

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu May 2021

















Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY	TUESDAY 5.4	WEDNESDAY 5.5	THURSDAY 5.6	FRIDAY 5.7
<b>Soup</b>		Creamy Pumpkin Soup 奶油南瓜汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Mushroom Soup 奶油蘑菇汤	Chicken & Corn Soup 鸡茸粟米羹
<b>Combo</b>		<p>Chicken Pasta with   Tomato Sauce            鸡肉番茄意面</p> <p>Braised Pasta with            Pork Meatball            红烧猪肉丸子</p> <p>Braised Cabbage with            Fungus   白菜木耳</p> <p>Steamed Rice            米饭</p> <p>Steamed Sponge            Cake            自制玉米发糕</p> 	<p>Stewed Beef with   Mushroom            法式蘑菇烩牛肉</p> <p>Scrambled Egg with            Tomato   番茄炒鸡蛋</p> <p>Fungus and Celery   木耳芹菜</p> <p>Steamed mung Bean            Rice            绿豆米饭</p> 	<p>Italian Chicken   Onion Sauce            意大利烤鸡洋葱汁</p> <p>Five colours Pork            五彩猪肉丁</p> <p>Sautéed Cabbage   炒圆白菜</p> <p>Steamed Cereal Rice            杂粮饭</p> 	<p>BBQ Duck   烤鸭胸配烧烤汁</p> <p>Sweet &amp; Sour            Chicken Ball   豉椒鸡球</p> <p>Green Vegetables            with Mushroom   香菇油菜</p> <p>Steamed Rice with            Millet            二米饭</p> 
<b>Fruit</b>		Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu May 2021



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 5.10	TUESDAY 5.11	WEDNESDAY 5.12	THURSDAY 5.13	FRIDAY 5.14
<b>Soup</b>	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 & Balls Soup 冬瓜鸡丸汤
<b>Combo</b>	Pasta with Chicken Ⓜ Tomato Sauce 意大利面鸡肉番茄汁 Wok-Fried Pork with Soy Bean Paste 酱爆猪肉丁 Stir-Fried Cabbage 木耳炒白菜 Steamed Rice 米饭	Roasted Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Braised Beef with Ⓜ Potato 土豆烧牛肉 Sautéed Cole 香菇炒油菜 Steamed Rice 紫薯饭 Hanamaki 自制馒头	Roasted Chicken Ⓜ 卡真烤鸡 Pork with Egg 猪肉末滑蛋 Sautéed Cabbage 清炒卷心菜 Steamed Rice 米饭	Ⓜ Teriyaki Chicken 日式照烧汁烤鸡 Beef Slice with Ⓜ Bamboo Shoots 冬笋木耳炒牛肉片 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 stir-Fried Chicken with vegetable Ⓜ 鸡肉炒三丁 Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu May 2021



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 5.17	TUESDAY 5.18	WEDNESDAY 5.19	THURSDAY 5.20	FRIDAY 5.21
<b>Soup</b>	Minestrone Soup 意式蔬菜汤	Chicken&Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Chinese Cabbage Soup 白菜粉丝汤	Creamy Corn Soup 奶油玉米汤
<b>Combo</b>	Roasted chicken breast w/gravy 烤鸡胸配洋葱汁 Five colours Pork 五彩猪肉丁 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 白米饭 	Curry Pork 日式咖喱猪肉丸 Braised Beef with Turnip 萝卜炖牛肉 Sautéed Cole 清炒油菜 Steamed Rice 红薯饭 Hanamaki 自制花卷 	Beef Bolognaise Pasta 意式肉酱面 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭 	Grilled Duck Breast with Gravy 香煎鸭胸蘑菇汁 Sweet & Sour Chicken 菠萝咕咾鸡 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭 	Roasted chicken Breast with Honey Sauce 蜜汁烤鸡脯 Braised pork with brown Sauce 红烧猪肉 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 玉米米饭 
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu May 2021



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 5.24	TUESDAY 5.25	WEDNESDAY 5.26	THURSDAY 5.27	FRIDAY 5.28
<b>Soup</b>	Miso Soup 日式味增汤	Creamy Pumpkin Soup 奶油南瓜汤	Tomato Egg Soup 番茄鸡蛋汤	Cream Broccoli Soup 奶油西蓝花汤	Chicken & Corn Soup 鸡茸粟米羹
<b>Combo</b>	Roasted Pork 香烤猪梅肉 Sautéed Duck with Soybean Paste 酱爆鸭肉 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 米饭	Pork Sausage Stewed 红烩猪肉肠 Duck Slice with Soy Sauce 豉汁鸭肉 Fungus and Celery 木耳芹菜 Steamed mung Bean Rice 绿豆米饭 Steamed Sponge Cake 自制玉米发糕	Stew with Mushroom 法式蘑菇烩牛肉 Braised assorted vegetables 红烧素什锦 Sautéed Cole 清炒油菜 Steamed Rice 米饭	Roasted chicken 烤鸡胸配洋葱汁 Mince Pork with Long Bean 肉沫炒豇豆 Sautéed Cabbage 炒圆白菜 Steamed Cereal Rice 杂粮饭	BBQ Duck with Mushroom Sauce 烧烤鸭胸配蘑菇汁 Five colours Pork 五彩猪肉丁 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 红薯米饭
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁



# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu May 2021



by *sodexo*






Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 5.31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Russian Soup 罗宋汤				
<b>Combo</b>	Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄 汁  Wok-Fried Pork with Soy Bean Paste 酱爆猪肉丁 Stir-Fried Cabbage  木耳炒白菜 Steamed Rice 米饭 				
<b>Fruit</b>	Juice 果汁				