

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu January 2022



Vegetarian



Seafood



Halal

MEAL/ 菜品	MONDAY 1.3	TUESDAY 1.4	WEDNESDAY 1.5	THURSDAY 1.6	FRIDAY 1.7
<b>Soup</b>	Tomato Egg Soup 番茄鸡蛋汤	Creamy Mushroom Soup 奶油蘑菇汤	Mixed Beef Soup 西湖牛肉羹	Creamy Pumpkin Soup 奶油南瓜汤	Seaweed & Egg Soup 紫菜蛋花汤
<b>Combo</b>	Chicken Pizza 鸡肉米披萨 Stewed Pork with Soy Sauce 红烧猪肉丁 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 Mushroom Fish 蘑菇烧鱼 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice with Sweet Potato 红薯米饭/白米饭 Hanamaki 自制花卷 	Swedish Beef meat ball 瑞典风味牛肉丸 Stir-Fried Tofu with Black Mushroom and Capsicum 香菇彩椒炒 千叶豆腐 Scrambled Eggs with Cucumber 黄瓜炒鸡蛋 Steamed Rice 白米饭 	Chicken Sandwich 鸡肉三明治 Pork with Egg 猪肉末滑蛋 Fresh Cabbage 清炒白菜 Steamed Cereal Rice 杂粮饭/白米饭 	Beef pizza 牛肉披萨 Kung Pao Chicken 宫保鸡丁 (不辣) Mushroom 香菇油菜 Steamed Rice 玉米米饭/白米饭 
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 1.10	TUESDAY 1.11	WEDNESDAY 1.12	THURSDAY 1.13	FRIDAY 1.14
<b>Soup</b>	LaBa porridge 腊八粥	Tomato Egg Soup 番茄鸡蛋汤	Korean Miso Soup 韩式大酱汤	Chinese Cabbage Soup 白菜粉丝汤	Russian Soup 罗宋汤
<b>Combo</b>	Pasta with Chicken Tomato Sauce 意大利面鸡肉 番茄汁 Fish with Mixed vegetable 五彩鱼丁 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice With Millet 二米饭/白米饭 	 Chicken Burger 美式鸡肉汉堡 Braised beef With  Quail Egg 红烧牛肉鹌鹑蛋 Sautéed Cole 香菇炒油菜 Steamed Rice 白米饭 Hanamaki 自制馒头 	Pork and Cheese Sandwich 猪肉芝士三明治 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭 	 Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Beef Slice with Black  Bean Sauce 豉汁牛肉片 Sautéed Cole 清炒油菜  Steamed Red Bean Rice 红豆米饭/白米饭 	 Beef & Cheese Panini 牛肉芝士帕尼尼 Moo Shu Pork 猪肉木须 Sautéed Cabbage 炒圆白菜 Steamed Rice Millet 二米饭/白米饭 
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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MEAL/ 菜品	MONDAY 1.17	TUESDAY 1.18	WEDNESDAY 1.19	THURSDAY 1.20	FRIDAY 1.21
<b>Soup</b>	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Creamy Carrot Soup 奶油胡萝卜汤	Mixed Beef Soup 西湖牛肉羹	Mexican corn soup 墨西哥玉米汤
<b>Combo</b>	Teriyaki Chicken 日式照烧鸡 Wok-Fried Pork with Soy Bean Paste 酱爆肉丁 (猪肉) Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 白米饭 	American Style Hot Dog 美式热狗 Braised Beef with Potato 土豆烧牛肉 Sautéed Cole 清炒油菜 Steamed Rice 红薯饭/白米饭 Steamed Sponge Cake 自制发糕 	Beef Bolognese Pasta 意式牛肉酱面 Braised Tofu 虾仁烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 白米饭 	Beijing roast duck wrap 北京烤鸭卷 Fried fish with pork, sweetcorn And green beans 三鲜炒鱼丁 Scrambled Eggs Zucchini 西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭/白米饭 	Beef and Cheese Sandwich 牛肉芝士三明治 Braised Pork 红烧猪肉 Sautéed Chinese Cabbage 炒小白菜 Steamed Rice 玉米米饭/白米饭 
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁

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










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MEAL/ 菜品	MONDAY 1.24	TUESDAY 1.25	WEDNESDAY 1.26	THURSDAY 1.27	FRIDAY 1.28
<b>Soup</b>	Chinese Cabbage Soup 白菜粉丝汤	Creamy Pumpkin Soup 奶油南瓜汤	Duck & Mushroom Soup 菌菇老鸭汤	Tofu soup 文思豆腐羹	Creamy Potato Soup 奶油土豆汤
<b>Combo</b>	 Pasta with tuna  Tomato Sauce 金枪鱼番茄汁意面 Braised pork balls with white gourd 冬瓜烧猪肉丸子  Sautéed Cole 清炒油菜  Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭 	 Beef pizza 牛肉披萨  Sautéed Duck with Soy bean Paste 酱爆鸭肉  Cabbage with tofu 白菜豆腐  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 	 Tomato Fish 番茄烩鱼丁   Yu-Shiang Shredded Pork 鱼香猪肉丝 (不辣)  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 Sweet & Sour  Chicken 菠萝咕咾鸡  Sautéed Cabbage with Fungus 胡萝卜白菜 Steamed Rice Millet 二米饭/白米饭 
<b>Fruit</b>	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁	Juice 果汁