

CISB Main Entrees Staff Menu

August 2021

| MEAL/菜品 | MONDAY 8.9 | TUESDAY 8.10 | WEDNESDAY 8.11 | THURSDAY 8.12 | FRIDAY 8.13 |
|-----------------|--|---|---|---|---|
| Soup | 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 |
| Hot Food | Stir-Fry sliced Beef with black pepper 黑椒牛肉片 Stew with cabbage 白菜豆腐 Steamed Rice 米饭 | Stewed Duck with Bean Sauce 酱鸭 Green Pepper and Eggplant 地三鲜 Steamed Rice 米饭 | Poached Spicy Slices of 水煮肉 Stir-Fried Celery with Dry Bean Curd 香干西芹 Steamed Rice 米饭 | Fried Chicken with Spicy Sauce 鱼香鸡片 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭 | pickled Chinese cabbage with plain boiled pork 酸菜白肉 Stir-fried Tomato with Egg 西红柿炒鸡蛋 Steamed Rice 米饭 |
| Fruit | Fruit 水果 | Fruit 水果 | Fruit 水果 | Fruit 水果 | Yogurt 酸奶 |



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| MEAL/菜品 | MONDAY 8.16 | TUESDAY 8.17 | WEDNESDAY 8.18 | THURSDAY 8.19 | FRIDAY 8.20 |
|-----------------|--|---|--|---|--|
| Soup | 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 |
| Hot Food | Braised Chicken with Turnip 萝卜烧鸡腿 Stir fried zucchini with fungus 木耳西葫芦 Steamed Rice 米饭 | Stewed vermicelli with pork balls 猪肉丸子炖粉条 Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭 | Braised Duck Sichuan Sauce 黄焖鸭块 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭 | Braised pork with Taro 洋芋烧猪肉 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 | Chinese Noodles 手擀面 Braised vegetarian Sauce 素打卤 With Vegetable 配时令蔬菜丝 |
| Fruit | Fruit 水果 | Fruit 水果 | Fruit 水果 | Fruit 水果 | Yogurt 酸奶 |



CISB Main Entrees Staff Menu
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| MEAL/菜品 | MONDAY 8.23 | TUESDAY 8.24 | WEDNESDAY 8.25 | THURSDAY 8.26 | FRIDAY 8.27 |
|-----------------|---|--|--|--|--|
| Soup | 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 |
| Hot Food | Stir-fry Chicken with Bell Pepper and Black Bean Sauce 豉汁炒鸡丁 Poached Asian green 清炒油菜 Steamed Rice 米饭 | Fried boiled Pork 过油肉 Chinese Cabbage 炆炒大白菜 Steamed Rice 米饭 | Spicy hot pot 麻辣香锅 Stir-Fried Zucchini 炒西葫芦 Steamed Rice 米饭 | Stewed Pork Meatball in Brown Sauce 红烧狮子头 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭 | Sliced Fish in Hot Chili Oil 水煮鱼 Chinese cabbage with bean skin 豆皮奶白菜 Steamed rice 米饭 |
| Fruit | Fruit 水果 | Fruit 水果 | Fruit 水果 | Fruit 水果 | Yogurt 酸奶 |



CISB Main Entrees Staff Menu
August 2021

| MEAL/菜品 | MONDAY 8.30 | TUESDAY 8.31 | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|---|-----------|----------|--------|
| Soup | Daily Soup 每日例汤 | Daily Soup 每日例汤 | | | |
| Hot Food | Kun Bao Chicken 宫保鸡丁 Stew with cabbage 白菜豆腐 Steamed Rice 米饭 | Braised pork with Bamboo Shoots 冬笋炒肉丝 Fried Dry Bean Curd with Bell Pepper 尖椒土豆片 Steamed Rice 米饭 | | | |
| Fruit | Fruit 水果 | Fruit 水果 | | | |

