



	MEAL	MONDAY 6.13	TUESDAY 6.14	WEDNESDAY 6.15	THURSDAY 6.16	FRIDAY 6.17
	SOUP	Mixed Beef Soup 西湖牛肉羹	Creamy Corn Soup 奶油玉米汤	Seaweed & Egg Soup 紫菜蛋花汤	Minestrone Soup 意式蔬菜汤	Fish balls in clear soup 清汤鱼丸
WEEK 1	Menu(A) Western	Curry fish 印度咖喱鱼 Mixed Vegetable 混合什蔬 Steamed Corn 蒸玉米	Grilled Chicken with Onion Sauce 扒鸡腿肉配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Roasted Potato with Herb 烤土豆	Pasta Bolognese 意式肉酱面 Poached Zucchini & Carrot 西葫芦胡萝卜 Garlic Bread 蒜香烤面包	Roast Duck with Orange Sauce 橙汁烤鸭胸 Mixed Vegetable 混合时蔬 Roasted Pumpkin 蜜汁烤南瓜	Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Potato 香烤土豆块
	Menu (B) Asian	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	Wok-Fried Pork with Soybean Paste 酱爆肉丁 (猪肉) Sautéed Cabbage with Fungus 白菜木耳 Steamed Rice 红薯饭/白米饭 Steamed Sponge Cake 自制发糕	Braised Shrimp with Egg 虾仁滑蛋 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 白米饭	Braised Pork Meatball 红烧猪肉丸子 Scrambled Eggs with Zucchini 西葫芦炒鸡蛋 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





CISB Main Entrees MS-HS

June 2022



	MEAL	MONDAY 6.20	TUESDAY 6.21	WEDNESDAY 6.22	THURSDAY 6.23	FRIDAY 6.24
	SOUP	Cucumber & Egg Soup 黄瓜鸡蛋汤	Red Dates & Tremella Soup 银耳红枣汤	Vegetable & Tofu Soup 蔬菜豆腐汤	Creamy Pumpkin Soup 奶油南瓜汤	Seaweed & Egg Soup 紫菜蛋花汤
WEEK 2	Menu(A) Western	 Roasted Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Roasted Potato 香烤土豆块	Grilled Pork Chop with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Roasted Potato 香烤土豆块	 Swedish Beef Meatball 瑞典风味牛肉丸 Poached Zucchini & Carrot 西葫芦胡萝卜 Mashed Potato 奶香土豆泥	 Green Curry Chicken 泰式咖喱鸡 Cauliflower with Corn 花菜玉米粒 Roasted Pumpkin 蜜汁烤南瓜	 Beef Goulash 匈牙利烩牛肉 Gratin Cauliflower with Bell Pepper 黄油菜花配彩椒 Soft Roll 软面包
	Menu (B) Asian	 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 Hanamaki 自制花卷	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	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 (with Corn) 玉米米饭/白米饭

