















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
Hot Food	  Pasta with Tuna Tomato Sauce 意面配金枪鱼西红柿 汁 Braised Chicken Diced with Tofu 酱爆豆干鸡肉 Braised Cabbage with Fungus 白菜木耳 Steamed Rice 米饭	 Grilled Chicken with onion Sauce 扒鸡腿肉配洋葱汁 Braised Beef with  Carrot 胡萝卜烧牛肉 Saut éed Cole 清炒油菜 Steamed Sponge Cake 自制发糕	  Beef Lasagne 牛肉千层面 Braised Tofu with  Vegetaran 红烧素什锦 Saut éed Broccoli with  corn 西兰花配玉米粒 Fried Noodles with  Vegetables 蔬菜炒面	 Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁 Stir-Fried Chicken Slice 冬笋鸡片 Saut éed Cabbage  炆炒包菜 Steamed Red Bean Rice 红豆米饭	 Chicken Curry 咖喱鸡 Sir-fried Beef Diced  with Vegetables 杏鲍菇炒牛柳丁 Sauteed Bok Choy  清炒菜心 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



Heathy
choice



OK most of
the time



Enjoy it once
in a while



















CISB Main Entrees G1-G2 Menu

February 2019



Week4

	Monday 02.25	Tuesday 02.26	Wednesday 02.27	Thursday 02.28	Friday 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 éed 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  炆炒包菜 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 éed 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

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