

CISB Main Entrees KGT Menu

January 2022



Vegetables
Stick Soup

Monday

1.3

Vegetable Stick

蔬菜条

Tomato Egg Soup

番茄鸡蛋汤

Tuesday

1.4

Vegetable Stick

蔬菜条

Creamy Mushroom Soup

奶油蘑菇汤

Wednesday

1.5

Vegetable Stick

蔬菜条

Mixed Beef Soup

西湖牛肉羹

Thursday

1.6

Vegetable Stick

蔬菜条

Creamy Pumpkin Soup

奶油南瓜汤

Friday

1.7

Vegetable Stick

蔬菜条

Seaweed & Egg
Soup

紫菜蛋花汤

Chinese

Stewed pork with Brown
Sauce

红烧猪肉丁

Sautéed Cole with
Mushroom

香菇油菜

Steamed Rice

白米饭



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



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

Hanamaki
自制花卷



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



Western

Rotisserie chicken with
rosemary



迷迭香烤鸡配烧汁



Chicken Sandwich



鸡肉三明治



Swedish Beef meat ball
瑞典风味牛肉丸



Orleans Roast Chicken burger



奥尔良烤鸡腿肉汉堡



Goulash
匈牙利烩牛肉



Vegetarian

Seafood

Halal

Heathy
choice



OK most
of the
time



Enjoy it
once in a
while



CISB Main Entrees KGT Menu

January 2022



Vegetables
Stick Soup

Monday 1.10	Tuesday 1.11	Wednesday 1.12	Thursday 1.13	Friday 1.14
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
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

Chinese

Western

<p>Five colours Fish 五彩鱼丁 </p> <p>Sautéed Cauliflower with Tomato 番茄菜花</p> <p>Steamed Rice With Millet 二米饭/白米饭 </p>	<p>Braised beef With Egg 红烧牛肉鹌鹑蛋 </p> <p>Sautéed Cole 香菇炒油菜</p> <p>Steamed Rice 白米饭 </p>	<p>Scrambles Egg with Tomato 番茄炒鸡蛋</p> <p>Fungus and Celery 木耳芹菜</p> <p>Steamed Rice 白米饭</p> <p>Hanamaki 自制馒头 </p>	<p>Beef Slice with Black Bean Sauce 豉汁牛肉片 </p> <p>Sautéed Cole 清炒油菜</p> <p>Steamed Red Bean Rice 红豆米饭/白米饭 </p>	<p>Moo Shu Pork 猪肉木须</p> <p>Sautéed Cabbage 炒圆白菜</p> <p>Steamed Rice Millet 二米饭/白米饭 </p>
<p>Pasta with Chicken Tomato Sauce 意大利面鸡肉番茄汁 </p> <p></p>	<p>Roasted Chicken 卡真烤鸡 </p> <p></p>	<p>Tuna Pizza 金枪鱼披萨 </p> <p></p>	<p>Spanish Pork 西班牙烩猪肉丸</p> <p></p>	<p>Beef lasagna 牛肉千层面 </p> <p></p>

Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees KGT Menu

January 2022



Vegetables Stick Soup

Monday
1.17

Vegetable Stick
蔬菜条
Seaweed & Egg Soup
紫菜蛋花汤

Tuesday
1.18

Vegetable Stick
蔬菜条
Pear Tremella Soup
银耳雪梨汤

Wednesday
1.19

Vegetable Stick
蔬菜条
Creamy Carrot Soup
奶油胡萝卜汤

Thursday
1.20

Vegetable Stick
蔬菜条
Mixed Beef Soup
西湖牛肉羹

Friday
1.21

Vegetable Stick
蔬菜条
Mexican corn soup
墨西哥玉米汤

Chinese

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



Braised Tofu
虾仁烧豆腐
Wok-Fried Cabbage
胡萝卜炒圆白菜
Steamed Rice
白米饭
Steamed Sponge Cake
自制发糕



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



Braised Pork
红烧猪肉
Sautéed Chinese Cabbage
炒小白菜
Steamed Rice
玉米米饭/白米饭



Western

Hawaiian Chicken Pizza
夏威夷鸡肉披萨



Chicken Sandwich
鸡肉三明治



Beef Bolognaise Pasta
意式牛肉酱面



Orleans Roast Chicken burger
奥尔良烤鸡腿肉汉堡



Beef Stroganoff
俄式烩牛肉



Vegetarian

Seafood

Halal

Heathy choice

OK most of the time

Enjoy it once in a while



CISB Main Entrees KGT Menu

January 2022



Vegetables
Stick Soup

Monday 1.24	Tuesday 1.25	Wednesday 1.26	Thursday 1.27	Friday 1.28
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
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

Chinese

Braised pork balls with white gourd 冬瓜烧猪肉丸子	Sautéed Duck with Soy bean Paste 酱爆鸭肉	Scrambles Egg with Tomato 番茄炒鸡蛋	Yu-Shiang Shredded Pork 鱼香猪肉丝 (不辣)	Sweet & Sour Chicken 菠萝咕咾鸡
Sautéed Cole 清炒油菜	Cabbage with tofu 白菜豆腐	Fungus and Celery 木耳芹菜	Wok-Fried Cabbage 清炒圆白菜	Sautéed Braised Cabbage with Fungus 胡萝卜白菜
Steamed Rice with Purple Sweet Potato 紫薯饭/白米饭	Steamed Rice with Millet 二米饭/白米饭	Steamed Rice 白米饭/蔬菜炒米饭	Steamed Rice with Sweet Potato 红薯米饭/白米饭	Steamed Rice Millet 二米饭/白米饭

Western

Pasta with tuna Tomato Sauce 金枪鱼番茄汁意面	Pork Croissant Sandwich 猪肉牛角三明治	Beef lasagna 牛肉千层面	Chicken and Cheese Sandwich 鸡肉芝士三明治	Swedish Beef Meat Ball 瑞典风味牛肉丸
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Vegetarian

Seafood

Halal

Healthy choice

OK most of the time

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