

MENU



Healthy
choice



OK most
of the time



Enjoy it
once in a
while

CISB Main Entrees G1-G2 Menu August 2021



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 8.9	TUESDAY 8.10	WEDNESDAY 8.11	THURSDAY 8.12	FRIDAY 8.13
Soup	Chinese Cabbage Soup 白菜粉丝汤	Creamy Carrot Soup 奶油胡萝卜汤	Seaweed & Egg Soup 紫菜蛋花汤	Cream of mushroom soup 奶油蘑菇汤	White Fungus soup 银耳羹
Combo	Rosemary Chicken 迷迭香烤鸡 Braised Pork with egg 鹌鹑蛋红烧肉 Fresh Cabbage 清炒白菜 Steamed Rice with Millet 二米饭	Roast Pork Chop with Honey Sauce 蜜汁香草煎猪扒 Mushroom Duck 蘑菇烧鸭块 Fungus Zucchini 西葫芦炒木耳 Steamed Rice 米饭 Hanamaki 自制花卷	Braised Fish Fillet with Tomato 番茄烩鱼肉 Braised tofu with Soy Paste 酱烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Roasted Duck with Black Pepper Sauce 香草烤鸭胸 配黑椒汁 Stir-Fried Beef with soya Sauce 小炒牛肉 Braised Wax Gourd 烧冬瓜 Steamed Rice with Multigrain 杂粮饭	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩 牛肉 Moo Shu Pork 猪肉木须 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice 红薯米饭
Fruit	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 August 2021









Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 8.16	TUESDAY 8.17	WEDNESDAY 8.18	THURSDAY 8.19	FRIDAY 8.20
Soup	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
Combo	Pasta with Bacon Tomato Sauce 培根番茄意面 Steamed Chicken in Mushroom 香菇蒸鸡肉 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭	 Goulash 匈牙利烩牛肉 Kung Pao Chicken 宫保鸡丁  Sautéed Cole 清炒油菜 Steamed Rice with Purple Sweet Potato 紫薯饭 Hanamaki 自制馒头	 Tandoori Chicken 印度天多瑞烤鸡腿 Fried Shrimp with Egg 虾仁蒸滑蛋 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 红薯米饭	 Curry fish 印度咖喱鱼 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	 Swedish Beef Meat Ball 瑞典风味牛肉丸 Sautéed Duck with Soybean Paste 酱爆鸭肉  Sautéed Sautéed Cole 清炒油菜 Steamed Rice 杂粮米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

MENU



Healthy
choice



OK most
of the time



Enjoy it
once in a
while

CISB Main Entrees G1-G2 Menu August 2021































Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 8.23	TUESDAY 8.24	WEDNESDAY 8.25	THURSDAY 8.26	FRIDAY 8.27
Soup	French onion soup 法式洋葱汤	Chicken & black mushroom soup 蘑菇鸡汤	Potato Soup 土豆汤	Winter melon Chicken ball soup 冬瓜鸡丸汤	Pumpkin Soup 南瓜汤
Combo	 Roasted Chicken in honey sauce 蜜汁烤鸡脯  Stir-Fried Pork with / Mushroom 鲜蘑炒猪肉片  Stir-Fried Babby Cababge 清炒白菜  Steamed Oat Rice 红薯饭 	 BBQ Roasted Pork 烧烤猪梅肉  Five colours fish 五彩鱼肉丁   Sautéed Cabbage 炒圆白菜  Steamed Rice Millet 二米饭  Steamed Sponge Cake 自制紫米发糕 	 Beef Bolognaise Pasta  意式牛肉酱面  Scrambles Egg with Tomato 番茄炒鸡蛋  Fungus with celery 木耳芹菜  Steamed Rice 米饭 	 Braised Chicken with tomato sauce 红烩鸡肉  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 Multigrain 杂粮饭 	 Curry Beef 泰式咖喱牛肉  Sweet & Sour Chicken 菠萝咕咾鸡  Sautéed Chinese Green 清炒油菜  Steamed Rice 白米饭 
Fruit	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 August 2021









Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 8.30	TUESDAY 8.31	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹			
Combo	Chicken Alfredo with Penne  阿弗雷多鸡肉通心粉 Braised Pork Meat Ball 红烧猪肉丸子 Scrambled Eggs Zucchini 西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭 	Roast duck breast with vanilla  香草烤鸭胸 Braised beef with potatoes  土豆烧牛肉 Stir fried Guangdong cabbage  清炒广东菜心 Steamed Rice 白米饭 Hanamaki 自制南瓜馒头 			
Fruit	Juice 果汁	Juice 果汁			