

# CISB Main Entrees KGT Menu

## November 2021



Vegetables  
Stick  
Soup

	Monday 11.1	Tuesday 11.2	Wednesday 11.3	Thursday 11.4	Friday 11.5
	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
	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

Chinese

Wok-Fried Pork with Soy Bean Paste 酱爆肉丁 (猪肉)	Stir-Fried Shrimp with Egg 滑蛋虾仁	Braised Tofu 木耳冬笋烧豆泡	Sweet and Sour Fish 番茄鱼	Braised beef with Beef 芋头烧牛肉
Sautéed Cole with Mushroom 香菇油菜	Baby Cabbage with Mushroom 菌菇娃娃菜	Scrambled Eggs with Cucumber 黄瓜炒鸡蛋	Stir-Fried Tofu with Black Mushroom and Capsicum 香菇彩椒炒千叶豆腐	Fried Spinach with Vermicelli 粉丝炒菠菜
Steamed Rice 白米饭	Steamed Rice 白米饭	Steamed Rice 白米饭	Steamed Rice with Sweet Potato 红薯米饭	Steamed Rice 玉米米饭/白米饭

Western

Pwita h Tuna Tomato Sauce 金枪鱼番茄汁意面	Mini Croissant Sandwich 金枪鱼牛角三明治	Chicken burger 美式鸡肉汉堡	Chicken and Cheese Sandwich 鸡肉芝士三明治	BBQ Duck with Mushroom Sauce 烧烤鸭胸配蘑菇汁
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OK most  
of the  
time



Enjoy it  
once in a  
while



# CISB Main Entrees KGT Menu

## November 2021



Vegetables  
Stick  
Soup

	Monday	Tuesday	Wednesday	Thursday	Friday
	11.8	11.9	11.10	11.11	11.12
	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
	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

Chinese

Braised Pork with Egg 红烧肉元宝蛋	Braised Beef with Potato 土豆烧牛肉	Scrambles Egg with Tomato 番茄炒鸡蛋	Braised beef with Turnip 萝卜炖牛腩	Steamed egg w/shrimps 虾仁蒸水蛋
Sautéed Cauliflower with Tomato 番茄菜花	Sautéed Cole 香菇炒油菜	Fungus and Celery 木耳芹菜	Cabbage tofu 白菜豆腐	Sauteed Spinach with Vermicelli 菠菜炒粉丝
Steamed Rice With Millet 二米饭/白米饭	Steamed Rice 白米饭	Fried Rice 什锦菜炒米饭/白米饭	Steamed Red Bean Rice 红豆米饭/白米饭	Steamed Rice Millet 二米饭/白米饭
		Hanamaki 自制南瓜馒头		

Western

Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄汁	Roasted Chicken 卡真烤鸡	BBQ Roasted Pork 烧烤猪梅肉	Tuna Pizza 金枪鱼披萨	Ham Sandwich 猪肉火腿三明治
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## November 2021



Vegetables  
Stick  
Soup

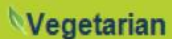
	Monday 11.15	Tuesday 11.16	Wednesday 11.17	Thursday 11.18	Friday 11.19
	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
	Minestrone Soup 意式蔬菜汤	Chicken&Mushroom Soup 香菇炖鸡汤	Creamy Carrot Soup 奶油胡萝卜汤	Pear Tremella Soup 银耳雪梨汤	Creamy Corn Soup 奶油玉米汤

Chinese

Sweet and Sour Fillet of Pork 糖醋里脊	Braised Beef with Turnip 萝卜炖牛肉	Braised Tofu 虾仁烧豆腐	Braised pork balls with white gourd 冬瓜烧猪肉丸子	Yu-Shiang Shredded Pork 鱼香肉丝 (不辣)
Sautéed Cabbage with Fungus 白菜木耳	Sautéed Cole 清炒油菜	Stir-fried Mix Vegetables 罗汉上素	Assorted fried lotus root 什锦炒青笋	Fried Spinach with Vermicelli 粉丝炒菠菜
Steamed Rice 白米饭	Steamed Rice 红薯饭/白米饭	Steamed Rice 白米饭	Steamed Cereal Rice 杂粮饭/白米饭	Steamed Rice 玉米米饭/白米饭
		Hanamaki 自制花卷		

Western

Roasted chicken breast w/gravy 烤鸡胸配洋葱汁	Hawaiian Chicken Pizza 夏威夷鸡肉披萨	Beef Bolognese Pasta 意式肉酱面	Ham Sandwich 猪肉火腿三明治	Chicken burger 美式鸡肉汉堡
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# CISB Main Entrees KGT Menu

## November 2021



Vegetables  
Stick  
Soup

Monday 11.22	Tuesday 11.23	Wednesday 11.24	Thursday 11.25	Friday 11.26
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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
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

**Fried fish with  
pork, sweetcorn**

**And green beans**

Stir-Fried beef with Mushroom 杏鲍菇炒牛肉	Fried shrimps with colorful eggs 五彩鸡蛋炒虾仁	Scrambles Egg with Tomato 番茄炒鸡蛋	Sweet & Sour Chicken 菠萝咕咾鸡	
Dried shrimp fried white gourd 海米冬瓜	Braised Cabbage with Fungus 白菜木耳	Fungus and Celery 木耳芹菜	Wok-Fried Cabbage 清炒圆白菜	Sauteed Chinese Cabbage 炒小白菜
Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Steamed Rice with Millet 二米饭/白米饭	Fried Rice 什锦菜炒米饭/白米饭	Steamed Rice with Sweet Potato 红薯米饭/白米饭	Steamed Rice Millet 二米饭白米饭
Pasta with Bacon Tomato Sauce 意大利面培根番茄汁	Mini Croissant Sandwich 迷你牛角三明治	Hanamaki 自榨米发糕	Ham Sandwich 猪肉火腿三明治	Swedish Beef Meat Ball 瑞典风味牛肉丸

Chinese

Western



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## November 2021



Vegetables  
Stick  
Soup

**Monday**

11.29

Vegetable Stick

蔬菜条

Seaweed & Egg Soup

紫菜蛋花汤

**Tuesday**

11.30

Vegetable Stick

蔬菜条

Mixed Beef Soup

西湖牛肉羹

**Wednesday**

**Thursday**

**Friday**

Chinese

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 Millet  
二米饭/白米饭

Western

Chicken Curry  
印度咖喱鸡肉

Tuna Pizza  
金枪鱼披萨



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