

CISB Main Entrees DRC Menu



Vegetables
Stick
Soup

Monday

Tuesday

Wednesday

Thursday

Friday

May 2021

5.4

5.5

5.6

5.7

Vegetable Stick

蔬菜条

Creamy Pumpkin Soup

奶油南瓜汤

Vegetable Stick

蔬菜条

Tomato Egg Soup

番茄鸡蛋汤

Vegetable Stick

蔬菜条

Creamy Mushroom Soup

奶油蘑菇汤

Vegetable Stick

蔬菜条

Chicken & Corn Soup

鸡茸粟米羹

Braised Pork Meat Ball

红烧猪肉丸子

Braised Cabbage with Fungus

白菜木耳

Steamed Rice

米饭



Scrambles Egg with Tomato

番茄炒鸡蛋

Fungus and Celery

木耳芹菜

Steamed Rice

米饭

Hanamaki

自制玉米发糕



Five colours Pork

五彩猪肉丁

Sautéed Cabbage

炒圆白菜

Steamed Cereal Rice

杂粮饭



Sweet & Sour Chicken Ball



豉椒鸡球

Fried Spinach with Vermicelli



粉丝炒菠菜

Steamed Rice with Millet

二米饭



Chinese

Western

Mini Sandwich
牛肉火腿面包



Chicken burger
美式鸡肉汉堡



Italian Chicken Onion Sauce



意大利烤鸡洋葱汁



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
while



CISB Main Entrees DRC Menu



May 2021



Vegetables Stick Soup

Monday 5.10	Tuesday 5.11	Wednesday 5.12	Thursday 5.13	Friday 5.14
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
Russian Soup 罗宋汤	Creamy Potato Soup 奶油土豆汤	Korean Miso Soup 韩式大酱汤	Tomato Egg Soup 番茄鸡蛋汤	Winter Melon & chicken Balls Soup 冬瓜鸡丸汤

Chinese

Wok-Fried Pork with Soy Bean Paste 酱爆猪肉丁	Braised Beef with Potato 土豆烧牛肉	Pork with Egg 猪肉末滑蛋	Beef Slice with Bamboo Shoots 冬笋木耳炒牛肉片	stir Fried Chicken with vegetable 鸡肉炒三丁
Stir-Fried Cabbage 木耳炒白菜	Sautéed Cole 香菇炒油菜	Sautéed Cabbage 清炒卷心菜	Sautéed Cole 清炒油菜	Stir-Fried Cabbage 清炒白菜
Steamed Rice 米饭	Steamed Rice 紫薯饭	Steamed Rice 米饭	Steamed Red Bean Rice 红豆米饭	Steamed Rice 米饭
		Hanamaki 自制南瓜馒头		

Western

Chicken and Cheese Sandwich 鸡肉芝士面包	Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄汁	Roasted Chicken 卡真烤鸡	Ham Sandwich 猪肉火腿帕尼尼	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉
---------------------------------------	--	-------------------------	-------------------------	--

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees DRC Menu



Vegetables
Stick
Soup

Monday
5.17

Vegetable Stick
蔬菜条
Minestrone Soup
意式蔬菜汤

Tuesday
5.18

Vegetable Stick
蔬菜条
Chicken&Mushroom Soup
香菇炖鸡汤

Wednesday
5.19

Vegetable Stick
蔬菜条
Creamy Carrot Soup
奶油胡萝卜汤

Thursday
5.20

Vegetable Stick
蔬菜条
Chinese Cabbage Soup
白菜粉丝汤

Friday
5.21

Vegetable Stick
蔬菜条
Creamy Corn Soup
奶油玉米汤

Chinese

Five colours Pork
五彩猪肉丁
Sautéed Cabbage
with Fungus
白菜木耳
Steamed Rice
白米饭

Braised Beef with
Turnip
萝卜炖牛肉
Sautéed Cole
清炒油菜
Steamed Rice
红薯饭

Scrambles Egg with Tomato
番茄炒鸡蛋
Fungus and Celery
木耳芹菜
Steamed Rice
米饭
Hanamaki
自制南瓜花卷

Sweet & Sour
Chicken
菠萝咕咾鸡
Braised Cabbage with
Fungus
白菜木耳
Steamed Rice with
Millet
二米饭

Braised Pork
红烧猪肉
Sautéed Cole with
Mushroom
香菇油菜
Steamed Rice
玉米米饭

Western

Roasted chicken breast
w/gravy
烤鸡胸配洋葱汁

Hawaiian Chicken Pizza
夏威夷鸡肉披萨

Beef Bolognese Pasta
意式肉酱面

Grilled Duck Breast
香煎鸭胸洋葱汁

Chicken and Cheese
Sandwich
鸡肉芝士面包

Vegetarian

Seafood

Halal

Heathy
choice

OK most
of the
time

Enjoy it
once in a
while



CISB Main Entrees DRC Menu



Vegetables
Stick
Soup

May 2021

	Monday 5.24	Tuesday 5.25	Wednesday 5.26	Thursday 5.27	Friday 5.28
	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
	Miso Soup	Creamy Pumpkin Soup	Tomato Egg Soup	Cream Broccoli Soup	Chicken & Corn Soup
	日式味噌汤	奶油南瓜汤	番茄鸡蛋汤	奶油西兰花汤	鸡茸粟米羹

	Monday	Tuesday	Wednesday	Thursday	Friday
Chinese	Sautéed Duck with Soybean Paste	Duck Slice with Soy Sauce	Braised assorted vegetables	Mince Pork with Long Bean	Five colours Pork
	酱爆鸭肉	豉汁鸭肉	红烧素什锦	肉沫炒豇豆	五彩猪肉丁
	Sautéed Cabbage with Fungus	Fungus and Celery	Sautéed Cole	Sautéed Cabbage	Green Vegetables with Mushroom
	白菜木耳	木耳芹菜	清炒油菜	炒圆白菜	香菇油菜
	Steamed Rice	Steamed mung Bean Rice	Steamed Rice	Steamed Cereal Rice	Steamed Rice
	米饭	绿豆米饭	米饭	杂粮饭	红薯米饭
			Hanamaki		
			自制南瓜馒头		

	Monday	Tuesday	Wednesday	Thursday	Friday
Western	Pasta with Bacon Tomato Sauce	Ham Sandwich	Stew with Mushroom	Roasted chicken	Chicken Pizza
	培根番茄意面	猪肉火腿面包	法式蘑菇烩牛肉	烤鸡胸配洋葱汁	蔬菜鸡肉披萨

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees DRC Menu



May 2021



Monday

Tuesday

Wednesday

Thursday

Friday

5.31

Vegetables
Stick
Soup

Vegetable Stick

蔬菜条

Russian Soup

罗宋汤

Chinese



Wok-Fried Pork with Soybean Paste

酱爆猪肉丁

Stir-Fried Cabbage

木耳炒白菜

Steamed Rice

米饭



Western

Pasta with Chicken Tomato Sauce



意大利面鸡肉番茄汁



Vegetarian

Seafood

Halal

Heathy choice



OK most of the time



Enjoy it once in a while

