

CISB Main Entrees KGT 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)

Mushroom

香菇油菜

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

Happy face icon
Heathy
choice

Sad face icon
OK most
of the
time

Sad face icon
Enjoy it
once in a
while



CISB Main Entrees KGT Menu

January 2020



Vegetables
Stick
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Monday

1.11

Vegetable Stick

蔬菜条

Winter Melon & Balls Soup

冬瓜鸡丸汤

Tuesday

1.12

Vegetable Stick

蔬菜条

Tomato Egg Soup

番茄鸡蛋汤

Wednesday

1.13

Vegetable Stick

蔬菜条

Korean Miso Soup

韩式大酱汤

Thursday

1.14

Vegetable Stick

蔬菜条

Creamy Tomato Soup

奶油番茄汤

Friday

1.15

Vegetable Stick

蔬菜条

Russian Soup

罗宋汤

Chinese

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



Scrambles Egg with
Tomato

番茄炒鸡蛋

Fungus and Celery

木耳芹菜

Fried Rice

什锦菜炒米饭

Hanamaki

自制南瓜馒头



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 Mil

二米饭



Western

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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Vegetables
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Soup

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

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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CISB Main Entrees KGT Menu

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Soup

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

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