

Vegetarian

Seafood

Halal



Heathy choice



OK most of the time



Enjoy it once in a while

MENU

CISB Main Entrees G3-G5 Menu August 2021

thinkgreen
FOR YOU FOR THE PLANET



MEAL	MONDAY 8.9	TUESDAY 8.10	WEDNESDAY 8.11	THURSDAY 8.12	FRIDAY 8.13 <small>by Sodexo*</small>
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	Creamy mushroom soup 奶油蘑菇汤	White Fungus soup 银耳羹
Menu (A) Western	Rosemary Chicken 迷迭香烤鸡 Carrot in Honey Sauce 橙味蜜汁胡萝卜 Roasted New Potato 香烤新土豆	Roast Pork Chop with Honey Sauce 蜜汁香草煎猪扒 Mixed Vegetable 混合什蔬 Potato Gratin 芝士焗土豆	Braised Fish Fillet with Tomato 番茄烩鱼肉 Grilled Vegetables 扒蔬菜 Soft Roll 软面包	Roasted Duck with Black Pepper Sauce 香草烤鸭胸配黑椒汁 Roasted Vegetable with Herbs 香草烤蔬菜 Roasted Potato with Herb 香草烤土豆块	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 Poached Cauliflower & Green Peas 青豆炒菜花 Boiled corn 煮玉米
Menu (B) Asian	Braised Pork with egg 鹌鹑蛋红烧肉 Stir-fry 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 Hanamaki 自制花卷	Braised tofu with Soy Paste 酱烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 米饭	Stir-Fried Beef with soya Sauce 小炒牛肉 Braised Wax Gourd 烧冬瓜 Steamed Rice with multigrain 杂粮饭	Moo Shu Pork 猪肉木须 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice 红薯米饭
Daily Special (C)	Deep-Fried Fish Chop 英式炸鱼烤薯角 Green Vegetables 炒蔬菜	Nasi Goreng 印尼炒饭 Chicken Satay 沙爹鸡 Green Vegetables 炒蔬菜	Beef Ham Sandwich 牛肉火腿面包 Green Vegetables 炒蔬菜	Chinese Noodles with Braised Chicken Soup 红烧鸡丝面 Green Vegetables 炒蔬菜	Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡/ 薯条 Green Vegetables 炒蔬菜

Week 1

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by sodexo

	MEAL	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
Week 2	Menu (A) Western	Pasta with Bacon Tomato Sauce 培根番茄意面 Sautéed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包	Goulash 匈牙利烩牛肉 Gratin Cauliflower 焗菜花 Steamed Pumpkin 蒸南瓜	Tandoori Chicken 印度天多瑞烤鸡腿 Sautéed Zucchini with Carrot 西葫芦配胡萝卜条 Roasted Potato with Herb 香草烤土豆	Curry fish 印度咖喱鱼 Stir-Fry celery with mixed veg 素炒芹菜(杏鲍菇 胡萝卜) Soft Roll 软面包	Swedish Beef Meat Ball 瑞典风味牛肉丸 Sautéed Mix Vegetables 混合时蔬 Mashed potato 土豆泥
	Menu (B) Asian	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 Hanamaki 自制馒头	Steamed Shrimp with Egg 虾仁蒸滑蛋 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 红薯米饭	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 Soybean Paste 酱爆鸭肉 Sautéed Sautéed Cole 清炒油菜 Steamed Rice 杂粮米饭
	Daily Special (C)	Hong Kong pineapple beef Fried rice 港式菠萝牛肉炒 饭 Green Vegetables 炒蔬菜	Duck Tortilla Wrap 老北京烤鸭肉卷 Green Vegetables 炒蔬菜	Beef lasagna 牛肉千层面 Green Vegetables 炒蔬菜	Singapore Noodle 星洲炒米粉 Chicken Skewer 烤鸡肉串	Hawaii Pizza 夏威夷披萨 Green Vegetables 炒蔬菜

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FRIDAY
8.27

by sodexo


MEAL		MONDAY 8.23	TUESDAY 8.24	WEDNESDAY 8.25	THURSDAY 8.26	FRIDAY 8.27
Week 3	Soup	French onion soup 法式洋葱汤	Chicken 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
	Menu (A) Western	Roasted Chicken in honey sauce 蜜汁烤鸡脯 Roasted Vegetable 烤什蔬 Soft Roll 软面包	BBQ Roasted Pork 烧烤猪梅肉 Pan Fried Mixed Vegetable with Herb and Garlic 意式铁扒时蔬 Roasted Potato with Herb 香草烤土豆	Beef Bolognaise Pasta 意式牛肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	Braised Chicken with tomato sauce 红烩鸡肉 Butter Assorted Vegetable 黄油炒时蔬 Boiled corn 煮玉米	Curry Beef 泰式咖喱牛肉 Sautéed Cai Sim 清炒佛手瓜 Roasted Sweet Potato 烤红薯
	Menu (B) Asian	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	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	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 Multigrain 杂粮饭	Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Chinese Green 清炒油菜 Steamed Rice 白米饭
Daily Special (C)	Beef & Cheese Panini 扒牛肉粒 奶酪帕尼尼 Green Vegetables 炒蔬菜	Beef Meatball with Cheese & Risotto 芝士牛肉丸焗饭 Herb Roasted Vegetable 香草烤蔬菜	BBQ Pork sausage 烧烤猪肉肠 Fired Rice with ham 扬州炒饭 Green Vegetables 炒蔬菜	Braised Beef Noodles 红烧牛肉面 Sautéed Cole 白灼油菜	Kind of meat Pizza 肉食披萨 Green Vegetables 炒蔬菜	

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FOR YOUR HEALTH FOR THE PLANET
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	MEAL	MONDAY 8.30	TUESDAY 8.31	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹			
	Menu (A) Western	Chicken Alfredo with Penne 阿弗雷多鸡肉通心粉 Sautéed Green Peas & Onion 洋葱炒青豆 Garlic Bread 蒜蓉面包 	Roast duck breast with vanilla 香草烤鸭胸 Gratin Cauliflower 焗菜花 Steamed Pumpkin 蒸南瓜 			
	Menu (B) Asian	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 	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 			
Daily Special (C)	American Hot Dog 美式热狗 Green Vegetables 炒蔬菜 	Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜 