

CISB Main Entrees MS-HS
January 2022



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
Week 1	Menu (A) Western	Rotisserie chicken with rosemary 迷迭香烤鸡 配烧汁 Mixed Vegetables 混合时蔬 Steamed potato in 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	Goulash 匈牙利烩牛肉 Gratian Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包
	Menu (B) Asian	Stewed Pork 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 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





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Vegetarian



Seafood



Halal

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
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	Roasted Chicken 卡真烤鸡 Butter Assorted Vegetable 黄油炒时蔬 Roasted Potato 烤土豆角	BBQ Roasted Pork 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	Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 Sautéed Zucchini 清炒西葫芦 Soft Roll 软面包
	Menu (B) Asian	Five colours Fish 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 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





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























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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
Menu (A) Western	Teriyaki Chicken 日式照烧鸡 Stir-Fried Vegetable 黄油炒时蔬 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
	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 And green beans 三鲜炒鱼丁 西葫芦炒鸡蛋 Scrambled Eggs 西葫芦炒鸡蛋 Steamed Cereal Rice 杂粮饭/白米饭





MEAL		MONDAY 1.24	TUESDAY 1.25	WEDNESDAY 1.26	THURSDAY 1.27	FRIDAY 1.28
Week 4	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	 Milan Beef Stew 米兰烩牛肉  Gratin Cauliflower 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
	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 Cabbage with Carrot 胡萝卜白菜  Steamed Rice 二米饭/白米饭 Millet

