

CISB Main Entrees DRC Menu

August 2021



Vegetables
Stick Soup

Monday 8.9	Tuesday 8.10	Wednesday 8.11	Thursday 8.12	Friday 8.13
Vegetable Stick 蔬菜条 Chinese Cabbage Soup 白菜粉丝汤	Vegetable Stick 蔬菜条 Creamy Carrot Soup 奶油胡萝卜汤	Vegetable Stick 蔬菜条 Seaweed & Egg Soup 紫菜蛋花汤	Vegetable Stick 蔬菜条 Cream of mushroom soup 奶油蘑菇汤	Vegetable Stick 蔬菜条 White Fungus soup 银耳羹

Chinese

Braised Pork with egg 鹌鹑蛋红烧肉 Fresh Cabbage 清炒白菜 Steamed Rice with Millet 二米饭 	 Mushroom Duck 蘑菇烧鸭块 Fungus Zucchini 西葫芦炒木耳 Steamed Rice 米饭 	 Braised tofu with Soy Paste 酱烧豆腐  Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭 Hanamaki 自制花卷 	 Stir-Fried Beef 小炒牛肉  Braised Wax Gourd 烧冬瓜 Steamed Rice with Purple Rice 杂粮饭 	Moo Shu Pork 猪肉木须 Spinach with Vermicelli 粉丝炒菠菜 Steamed Rice 红薯米饭 
--	---	---	---	--


Western


 BBQ Chicken Pizza 烧烤鸡肉披萨 	Mini Croissant Sandwich 迷你牛角面包 	 Braised Fish Fillet with Tomato 番茄烩鱼肉  	 Orleans Roast Chicken burger 奥尔良烤鸡腿肉汉堡 	 Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 
--	---	--	---	--


 Vegetarian

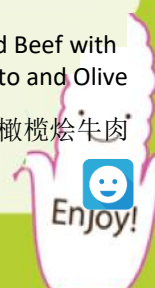
 Seafood

 Halal

 Heathy
choice

 OK most
of the
time

 Enjoy it
once in a
while



CISB Main Entrees DRC Menu

August 2021



Vegetables
Stick Soup

Monday 8.16	Tuesday 8.17	Wednesday 8.18	Thursday 8.19	Friday 8.20
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
Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Korean Soup 韩式酱汤	Corn soup 玉米羹

Chinese

Steamed Chicken in Mushroom

香菇蒸鸡肉

Braised Cabbage with Fungus

白菜木耳

Steamed Rice with Millet
二米饭

Kung Pao Chicken

宫保鸡丁

Sautéed Cole

清炒油菜

Steamed Rice with Purple Sweet Potato
紫薯饭

Steamed Shrimp with Egg

虾仁蒸滑蛋

Sautéed Cole with Mushroom

香菇油菜

Steamed Rice

红薯米饭

Hanamaki

自制馒头

Yu-Shiang Shredded Pork

鱼香肉丝 (不辣)

Wok-Fried Cabbage

清炒圆白菜

Steamed Rice with Sweet Potato

紫薯米饭

Sautéed Duck with Soy bean Paste

酱爆鸭肉

Sautéed Cole

清炒油菜

Steamed Rice

米饭

Western

Pasta with Bacon Tomato Sauce

培根番茄意面

Goulash
匈牙利烩牛肉

Pork Sandwich
猪肉三明治

Beef lasagna
牛肉千层面

Swedish Beef Meat Ball
瑞典风味牛肉丸

Vegetarian

Seafood

Halal

Healthy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees DRC Menu

August 2021



Vegetables Stick Soup

Monday
8.23

Vegetable Stick
蔬菜条
French onion soup
法式洋葱汤

Tuesday
8.24

Vegetable Stick
蔬菜条
Chicken & black mushroom soup
蘑菇鸡汤

Wednesday
8.25

Vegetable Stick
蔬菜条
Potato Soup
土豆汤

Thursday
8.26

Vegetable Stick
蔬菜条
Winter melon Chicken ball soup
冬瓜鸡丸汤

Friday
8.27

Vegetable Stick
蔬菜条
Pumpkin Soup
南瓜汤

Chinese

Stir-Fried Pork with / Mushroom
鲜蘑炒肉片

Stir-Fried Baby Cababge
清炒白菜

Steamed Rice with Sweet Potato
红薯米饭

Five colours fish
五彩鱼肉丁
Sautéed Cabbage
炒圆白菜
Steamed Rice Millet
二米饭

Scrambles Egg with Tomato
番茄炒鸡蛋
Fungus with celery
木耳芹菜
Steamed Rice
米饭

Fried pork slices with garlic sprouts and fungus
蒜苗木耳炒猪肉片
Sautéed Cauliflower with Tomato
番茄菜花
Steamed Rice with Purple Rice
杂粮饭
Steamed Sponge Cake
自制紫米发糕

Sweet & Sour Chicken
菠萝咕咾鸡
Sautéed Chinese Green
清炒油菜
Steamed Rice
白米饭

Western

Roasted duck in honey sauce
蜜汁烤鸭脯

BBQ Roasted Pork
烧烤猪梅肉

Hawaiian Beef Pizza
夏威夷牛肉披萨

Braised Chicken with tomato sauce
红烩鸡肉

Beef Ham Sandwich
牛肉火腿面包

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees DRC Menu

August 2021



Vegetables
Stick Soup

Monday 8.30	Tuesday 8.31	Wednesday	Thursday	Friday
----------------	-----------------	-----------	----------	--------

Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条			
Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹			

Chinese

Braised Pork Meat Ball 红烧猪肉丸子	Braised beef with potatoes 土豆烧牛肉
Scrambled Eggs Zucchini 西葫芦炒鸡蛋	Stir fried Guangdong cabbage 清炒广东菜心
Steamed Cereal Rice 杂粮饭	Steamed Rice 白米饭

Western

Chicken Alfredo with Penne 阿弗雷多鸡肉通心粉	Chicken burger 鸡肉汉堡
---	------------------------

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while

