

CISB Main Entrees Staff Menu  
November 2022

MEAL/菜品	MONDAY	TUESDAY 11.1	WEDNESDAY 11.2	THURSDAY 11.3	FRIDAY 11.4
<b>Soup</b>		Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	
<b>Hot Food</b>		Stir-fried Pork with Mushroom 鲜蘑猪肉片 Braised White Gourd 烧冬瓜 Steamed Rice 米饭	Poached Spicy Pork 水煮猪肉 Stir-Fried Celery with Bean Curd 香干西芹 Steamed Rice 米饭	Sliced Chicken with Spicy Sauce 鱼香鸡片 Stir-Fried Bok Choy 清炒油菜 Steamed Rice 米饭	
<b>Fruit</b>		Fruit 水果	Fruit 水果	Fruit 水果	



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MEAL/菜品	MONDAY 11.7	TUESDAY 11.8	WEDNESDAY 11.9	THURSDAY 11.10	FRIDAY 11.11
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Braised Chicken with Turnip 萝卜烧鸡腿 Chinese Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭	Stir-Fried Pork 农家小炒肉 Sautéed Winter Melon 小葱烧冬瓜 Steamed Rice 米饭	Braised Duck in Sichuan Sauce 麻辣鸭块 Stewed Cabbage and Vermicelli 白菜炖粉条 Steamed Rice 米饭	Stewed Pork and Bean Curd 红烧肉炖豆泡 Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 Chinese Pancake 大饼	Chinese Noodles 手擀面 Braised Eggplant with Pork 茄子肉丁卤 Vegetable 时令蔬菜
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.14	TUESDAY 11.15	WEDNESDAY 11.16	THURSDAY 11.17	FRIDAY 11.18
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Braised Chicken 红烧鸡腿 Sautéed Zucchini 素炒西葫芦 Steamed Rice 米饭	Braised Pork with Eggplant 猪肉烧茄子 Braised Mushroom with Winter Melon 蘑菇烧冬瓜 Steamed Rice 米饭	Stir-Fried Chicken with Chili Sauce 辣子鸡丁 Sautéed Potato with Green Pepper 青椒土豆片 Steamed Rice 米饭	Braised Tofu Sichuan Style 麻婆豆腐(牛肉) Stir-fried Cabbage 炆炒圆白菜 Steamed Rice 米饭 Stir-fry Chinese Pancake 时蔬炒饼	Stewed Potato with Pork 红烧肉土豆 Sauteed Cabbage & Fungus 木耳炒白菜 Steamed Rice 米饭
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.21	TUESDAY 11.22	WEDNESDAY 11.23	THURSDAY 11.24	FRIDAY 11.25
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤
<b>Hot Food</b>	Stir-Fried Pork with Black Fungus and Egg 木须猪肉 Stir-Fried Baby Cabbage 干锅娃娃菜 Steamed Rice 米饭	Braised Duck 黄焖鸭块 Tofu Stew with Cabbage 白菜豆腐 Steamed Rice 米饭	Twice-cooked Pork 巴蜀回锅肉 Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭 Chinese Pancake 大饼	Braised Beef with Turnip 萝卜炖牛肉 Sautéed Celery with Bean Curd 香干芹菜 Steamed Rice 米饭	Chinese Noodles 手擀面 Shredded Pork with Pickled Vegetable 榨菜肉丝卤 Vegetable 时令蔬菜丝
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Yogurt 酸奶



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MEAL/菜品	MONDAY 11.28	TUESDAY 11.29	WEDNESDAY 11.30	THURSDAY	FRIDAY
<b>Soup</b>	Daily Soup 每日例汤	Daily Soup 每日例汤	Daily Soup 每日例汤		
<b>Hot Food</b>	Kung Pao Chicken 宫保鸡丁 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭	Hot Spicy Pot 麻辣香锅 Sautéed Winter Melon 烧冬瓜 Steamed Rice 米饭	Pork and Bean Puff Stew 红烧肉炖豆泡 Sautéed Zucchini 素炒西葫芦 Steamed Rice 米饭		
<b>Fruit</b>	Fruit 水果	Fruit 水果	Fruit 水果		

