

Vegetarian


























Seafood

Halal

Heathy  
choiceOK most  
of the timeEnjoy it  
once in a  
while

## MENU

CISB Main Entrees G3-G5 Menu  
January 2022thinkgreen  
FOR YOU FOR THE PLANET

MEAL	MONDAY 1.3	TUESDAY 1.4	WEDNESDAY 1.5	THURSDAY 1.6	FRIDAY 1.7
Soup	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
Menu (A) Western	Rotisserie chicken with rosemary  迷迭香烤鸡配烧汁 Mixed Vegetables 混合时蔬 Steamed potato with butter 黄油蒸土豆 	Grilled Pork Chop with Meat Sauce 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Herb Potato 香烤土豆块 	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 	Curry Fish  泰式咖喱鱼  Cauliflower with Corn 花菜玉米粒 Roasted Pumpkin 蜜汁烤南瓜 	Beef Goulash  匈牙利烩牛肉 Cauliflower Gratian with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包 
Week 1 Menu (B) Asian	Braised Pork Belly with soy Sauce 红烧猪肉丁 Sautéed Cole with Mushroom 香菇油菜 Steamed Rice 白米饭 	Braised Fish with Mushroom  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 	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 	Pork with Egg 猪肉末滑蛋 Fresh Cabbage 清炒白菜 Steamed Cereal Rice 杂粮饭/白米饭 	Kung Pao Chicken  宫保鸡丁 (不辣) Mushroom 香菇油菜 Steamed Rice 玉米米饭/白米饭 
Daily Special (C)	 Chicken Sandwich 鸡肉三明治 Green Vegetables 炒蔬菜 	Salami Pizza 萨拉米披萨 Green Vegetables 炒蔬菜 	Vegetarian diet 素食 Z-ROU Nasi Goreng 植物肉印尼炒饭 素春卷 Green Vegetables 炒蔬菜 	 Noodle with Beef Soup 红烧牛肉面 配油菜 	"American Style" Hot Dog 美式热狗 Green Vegetables 炒蔬菜 

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	MEAL	MONDAY 1.10	TUESDAY 1.11	WEDNESDAY 1.12	THURSDAY 1.13	FRIDAY 1.14
	Soup	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
	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	Cajun Chicken 卡真烤鸡 Buttered Assorted Vegetable 黄油炒时蔬 Roasted Potato 烤土豆角	Pork BBQ 烧烤猪梅肉 Mixed Vegetable 混合什蔬 Slice Potato with Onion 洋葱土豆片	Spanish Pork 西班牙烩猪肉丸 Gratin Cauliflower 焗菜花 Sweet Potatoes 烤红薯块	Braised Beef with Tomato and Olive "Italian Style" 意大利番茄橄榄烩牛肉 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
Week 2	Menu (B) Asian	Fish with Mixed vegetables 五彩鱼丁 Sautéed Cauliflower with Tomato 番茄菜花 Steamed Rice With Millet 二米饭/白米饭	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	Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭	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	Moo Shu Pork 猪肉木须 Sautéed Cabbage 炒圆白菜 Steamed Rice Millet 二米饭/白米饭
	Daily Special (C)	Ham Sandwich 猪肉火腿三明治 Green Vegetables 炒蔬菜	Chicken Tortilla Wrap 墨西哥鸡肉卷 Green Vegetables 炒蔬菜	Beef lasagna 牛肉千层面 Green Vegetables 炒蔬菜	Vegetarian diet 素食 Noodle with Tomato Egg Sauce 番茄鸡蛋打卤面 Green Vegetables 炒蔬菜	Fish & burger 鱼肉汉堡包/薯条 Green Vegetables 炒蔬菜

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	MEAL	MONDAY 1.17	TUESDAY 1.18	WEDNESDAY 1.19	THURSDAY 1.20	FRIDAY 1.21
	Soup	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
	Menu (A) Western	Teriyaki Chicken 日式照烧鸡 Stir-Fried Vegetable 汁炒时蔬 Roasted Potato with Herb 烤土豆	Pork Sausage Stewed 红烩猪肉肠 Mixed Vegetable 混合什蔬 Stir-Fried Potato with Bacon 培根炒土豆	Beef Bolognese Pasta 意式牛肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	Duck with Gravy and orange 橙汁烤鸭胸 Carrot with Corn 胡萝卜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	Beef Stroganoff 俄式烩牛肉 Mixed Vegetables 混合时蔬 Soft Roll 软面包
Week 3	Menu (B) Asian	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	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	Braised Tofu 虾仁烧豆腐 Wok-Fried Cabbage 胡萝卜炒圆白菜 Steamed Rice 白米饭	Fried fish with pork, sweetcorn 三鲜炒鱼丁 Scrambled Eggs Zucchini 西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭/白米饭	Braised Pork 红烧猪肉 Sautéed Chinese Cabbage 炒小白菜 Steamed Rice 玉米米饭/白米饭
	Daily Special (C)	Beef & Cheese Sandwich 牛肉三明治 Green Vegetables 炒蔬菜	Vegetarian diet 素食 Z-ROU Minced Ball with Cheese & Risotto 芝士植物肉焗饭 Herb Roasted Vegetable 香草烤蔬菜	Chicken Pizza 鸡肉米披萨 Green Vegetables 炒蔬菜	Rice Noodles with Beef Soup 越南牛肉丸河粉 油菜	Yuen Chow fried rice with chicken 扬州炒饭 鸡肉串 Green Vegetables 炒蔬菜

Vegetarian




































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MEAL	MONDAY 1.24	TUESDAY 1.25	WEDNESDAY 1.26	THURSDAY 1.27	FRIDAY 1.28
Soup	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
Menu (A) Western	 Pasta with tuna Tomato Sauce  金枪鱼番茄汁意面 Sautéed Green Peas & Carrot  胡萝卜炒青豆 Garlic Bread 蒜蓉面包 	 Milanaise Beef Stew 米兰烩牛肉  Cauliflower Gratin 焗菜花 Roasted Potato with Herb 香草烤土豆 	 Pork Sausage 德式香煎猪肠 Poached Carrot 炒胡萝卜 Steamed Corn 蒸玉米 	 Tomato Fish  番茄烩鱼丁 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	 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 	 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 	 Scrambles Egg with Tomato 番茄炒鸡蛋 Fungus and Celery 木耳芹菜 Steamed Rice 白米饭 	 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 	 Sweet & Sour Chicken 菠萝咕咾鸡 Sautéed Braised Cabbage with Fungus 胡萝卜白菜 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 	 shrimps pizza  意大利虾仁披萨 Green Vegetables 炒蔬菜 	 Chinese Noodles with Braised Chicken Soup 红烧鸡丝面 Sautéed Cole 白灼油菜 	 Vegetarian diet 素食 pineapple Z-ROU Fried rice “Hong Kong Style” 港式菠萝植物肉炒饭 Green Vegetables 炒蔬菜 