegetables 炒蔬菜	Pork Minced Ball with Cheese & Risotto 芝士肉丸焗饭 Herb Roasted Vegetable 香草烤蔬菜	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜	Teriyaki Chicken 日式照烧鸡 Sautéed Cabbage & Carrot 清炒圆白菜 Mixed Fried Rice 扬州炒饭	Rice Noodles with Beef Soup 越南牛肉丸河粉 Cole 油菜

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FRIDAY
1.29 by sodexo*

MEAL	MONDAY 1.25	TUESDAY 1.26	WEDNESDAY 1.27	THURSDAY 1.28	FRIDAY 1.29 by sodexo*
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
Menu (A) Western	Pasta with Bacon Tomato Sauce 意大利面培根番茄汁 Sautéed Green Peas & Carrot 胡萝卜炒青豆 Garlic Bread 蒜蓉面包	Milan Beef Stew 米兰烩牛肉 Gratin Cauliflower 焗菜花 Roasted Potato with Herb 香草烤土豆	Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁 Poached Carrot 炒胡萝卜 Steamed Corn 蒸玉米	Curry Pork 印度玛萨拉烩猪肉 Mixed Vegetable 混合什蔬 Steamed Sweet Potato 蒸紫薯	Swedish Beef Meat Ball 瑞典风味牛肉丸 Sautéed Mix Vegetables 混合时蔬 Mashed potato 土豆泥
Week 4					
Menu (B) Asian	Steamed Chicken in Mushroom 香菇蒸鸡肉 Sautéed Cole 清炒油菜 Steamed Rice with Purple Sweet Potato 紫薯饭	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	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭	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	Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice Millet 二米饭
Daily Special (C)	Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜	Udon with Pork 肉丝炒乌冬 Sautéed Cole 清炒油菜	Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 炒蔬菜/薯条	Hong Kong pineapple & beef fried rice 港式菠萝牛肉炒饭 Green Vegetables 炒蔬菜	Chinese Noodles with Braised Chicken Soup 红烧鸡丝面 Sautéed Cole 白灼油菜