

# MENU



Heathy  
choice



OK most  
of the time



Enjoy it  
once in a  
while

## CISB Main Entrees G1-G2 Menu June 2022














Vegetarian



Seafood



Halal

| MEAL/<br>菜品  | MONDAY<br>6.13  | TUESDAY<br>6.14   | WEDNESDAY<br>6.15  | THURSDAY<br>6.16   | FRIDAY<br>6.17  |
|--------------|---|---|--|--|---|
| <b>Soup</b>  | Mixed Beef Soup<br>西湖牛肉羹  | Creamy Corn Soup<br>奶油玉米汤   | Seaweed & Egg Soup<br>紫菜蛋花汤  | Minestrone Soup<br>意式蔬菜汤   | Fish balls in clear<br>soup<br>清汤鱼丸   |
| <b>Combo</b> | Fish pizza<br> 鱼肉披萨 <br>Braised Mushroom<br> with Duck<br>蘑菇烧鸭块<br>Stir-fry Fungus with<br>Zucchini<br>西葫芦炒木耳<br>Steamed Rice<br>白米饭 |  Chicken Enchiladas<br>墨西哥鸡肉卷<br>Wok-Fried Pork with<br>Soybean Paste<br>酱爆肉丁 (猪肉)<br>Sautéed Cabbage<br>with Fungus<br>白菜木耳<br>Steamed Rice (with<br>Sweet Potato)<br>红薯饭/白米饭<br>Steamed Sponge<br>Cake<br>自制发糕  |  Pasta Bolognese<br>意式肉酱面<br>Braised Shrimp with<br>Egg<br> 虾仁滑蛋 <br>Wok-Fried Cabbage<br>with Carrot<br>胡萝卜炒圆白菜<br>Steamed Rice<br>白米饭 |  Roast Duck with<br>Orange Sauce<br>橙汁烤鸭胸<br>Braised Pork<br>Meatball<br>红烧猪肉丸子 <br>Scrambled Eggs with<br>Zucchini<br>西葫芦炒鸡蛋<br>Steamed Multigrain<br>Rice<br>杂粮饭/白米饭 | Grilled Pork Chop<br>with Gravy<br>铁扒猪排配肉汁<br>Kung Pao Chicken<br> 宫保鸡丁 (不辣)<br>Mushroom with Bok<br>Choy<br>香菇油菜<br>Steamed Rice (with<br>Corn)<br>玉米米饭/白米饭 |
| <b>Fruit</b> | Juice<br>果汁   | Juice<br>果汁   | Juice<br>果汁  | Juice<br>果汁  | Juice<br>果汁   |

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## CISB Main Entrees G1-G2 Menu June 2022



Vegetarian



Seafood



Halal

| MEAL/<br>菜品  | MONDAY<br>6.20  | TUESDAY<br>6.21  | WEDNESDAY<br>6.22  | THURSDAY<br>6.23  | FRIDAY<br>6.24   |
|--------------|---|--|--|---|--|
| <b>Soup</b>  | Cucumber & Egg<br>Soup<br>黄瓜鸡蛋汤   | Red Dates & Tremella<br>Soup<br>银耳红枣汤  | Vegetable & Tofu<br>Soup<br>蔬菜豆腐汤  | Creamy Pumpkin<br>Soup<br>奶油南瓜汤   | Seaweed & Egg Soup<br>紫菜蛋花汤  |
| <b>Combo</b> | Beijing-style Duck<br>Wrap<br>北京鸭肉卷<br>Five colours Fish<br>五彩鱼丁<br>Celery & Bean Curd<br>芹菜豆干<br>Steamed Rice<br>白米饭 | Salami Pizza<br>萨拉米披萨<br>Braised Mushroom<br>with Duck<br>蘑菇烧鸭块<br>Stir-fry Fungus with<br>Zucchini<br>西葫芦炒木耳<br>Steamed Rice<br>白米饭<br>Hanamaki<br>自制花卷 | Swedish Beef<br>Meatball<br>瑞典风味牛肉丸<br>Scrambled Egg with<br>Tomato<br>番茄炒鸡蛋<br>Wok-Fried Cabbage<br>with Carrot<br>胡萝卜炒圆白菜<br>Steamed Rice<br>白米饭 | Orleans Roast<br>Chicken Burger<br>奥尔良鸡腿汉堡<br>Yu-Shiang Shredded<br>Pork<br>鱼香猪肉丝 (不辣)<br>Stir-fry Cabbage<br>清炒白菜<br>Steamed Multigrain<br>Rice<br>杂粮饭/白米饭 | Beef Goulash<br>匈牙利烩牛肉<br>Kung Pao Chicken<br>宫保鸡丁<br>(不辣)<br>Mushroom with Bok<br>Choy<br>香菇油菜<br>Steamed Rice (with<br>Corn)<br>玉米米饭/白米饭 |
| <b>Fruit</b> | Juice<br>果汁   | Juice<br>果汁  | Juice<br>果汁  | Juice<br>果汁   | Juice<br>果汁  |

