

Vegetarian

Seafood

Halal



Heathy choice



OK most of the time



Enjoy it once in a while

# MENU

## CISB Main Entrees G3-G5 Menu May 2021

**thinkgreen**  
FOR YOU FOR THE PLANET

	MEAL	MONDAY	TUESDAY 5.4	WEDNESDAY 5.5	THURSDAY 5.6	FRIDAY 5.7
Week 1	Soup		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
	Menu (A) Western		Chicken with Bacon Tomato Sauce 鸡肉番茄意面 Sautéed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包 	Stew Beef with Mushroom 法式蘑菇烩牛肉 Sautéed Zucchini with Carrots 西葫芦炒胡萝卜 Soft Roll 软面包 	Italian Chicken with Onion Sauce 意大利烤鸡洋葱汁 Creamy cauliflower 奶油焗菜花 Sweet Potato 烤红薯 	BBQ Duck 烤鸭胸配烧烤汁 Roasted Vegetable 什锦烤蔬菜 Roasted Herb Potato 香烤土豆块 
	Menu (B) Asian		Braised Pork Meatball 红烧猪肉丸子 Braised Cabbage with Fungus 白菜木耳 Steamed Rice 米饭 Steamed Sponge Cake 自制玉米发糕 	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Mung Bean Rice 绿豆米饭 	Five colours Pork 五彩猪肉丁 Sautéed Cabbage 炒圆白菜 Steamed Multigrain Rice 杂粮饭 	Sweet & Sour Chicken Meatball 豉椒鸡球 Green Vegetables with Mushroom 香菇油菜 Steamed Rice with Millet 二米饭 
Daily Special (C)		Chicken pizza 意大利鸡肉披萨 Green Vegetables 炒蔬菜 	Fried Rice 什锦菜炒米饭 Chicken Skewer 鸡肉串 Green Vegetables 炒蔬菜 	Noodle with Beef Soup 牛肉汤面配油菜 	American Hot Dog 美式热狗 Green Vegetables 炒蔬菜 	

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CISB Main Entrees G3-G5 Menu  
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MEAL	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>Menu (A) Western</b>	 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 	 Roasted Pork Chop with Honey Sauce 蜜汁香草烤猪扒 Mixed Vegetable 混合什蔬 Roasted Potato 烤土豆角 	 Roasted Chicken 卡真烤鸡 Mixed Vegetable 混合什蔬 Stir-Fried Potato 炒土豆 	 Teriyaki Chicken 日式照烧汁烤鸡 Mixed Vegetable 混合什蔬 Roasted Pumpkin 蜜汁烤南瓜 	 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 
<b>Menu (B) Asian</b>	 Wok-Fried Pork with Soybean Paste 酱爆猪肉丁 Stir-Fried Cabbage 木耳炒白菜 Steamed Rice 米饭	 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 	 Pork with Egg 猪肉末滑蛋 Sautéed Cabbage 清炒卷心菜 Steamed Rice 米饭 	 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 	 Stir-Fried Chicken with vegetable 鸡肉炒三丁 Stir-Fried Cabbage 清炒白菜 Steamed Rice 米饭 
<b>Daily Special (C)</b>	 Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	 Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜 	 Black Pepper Beef Fillet Fried Spaghetti 星洲牛肉蔬菜炒意粉 	 Beijing Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 白灼蔬菜 	 Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 Green Vegetables/Fries 炒蔬菜/薯条 

Week 2

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## MENU

## CISB Main Entrees G3-G5 Menu











May 2021

thinkgreen

FRIDAY  
FOR YOU FOR THE PLANET

5.21

by sodexo

	MEAL	5.17	5.18	5.19	5.20	5.21
	Soup	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
	Menu (A) Western	 Roasted chicken breast w/gravy 烤鸡胸配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato 烤土豆	 Curry Pork 日式咖喱猪肉丸 Mixed Vegetable 混合什蔬 Stir-Fried Potato 炒土豆	 Beef Bolognese Pasta 意大利肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	 Grilled Duck Breast with Gravy 香煎鸭胸蘑菇汁 Carrot with Corn 胡萝卜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	 Roasted Chicken Breast with Honey Sauce 蜜汁烤鸡脯 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato with Herb 烤土豆
Week 3	Menu (B) Asian	 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 Hanamaki 自制花卷	 Scrambled Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 米饭	 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 with brown Sauce 红烧猪肉 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 玉米米饭
	Daily Special (C)	 Pork & Vegetable Sandwich 猪肉蔬菜帕尼尼 Green Vegetables 炒蔬菜	 Beijing style Duck Wrap 北京鸭肉卷 Herb Roasted Vegetable 香草烤蔬菜	 Hong Kong pineapple beef Fried rice 港式菠萝牛肉炒饭 Green Vegetables 炒蔬菜	 Singapore Fried beef rice noodles 新加坡牛肉河粉 Green Vegetables 白灼蔬菜	 Beef lasagna 牛肉千层面 Green Vegetables 炒蔬菜

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MEAL	MONDAY 5.24	TUESDAY 5.25	WEDNESDAY 5.26	THURSDAY 5.27	FRIDAY 5.28
Soup	Miso Soup 日式味噌汤	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
Menu (A) Western	Roasted Pork 香烤猪梅肉 Butter Assorted Vegetable 黄油炒时蔬 Butter Potato 黄油土豆	Pork Sausage Stewed 红烩猪肉肠 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Stewed Beef with Mushroom 法式蘑菇烩牛肉 Sautéed Zucchini with Carrots 西葫芦炒胡萝卜 Steamed Corn 蒸玉米	Roasted chicken with onion sauce 烤鸡胸配洋葱汁 Creamy cauliflower 奶油焗菜花 Butter Potato 黄油土豆	BBQ Duck with Mushroom Sauce 烧烤鸭胸配蘑菇汁 Gratian Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Herb Potato 香烤土豆块
Week 4 Menu (B) Asian	Sautéed Duck with Soybean Paste 酱爆鸭肉 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 米饭	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	Braised assorted vegetables 红烧素什锦 Sautéed Cole 清炒油菜 Steamed Rice 米饭	Mince Pork with Long Bean 肉沫炒豇豆 Sautéed Cabbage 炒圆白菜 Steamed Cereal Rice 杂粮饭	Five colours Pork 五彩猪肉丁 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 红薯米饭
Daily Special (C)	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼 尼	Chicken pizza 意大利鸡肉披萨 Green Vegetables 炒蔬菜	Nasi Goreng 印尼炒饭 Chicken Skewer 鸡肉串 Green Vegetables 炒蔬菜	Noodle with Chicken in Soup 鸡丝汤面配油菜	Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 Vegetables/Fries 炒蔬菜/薯条

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FRIDAY sodexo

	MEAL	MONDAY 5.31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5	Soup	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 				
	Menu (B) Asian	Wok-Fried Pork with Soybean Paste 酱爆猪肉丁 Stir-Fried Cabbage with Fungus 木耳炒白菜 Steamed Rice 米饭 				
	Daily Special (C)	Ham Sandwich 火腿帕尼尼 Green Vegetables 炒蔬菜 