

MENU



Heathy
choice



OK most
of the time



Enjoy it
once in a
while

CISB Main Entrees G1-G2 Menu November 2021


















Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 11.1	TUESDAY 11.2	WEDNESDAY 11.3	THURSDAY 11.4	FRIDAY 11.5
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Creamy Pumpkin Soup 奶油南瓜汤	Tomato Egg Soup 番茄鸡蛋汤	Creamy Mushroom Soup 奶油蘑菇汤	Fungus white radish vermicelli Soup 木耳白萝卜粉丝汤
Combo	 Tuna Pasta in Tomato Sauce  金枪鱼番茄汁意面 Wok-Fried Pork with Soy Bean Paste 酱爆肉丁 (猪肉) Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 白米饭 	 Grilled Pork Chop with Meat Sauce 铁扒猪排配肉汁 Stir-Fried Shrimp with Egg  滑蛋虾仁 Baby Cabbage with Mushroom  菌菇娃娃菜 Steamed Rice 白米饭 Hanamaki 自制花卷 	 Beef pizza 牛肉披萨 Braised Tofu 木耳冬笋烧豆泡 Scrambled Eggs with Cucumber 黄瓜炒鸡蛋 Steamed Rice 白米饭 	 Chicken Burger 美式鸡肉汉堡 Sweet and Sour Fish 番茄鱼  Stir-Fried Tofu with Black Mushroom and Capsicum 香菇彩椒炒 千叶豆腐 Steamed Rice with Sweet Potato 红薯米饭/白米饭 	 Beijing roast duck wrap 北京烤鸭卷 Braised Beef with Taro  芋头烧牛肉 Lotus Root Slices with mixed vegetables 荷塘月色 Steamed Rice 玉米米饭/白米饭 
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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Soup	Russian Soup 罗宋汤	Creamy Tomato Soup 奶油番茄汤	Korean Miso Soup 韩式大酱汤	Jujube and tremella Soup 红枣银耳汤	Winter Melon & Balls Soup 冬瓜鸡丸汤
Combo	Pasta with Chicken Tomato Sauce 意大利面鸡肉 番茄汁 Braised Pork with Egg 红烧肉元宝蛋 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice With Millet 二米饭/白米饭	 Pork and Cheese Sandwich 猪肉芝士三明治 Braised Beef with Potato 土豆烧牛肉  Sautéed Cole Sautéed Cole 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制南瓜馒头	 American Hot Dog 美式热狗  Scrambles Egg with Tomato 番茄炒鸡蛋  Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	 Tuna Pizza 金枪鱼披萨  Braised beef with Turnip 萝卜炖牛腩  Cabbage with tofu 白菜豆腐 Steamed Red Bean Rice 红豆米饭/白米饭	 Beef & Cheese Panini 牛肉酱奶酪帕尼尼  Steamed egg w/shrimps 虾仁蒸水蛋  Sautéed Spinach with Vermicelli 菠菜炒粉丝 Steamed Rice Millet 二米饭/白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 11.15	TUESDAY 11.16	WEDNESDAY 11.17	THURSDAY 11.18	FRIDAY 11.19
Soup	Minestrone Soup 意式蔬菜汤	Chicken&Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Pear Tremella Soup 银耳雪梨汤	Creamy Corn Soup 奶油玉米汤
Combo	Chicken and Cheese Sandwich  鸡肉芝士三明治 Sweet and Sour Fillet of Pork 糖醋里脊 Sautéed Cabbage with Fungus  白菜木耳 Steamed Rice 白米饭	Tuna Mini Croissant Panini  金枪鱼牛角帕尼尼 Braised Beef with Turnip  萝卜炖牛肉 Sautéed Cole  清炒油菜 Steamed Rice 紫薯饭/白米饭 Hanamaki 自制发糕	Beef Bolognaise Pasta  意式肉酱面 Braised Tofu  虾仁烧豆腐 Stir-fried Mix Vegetables  罗汉上素 Steamed Rice 白米饭	Hawaiian Chicken Pizza  夏威夷鸡肉披萨 Braised pork meatballs with white gourd 冬瓜烧猪肉丸子 Assorted stir-fried lotus root  什锦炒青笋 Steamed Cereal Rice 杂粮饭/白米饭	 Goulash 匈牙利烩牛肉 Yu-Shiang Shredded Pork 鱼香肉丝 (不辣)  Sautéed Spinach 清炒菠菜 Steamed Rice 玉米米饭/白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 11.22	TUESDAY 11.23	WEDNESDAY 11.24	THURSDAY 11.25	FRIDAY 11.26
Soup	Lotus root lean meat Soup 煲莲藕烧肉汤	Creamy Potato Soup 奶油土豆汤	Duck & Mushroom Soup 菌菇老鸭汤	Chinese Cabbage Soup 白菜粉丝汤	Minestrone Soup 意大利蔬菜汤
Combo	Pasta with Pork Tomato Sauce 意面猪肉番茄汁 Stir-Fried beef with Mushroom 杏鲍菇炒牛肉 Dried shrimp with white gourd 海米冬瓜 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Beef and Cheese Sandwich 牛肉芝士三明治 Fried shrimps with colorful eggs 五彩鸡蛋炒虾仁 Braised Cabbage with Fungus 白菜木耳 Steamed Rice with Millet 二米饭/白米饭 Hanamaki 自制馒头	Pork Burger 猪肉汉堡 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Beef Pizza 牛肉披萨 Sweet & Sour Chicken 菠萝咕咾鸡 Wok-Fried Cabbage 清炒圆白菜 Steamed Rice with Sweet Potato 红薯米饭/白米饭	Swedish Beef Meat Ball 瑞典风味牛肉丸 Stir-Fried fish with sweetcorn 三鲜炒鱼丁 Sauted Chinese Cabbage 炒小白菜 Steamed Rice Millet 二米饭/白米饭
Fruit	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 11.29	TUESDAY 11.30	WEDNESDAY	THURSDAY	FRIDAY
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹			
Combo	Pasta with Stir-Fried Shrimp Tomato Sauce  意面虾仁番茄汁 Yu-Shiang Shredded Pork 鱼香肉丝 (不辣) Stewed White Gourd  烧冬瓜 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭 	 Tuna Pizza  金枪鱼披萨 Braised Pork with Bean Curd 百叶结红烧肉 Sautéed Braised Cabbage with Fungus  胡萝卜白菜 Steamed Rice Millet 二米饭/白米饭 Hanamaki 自制发糕 			
Fruit	Juice 果汁 	Juice 果汁 