

# CISB Main Entrees ES Menu



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Soup

Borscht  
罗宋汤

Cream of Pumpkin Soup  
奶油南瓜汤

Seaweed & Egg Soup  
紫菜蛋花汤

Tomato Egg Soup  
番茄蛋花汤

Winter Melon & Chicken  
Meatball Soup  
冬瓜鸡丸汤

Chinese

Wok-Fried Pork with  
Soybean Paste  
酱爆猪肉丁  
Stir-Fried Zucchini  
with Black Fungus  
木耳炒西葫芦  
Steamed Rice  
白米饭

Braised Beef with Potato  
土豆烧牛肉  
Sautéed Bok Choy with  
Mushroom  
香菇炒油菜  
Steamed Rice with Purple  
Sweet Potato  
紫薯饭/白米饭

Braised Pork Meatball  
红烧猪肉丸子  
Sautéed Cabbage  
清炒卷心菜  
Steamed Rice  
白米饭

Sautéed Beef Slice  
with Bamboo Shoots  
and Black Fungus  
冬笋木耳炒牛肉片  
Sautéed Bok Choy  
清炒油菜  
Steamed Rice with Corn  
玉米米饭/白米饭

Sweet and Sour Chicken  
with Pineapple  
菠萝咕咾鸡  
Sautéed Zucchini  
清炒西葫芦  
Steamed Rice  
白米饭

Western

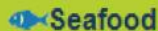
Teriyaki Chicken  
照烧鸡

Pasta with Ham  
and Cheese  
猪肉火腿通心粉

Orleans Roast Chicken Burger  
奥尔良烤鸡腿堡

Roasted Duck Breast  
with Honey Sauce  
蜜汁烤鸭胸

Salami Pizza  
萨拉米披萨



OK most  
of the  
time



Enjoy it  
once in a  
while



# CISB Main Entrees ES Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Soup

Minestrone Soup

意式蔬菜汤

Egg & Corn Soup

鸡茸粟米羹

Mung Bean Soup

绿豆汤

Chinese Cabbage Soup

白菜粉丝汤

Cream of Corn Soup

奶油玉米汤

Chinese

Kung Pao Chicken

宫保鸡丁

Sautéed Cabbage

炒圆白菜

Steamed Rice

白米饭

Swedish Beef Meatball

风味牛肉丸

Braised White Gourd with Dried Shrimp

海米冬瓜

Steamed Rice with Sweet Potato

红薯饭/白米饭

Sauteed Pork with Black Bean Sauce

豉汁猪肉片

Scrambled Egg with Tomato

番茄炒蛋

Steamed Rice

白米饭

Braised Chicken & Mushroom

黄焖鸡

Braised Cabbage with Tofu

白菜豆腐

Steamed Rice with Millet

二米饭/白米饭

Yu-Shiang Shredded Pork

鱼香猪肉丝 (不辣)

Sautéed Bok Choy with Mushroom

香菇油菜

Steamed Rice with Corn

玉米米饭/白米饭

Western

Ham & Cheese Sandwich

火腿芝士三明治

Chicken & Vegetable Pizza

蔬菜鸡肉披萨

Tuna Panini

金枪鱼帕尼尼

Beef Bolognese Pasta

意式牛肉酱面

Curry Chicken

印度咖喱鸡



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