

CISB Main Entrees KGT Menu



Monday

Tuesday

Wednesday

Thursday

Friday

May 2021

5.4

5.5

5.6

5.7

Vegetables
Stick
Soup

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 KGT Menu



May 2021



Vegetables Stick Soup

Monday
5.10

Vegetable Stick
蔬菜条
Russian Soup
罗宋汤

Tuesday
5.11

Vegetable Stick
蔬菜条
Creamy Potato Soup
奶油土豆汤

Wednesday
5.12

Vegetable Stick
蔬菜条
Korean Miso Soup
韩式大酱汤

Thursday
5.13

Vegetable Stick
蔬菜条
Tomato Egg Soup
番茄鸡蛋汤

Friday
5.14

Vegetable Stick
蔬菜条
Winter Melon & chicken Balls Soup
冬瓜鸡丸汤

Chinese

Wok-Fried Pork with Soy Bean 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

Pork with Egg
猪肉末滑蛋
Sautéed Cabbage
清炒卷心菜
Steamed Rice
米饭
Hanamaki
自制南瓜馒头

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

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 KGT Menu



May 2021



Vegetables Stick Soup

Chinese

Western

Vegetarian
 Seafood
 Halal
 Heathy choice
 OK most of the time
 Enjoy it once in a while

	Monday 5.17	Tuesday 5.18	Wednesday 5.19	Thursday 5.20	Friday 5.21
	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
	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
	Five colours Pork 五彩猪肉丁	Braised Beef with Turnip 萝卜炖牛肉	Scrambles Egg with Tomato 番茄炒鸡蛋	Sweet & Sour Chicken 菠萝咕咾鸡	Braised Pork 红烧猪肉
	Sautéed Cabbage with Fungus 白菜木耳	Sautéed Cole 清炒油菜	Fungus and Celery 木耳芹菜	Braised Cabbage with Fungus 白菜木耳	Sautéed Cole with Mushroom 香菇油菜
	Steamed Rice 白米饭	Steamed Rice 红薯饭	Steamed Rice 米饭	Steamed Rice with Millet 二米饭	Steamed Rice 玉米米饭
	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



CISB Main Entrees KGT Menu



May 2021



Vegetables Stick Soup

Monday
5.24

Vegetable Stick
蔬菜条
Miso Soup
日式味噌汤

Tuesday
5.25

Vegetable Stick
蔬菜条
Creamy Pumpkin Soup
奶油南瓜汤

Wednesday
5.26

Vegetable Stick
蔬菜条
Tomato Egg Soup
番茄鸡蛋汤

Thursday
5.27

Vegetable Stick
蔬菜条
Cream Broccoli Soup
奶油西兰花汤

Friday
5.28

Vegetable Stick
蔬菜条
Chicken & Corn Soup
鸡茸粟米羹

Chinese

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

Braised assorted vegetables
红烧素什锦
Sautéed Cole
清炒油菜
Steamed Rice
米饭
Hanamaki
自制南瓜馒头

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

Western

Pasta with Bacon Tomato Sauce
培根番茄意面

Ham Sandwich
猪肉火腿面包

Stew with Mushroom
法式蘑菇烩牛肉

Roasted chicken
烤鸡胸配洋葱汁

Chicken Pizza
蔬菜鸡肉披萨

Vegetarian

Seafood

Halal

Heathy choice

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CISB Main Entrees KGT Menu



May 2021



Monday
5.31

Tuesday

Wednesday

Thursday

Friday

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



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of the
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