

CISB Main Entrees KGT 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 
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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 
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 Vegetarian

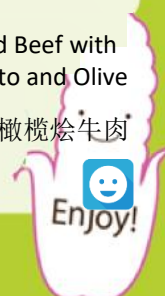
 Seafood

 Halal

 Heathy choice

 OK most of the time

 Enjoy it once in a while



CISB Main Entrees KGT 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

Western

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
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

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Healthy choice

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CISB Main Entrees KGT 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 Cabage
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

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CISB Main Entrees KGT Menu

August 2021



Vegetables
Stick Soup

Monday 8.30	Tuesday 8.31	Wednesday	Thursday	Friday
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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
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