

# CISB Main Entrees KGT Menu

## June 2022



Vegetables  
Stick  
Soup

**Monday**  
6.20

Vegetable Stick  
蔬菜条  
Cucumber & Egg  
Soup  
黄瓜鸡蛋汤

**Tuesday**  
6.21

Vegetable Stick  
蔬菜条  
Red Dates & Tremella Soup  
银耳红枣汤

**Wednesday**  
6.22

Vegetable Stick  
蔬菜条  
Vegetable & Tofu Soup  
蔬菜豆腐汤

**Thursday**  
6.23

Vegetable Stick  
蔬菜条  
Creamy Pumpkin Soup  
奶油南瓜汤

**Friday**  
6.24

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

Chinese

Five Colours Fish  
五彩鱼丁  
Celery & Bean Curd  
芹菜豆干  
Steamed Rice  
白米饭

Braised Mushroom with Duck  
蘑菇烧鸭块  
Stir-fry Fungus with Zucchini  
西葫芦炒木耳  
Steamed Rice  
白米饭

Scrambled Egg with Tomato

番茄炒鸡蛋  
Wok-Fried Cabbage with Carrot  
胡萝卜炒圆白菜  
Steamed Rice  
白米饭  
Hanamaki  
自制玉米发糕

Yu-Shiang Shredded Pork  
鱼香猪肉丝 (不辣)  
Stir-fry Cabbage  
清炒白菜  
Steamed Multigrain Rice  
杂粮饭/白米饭

Kung Pao Chicken  
宫保鸡丁 (不辣)  
Mushroom with Bok Choy  
香菇油菜  
Steamed Rice  
玉米米饭/白米饭

Western

Roasted Duck with  
Mushroom Sauce  
烤鸭胸配蘑菇汁

Salami Pizza  
萨拉米披萨

Swedish Beef Meatball  
瑞典风味牛肉丸

Green Curry Chicken  
泰式咖喱鸡

Beef Goulash  
匈牙利烩牛肉

Vegetarian

Seafood

Halal

Heathy  
choice

OK most  
of the  
time

Enjoy it  
once in a  
while

