

# **CISB Main Entrees KGT Menu**



HALLO LO LO LE VA

### Tuesday

## Wednesday

#### Thursday

#### Friday

Vegetables Stick Soup Vegetable Stick

蔬菜条

Borscht

罗宋汤

Vegetable Stick

蔬菜条

Cream of Pumpkin Soup

奶油南瓜汤

Vegetable Stick

蔬菜条

Seaweed & Egg Soup

紫菜蛋花汤

Vegetable Stick

蔬菜条

Tomato Egg Soup

番茄蛋花汤

Vegetable Stick

蔬菜条

此人小

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 Mushrrom

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

Sauteed 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

Enjoy!

Vegetarian

Seafood



Halal



Heathy choice



OK most of the time



Enjoy it once in a while

# **CISB Main Entrees KGT Menu**



Monday

Tuesday

Wednesday

**Thursday** 

Friday

Vegetables Stick Soup

LET'S EAT

T'S SWEET, COLORFUL AND SO HEALTHY!

Vegetable Stick 蔬菜条 Minestrone Soup

意式蔬菜汤

Vegetable Stick 蔬菜条 Egg & Corn Soup 鸡茸粟米羹

Vegetable Stick 蔬菜条 Mung Bean Soup

绿豆汤

Vegetable Stick

蔬菜条

Chinese Cabbage Soup

白菜粉丝汤

Vegetable Stick

蔬菜条

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

Chicken & Vegetable Pizza

蔬菜鸡肉披萨

Halal

Tuna Panini

金枪鱼帕尼尼

Beef Bolognaise Pasta 意式牛肉酱面

**Curry Chicken** 印度咖喱鸡

Enjoy!

火腿芝士三明治



OK most of the time



Enjoy it once in a while



