

**CISB Main Entrees Staff Menu**

May 2021

MEAL/菜品	MONDAY	TUESDAY 5.4	WEDNESDAY 5.5	THURSDAY 5.6	FRIDAY 5.7
<b>Soup</b>		Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>		Steamed chicken & black mushroom 香菇蒸嫩鸡 Sauteed cabbage & fungus 木耳炒白菜 Steamed Rice 米饭	Hot Spicy Pot 麻辣香锅 Stew with Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭	Sliced Chicken with Spicy Sauce 鱼香鸡片 cabbage and vermicelli 白菜炖粉条 Steamed Rice 米饭	Handmade Noodles 手擀面 Pork with Soy Bean Paste 肉沫炸酱 Sauteed Egg with Tomato 鸡蛋西红柿 With Vegetable 配时令蔬菜丝
<b>Fruit</b>		Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



CISB Main Entrees Staff Menu  
May 2021

MEAL/菜品	MONDAY 5.10	TUESDAY 5.11	WEDNESDAY 5.12	THURSDAY 5.13	FRIDAY 5.14
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Braised Chicken with Turnip 萝卜烧鸡腿 Chinese Bok Choi with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried with Pork, Egg, mixed vegetable 木须肉 (猪肉) Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭	Poached Spicy Slices of Beef 水煮牛肉 Stir-Fried Celery with Carrot 胡萝卜西芹 Steamed Rice 米饭	Braised Chicken ball in brown Sauce 红烧狮子头 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 炒拼	Chinese Noodles 手擀面 chicken Sauce 鸡丝卤 With Vegetable 配时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



CISB Main Entrees Staff Menu  
May 2021

MEAL/菜品	MONDAY 5.17	TUESDAY 5.18	WEDNESDAY 5.19	THURSDAY 5.20	FRIDAY 5.21
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Spicy duck Potato 鸭块烧土豆 Sautéed squash 素炒西葫芦 Steamed Rice 米饭	Eggplant with Pork in Brown sauce 猪肉粒烧茄子 Braised Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭	Hot Spicy Pot 麻辣香锅 Stew with cabbage and vermicelli 白菜炖粉条 Steamed Rice 米饭	Shredded Chicken with garlic sauce 鱼香鸡丝 Stew with cabbage 虾皮白菜 Steamed Rice 米饭	Fried pork 农家小炒猪肉 Zucchini & egg 西葫芦炒鸡蛋 Steamed Rice 米饭
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



## CISB Main Entrees Staff Menu

May 2021

MEAL/菜品	MONDAY 5.24	TUESDAY 5.25	WEDNESDAY 5.26	THURSDAY 5.27	FRIDAY 5.28
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭	Pork Slice with Soy Sauce 豉汁洋葱猪肉 Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭	Pork and Potato 红烧猪肉炖土豆 Sautéed Kale with Garlic 蒜茸盖菜 Steamed Rice 米饭 大饼	Fried duck with Cumin 孜然炒烤鸭肉 Sautéed squash 素炒西葫芦 Steamed Rice 米饭	Chinese Noodles 手擀面 Braised Eggplant With diced Pork 茄子猪肉丁卤 With Vegetable 配时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



CISB Main Entrees Staff Menu  
 May 2021

MEAL/菜品	MONDAY 5.31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Daily Soup 每日例汤				
<b>Hot Food</b>	Braised Chicken with Turnip 红烧鸡腿 Chinese Bok Choi with Mushroom 香菇油菜 Steamed Rice 米饭				
<b>Fruit</b>	Fruit 水果				

