

CISB Main Entrees Staff Menu
November 2021

MEAL/菜品	MONDAY 11.1	TUESDAY 11.2	WEDNESDAY 11.3	THURSDAY 11.4	FRIDAY 11.5
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	Kung pao Chicken 宫保鸡丁 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Pork and Bean Curd Stew 红烧肉炖豆泡 Sautéed squash 素炒西葫芦 Steamed Rice 米饭 时蔬炒饼	Poached Spicy pork 水煮肉 Stir-Fried Celery with Dry Bean Curd 香干西芹 Steamed Rice 米饭	Sliced Chicken with Spicy Sauce 鱼香鸡片 Stir-Fried Bok Choi 清炒油菜 Steamed Rice 米饭	农历立冬 Pork & Vegetable Dumplings 猪肉水饺 Chinese Chive and Egg Dumplings 韭菜鸡蛋素水饺
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.8	TUESDAY 11.9	WEDNESDAY 11.10	THURSDAY 11.11	FRIDAY 11.12
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 Chinese Bok Choi with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried with Pork, Egg, mixed vegetable 农家小炒肉 Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭	Braised Duck Sichuan Sauce 麻辣鸭块 Stew with cabbage and vermicelli 白菜炖粉条 Steamed Rice 米饭	Stewed Pork Meatball in Brown Sauce 红烧狮子头 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 大饼	Chinese Noodles with Braised Beef Soup 红烧牛肉面 Sautéed Bok Choi 菜心 With Vegetable 配时令蔬菜丝
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.15	TUESDAY 11.16	WEDNESDAY 11.17	THURSDAY 11.18	FRIDAY 11.19
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 thigh 红烧鸡腿 Sautéed squash 素炒西葫芦 Steamed Rice 米饭	Eggplant with Pork in Brown sauce 猪肉粒烧茄子 Braised Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭	Braised Tofu Sichuan Style 麻婆豆腐(牛肉) Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 时蔬炒饼	Stewed potato with pork in brown sauce 红烧肉土豆 Sautéed cabbage & fungus 木耳炒白菜 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 11.22	TUESDAY 11.23	WEDNESDAY 11.24	THURSDAY 11.25	FRIDAY 11.26
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-Fried Pork with Black Fungus and Egg 木须猪肉 Stir-Fried Baby Cababge 干锅娃娃菜 Steamed Rice 米饭	Braised Duck Sichuan Sauce 黄焖鸭块 Tofu Stew with cabbage 白菜豆腐 Steamed Rice 米饭	Twice-cooked pork 巴蜀回锅肉 Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭 大饼	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Celery with dry Bean Curd 香干芹菜 Steamed Rice 米饭	Chinese Noodles 手擀面 Shredded Pork with pickled mustard 榨菜肉丝卤 With Vegetable 配时令蔬菜丝
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.29	TUESDAY 11.30	WEDNESDAY	THURSDAY	FRIDAY
Soup	Daily Soup 每日例汤	Daily Soup 每日例汤			
Hot Food	Braised Chicken with Turnip 小鸡炖蘑菇 Sautéed bok choy 清炒油菜 Steamed Rice 米饭	Hot Spicy Pot 麻辣香锅 Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭			
Fruit	Fruit 水果	Fruit 水果			

