CISB Main Entrees G1-G2 Menu February 2019



Week3

	Monday 02.18	Tuesday 02.19	Wednesday 02.20	Thursday 02.21	Friday 02.22
Soup	Cream potato soup 土豆汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	Cream Pumpkin Soup 奶油南瓜汤
	Pasta with Tuna	Grilled Chicken with	Beef Lasagne	Roasted Duck with	Chicken Curry
Hot Food	Tomato Sauce 意面配金枪鱼西红柿 汁 Braised	onion Sauce 扒鸡腿肉配洋葱汁 Braised Beef with	平內十层田 Braised Tofu with Vegetaran	Rosemary Sauce 烤鸭胸配迷迭香汁 Stir-Fried Chicken Slice	
	ChickenDiced with Tofu 酱爆豆干鸡肉	● Carrot胡萝卜烧牛肉Saut &d Cole	红烧素什锦 Saut éed Broccoli with corn	冬笋鸡片 Saut éed Cabbage	杏鲍菇炒牛柳丁 Sauteed Bok Choy ↓清炒菜心
	Braised Cabbage with Fungus	▲ 清炒油菜 Steamed Sponge Cake	西兰花配玉米粒 Fried Noodles with	Steamed Red Bean Rice 红豆米饭	Steamed Rice 米饭
	白菜木耳 Steamed Rice 米饭	自制发糕	Vegetables 蔬菜炒面		
Fruit	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果

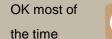
Set Lunch Menu — 2019





Heathy choice







Enjoy it once in a while

CISB Main Entrees G1-G2 Menu February 2019



Week4

Week4					
	Monday	Tuesday	Wednesday	Thursday	Friday
	02.25	02.26	02.27	02.28	03.01
Soup	Cream potato soup 土豆汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	Cream Pumpkin Soup 奶油南瓜汤
Hot Food	Pasta with Meat Sauce 意大利面配牛肉酱 Braised Chicken Diced with Tofu 酱爆豆干鸡肉丁 Saut &d Green Peas & Carrot 洋葱炒青豆 Steamed Rice 米饭	BBQ Chicken BBQ 烤鸡 Steamed Egg with Shrimp 虾仁蒸鸡蛋 Steamed Zucchini with Red Pepper 西葫芦配红椒 Homemade Chinese Bun 自制馒头	Shepherd's Beef Pie 牛肉土豆泥芝士派 Scrambles Egg with Tomato 番茄炒鸡蛋 Stir-Fried Cabbage 炝炒包菜 Steamed Rice and Black Rice 紫米饭	Beef Curry 咖喱牛肉 Sweet Sour Chicken 咕噜鸡肉 Saut éed Bok Choy 白灼菜心 Stir-fried Noodles 中式炒面	Italy Chicken Stewed 意大利红烩鸡肉 Stir-fried Beef diced with Onion 豉椒牛肉丁 Saut & Cole 清炒油菜 Steamed Rice 米饭
Fruit	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果	Every Day Fruit 每日时鲜水果

Set Lunch Menu - 2019









OK most of

the time



Enjoy it once in a while