

Vegetarian

Seafood

Halal

Heathy
choiceOK most
of the timeEnjoy it
once in a
while

MENU

CISB Main Entrees G3-G5 Menu
November 2021thinkgreen
FOR YOU FOR THE PLANET

MEAL	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
Menu (A) Western	Pwit asta h Tuna Tomato Sauce 金枪鱼番茄汁意面 Sautéed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包	Grilled Pork Chop with Meat Sauce 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Herb Potato 香烤红薯	Swedish Beef meat ball 瑞典风味牛肉丸 Poached Zucchini & Carrot 西葫芦胡萝卜 Mashed Potato 奶香土豆泥	Cajun Roasted Chicken 卡真烤鸡腿 Sautéed Cauliflower with Tomato 番茄菜花 Roasted Pumpkin 蜜汁烤南瓜	BBQ Duck with Mushroom Sauce 烧烤鸭胸配蘑菇汁 Gratian Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包
Week 1 Menu (B) Asian	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	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	Braised Tofu 木耳冬笋烧豆泡 Scrambled Eggs with Cucumber 黄瓜炒鸡蛋 Steamed Rice 白米饭	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	Braised beef with Beef 芋头烧牛肉 Lotus Root Slices with mixed vegetables 荷塘月色 Steamed Rice 玉米米饭/白米饭
Daily Special (C)	Beef pizza 意大利牛肉披 萨 Green Vegetables 炒蔬菜	素食 Z-ROU Panini 植物肉帕尼尼 Green Vegetables 炒蔬菜	Nasi Goreng 印尼炒饭 肉串 Green Vegetables 炒蔬菜	Laksa 叻沙汤牛肉米粉 Sautéed Cole 白灼油菜	Fish Finger /Roasted Herb Potato 英式鱼排/香烤土豆块 Green Vegetables 炒蔬菜

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	MEAL	MONDAY 11.8	TUESDAY 11.9	WEDNESDAY 11.10	THURSDAY 11.11	FRIDAY 11.12
	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	Tomato Egg Soup 番茄鸡蛋汤
	Menu (A) Western	Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄 汁 Sautéed Zucchini & Carrot 胡萝卜西葫芦 Garlic bread 蒜茸面包	Roasted Chicken 卡真烤鸡 Butter Assorted Vegetable 黄油炒时蔬 Roasted Potato 烤土豆角	BBQ Roasted Pork 烧烤猪梅肉 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Curry Fish 日式咖喱鱼 Mixed Vegetable 混合什蔬 Steamed Sweet Potato 蒸紫薯	Beef Chili 墨西哥辣牛肉酱 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
Week 2	Menu (B) Asian	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	Braised Beef with Potato 土豆烧牛肉 Sautéed Cole 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制南瓜馒头	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	Braised beef with Turnip 萝卜炖牛腩 Cabbage tofu 白菜豆腐 Steamed Red Bean Rice 红豆米饭/白米饭	Steamed egg w/shrimps 虾仁蒸水蛋 Sauteed Spinach with Vermicelli 菠菜炒粉丝 Steamed Rice Millet 二米饭/白米饭
	Daily Special (C)	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼 尼 Green Vegetables 炒蔬菜	Fish & burger 鱼肉汉堡包/薯条 Green Vegetables 炒蔬菜	Beijing roast duck wrap 北京烤鸭卷 Green Vegetables 炒蔬菜	Noodle with Beef Soup 牛肉汤面配油菜	素食 Z- ROU lasagna 植物肉千层面 Green Vegetables 炒蔬菜

sodexo

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	MEAL	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
	Menu (A) Western	Roasted chicken breast w/gravy 烤鸡胸配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato with Herb 烤土豆	Fish Sausage Stewed 红烩鱼丸 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Beef Bolognese Pasta 意式肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	Grilled Duck Breast with Gravy 香煎鸭胸蘑菇汁 Carrot with Corn 胡萝卜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	Goulash 匈牙利烩牛肉 Poached Cauliflower & Green Peas 青豆炒菜花 Soft Roll 软面包
Week 3	Menu (B) Asian	Sweet and Sour Fillet of Pork 糖醋里脊 Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 白米饭	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Cole 清炒油菜 Steamed Rice 红薯饭/白米饭 Hanamaki 自制发糕	Braised Tofu 虾仁烧豆腐 Stir-fried Mix Vegetables 罗汉上素 Steamed Rice 白米饭	Braised pork balls with white gourd 冬瓜烧猪肉丸子 Assorted fried lotus root 什锦炒青笋 Steamed Cereal Rice 杂粮饭/白米饭	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
	Daily Special (C)	Ham Sandwich 火腿三明治 Green Vegetables 炒蔬菜	素食 Z-ROU Minced Ball with Cheese & Risotto 芝士植物肉焗饭 Herb Roasted Vegetable 香草烤蔬菜	American Hot Dog 美式热狗 Green Vegetables 炒蔬菜	Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜

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	MEAL	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	Seaweed & Egg Soup 紫菜蛋花汤	Chinese Cabbage Soup 白菜粉丝汤	Minestrone Soup 意大利蔬菜汤
	Menu (A) Western	Pasta with Bacon Tomato Sauce 意大利面培根番茄 汁 Sautéed Green Peas & Carrot 胡萝卜炒青豆 Garlic Bread 蒜蓉面包	Beef Stew 红烩牛肉 Gratin Cauliflower 焗菜花 Steamed Sweet Potato 蒸紫薯	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 Pork 日式咖喱猪肉 Mixed Vegetable 混合什蔬 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
Week 4	Menu (B) Asian	Stir-Fried beef with Mushroom 杏鲍菇炒牛肉 Dried shrimp fried white gourd 海米冬瓜 Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	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	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	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	Fried fish with pork, sweetcorn And green beans 三鲜炒鱼丁 Sautéed Chinese Cabbage 炒小白菜 Steamed Rice Millet 二米饭/白米饭
	Daily Special (C)	Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜	Orleans Roast Chicken burger 奥尔良烤鸡腿汉堡 炒蔬菜/薯条	Ham Sandwich 自制火腿面包 Green Vegetables 炒蔬菜	Rice Noodles with Beef Soup 越南牛肉丸河粉 油菜	素食 Z-ROU Pizza 植物肉披萨 Green Vegetables 炒蔬菜

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FRIDAY **sodexo**

	MEAL	MONDAY 11.29	TUESDAY 11.30	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Soup	Seaweed & Egg Soup 紫菜蛋花汤	Mixed Beef Soup 西湖牛肉羹			
	Menu (A) Western	Chicken Curry 印度咖喱鸡肉 Gratin Cauliflower 焗菜花 Sweet Potatoes 烤红薯块	Braised Fish Fillet with Tomato 番茄烩龙利鱼 Grilled Vegetables 扒蔬菜 Roasted Potato Wedge 香烤土豆角			
	Menu (B) Asian	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	Braised Pork with Bean Curd 百叶结红烧肉 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 Steamed Rice Mill 二米饭/白米饭			
	Daily Special (C)	Yuen Chow fried rice with chicken 扬州炒饭 鸡肉串 Green Vegetables 炒蔬菜	Fried spaghetti with Shredded Shrimp 虾仁肉丝炒意面 Sautéed Cole 清炒油菜			