



# CISB Main Entrees G1-G2 Menu October 2018



## Week 2

	Monday 10.08	Tuesday 10.09	Wednesday 10.11	Thursday 10.12	Friday 10.13
Soup	Leek and potato soup 大葱土豆汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	Egg Soup 番茄鸡蛋汤
Hot Food	 Pasta with Bacon Tomato Sauce 意面配培根西红柿汁 Braised Beef with Potato  土豆烧牛肉 Saut éed Cabbage & Tomato  清炒圆白菜配番茄 Steamed Rice with Sweet Potato 红薯米饭	 Grilled Chicken Leg with Brown Sauce 板烧鸡腿肉配肉汁 Moo Shu Pork 木须肉 Mixed Vegetables  混合时蔬 Steamed Rice 米饭	 Roasted Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 Scrambles Egg with Tomato  西红柿炒鸡蛋 Saut éed Spinach  蒜茸菠菜 Steamed Rice 米饭	  Shepherd's Beef Pie 牛肉土豆泥芝士派 Chicken Slice with Water bamboo 茭白炒鸡片 Green Vegetables with Mushroom  香菇油菜 Steamed Chinese Bun 自制馒头	 Italy Braised Chicken with Tomato and Olive 意大利番茄橄榄烩鸡 Fried Shrimp with Egg  滑蛋虾仁 Poched Cauliflower & Green Peas  青豆炒菜花 Fried Noodles with Vegetables  蔬菜炒面
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果

## Set Lunch Menu – 2018



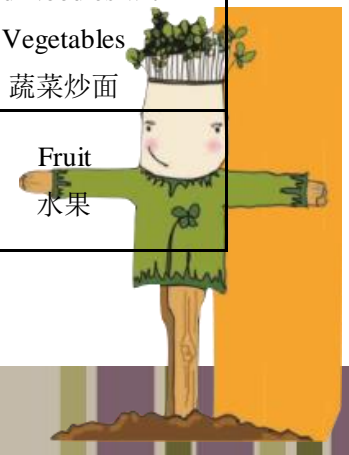
Heathy choice



OK most of the time


















Enjoy it once in a while

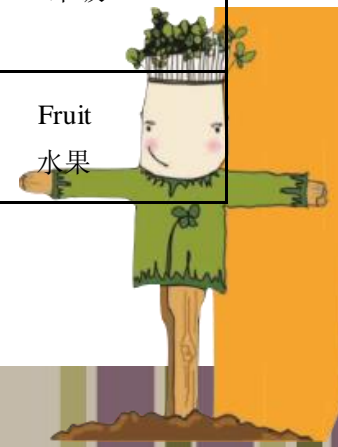


# CISB Main Entrees G1-G2 Menu October 2018



## Week 3

	Monday 10.15	Tuesday 10.16	Wednesday 10.17	Thursday 10.18	Friday 10.19
Soup	Tomato Egg Soup 番茄蛋汤	 Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Cream Pumpkin Soup 奶油南瓜汤	Seaweed and Egg Soup 紫菜蛋汤
Hot Food	 Bolognese Baked Pasta  牛肉酱焗面 Steamed Chicken in mushroom 香菇蒸鸡块 Braised Cabbage with  Fungus 白菜木耳 Steamed Rice 米饭	 Cocktail Chicken Sausage Stew 茄汁烩鸡肉肠 Sir-fried Pork with Vegetables 炒三丁 Cole with Mushroom  香菇油菜 Hanamaki 花卷	 Tandoori Chicken 印度天多瑞烤鸡腿 Scrambles Egg with  Zucchini 西葫芦炒鸡蛋 Saut éed Kale with Garlic  蒜茸盖菜 Steamed Rice 米饭	  Beef Goulash 匈牙利烩牛肉 Braised Pork Meat Ball 红烧丸子 Saut éed Cole with Garlic  蒜茸油菜 Steamed Rice with Sweet Potato 红薯米饭	  Beef Lasagne 牛肉千层面 Sweet & Sour Chicken 茄汁酸甜鸡丁 Saut éed Bok Choy with  Red Pepper 清炒菜心配红椒 Steamed Rice & Millet 二米饭
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果



## Set Lunch Menu – 2018



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OK most of  
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# CISB Main Entrees G1-G2 Menu October 2018



## Week 4

	Monday 10.22	Tuesday 10.23	Wednesday 10.24	Thursday 10.25	Friday 10.26
Soup	Leek and potato soup 大葱土豆汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	Egg Soup 番茄鸡蛋汤
Hot Food	 Pasta with Chicken Tomato Sauce 意面配鸡肉西红柿汁 Steamed Egg with Pork Minced and Vegetable 猪肉沫炖鸡蛋 Braised Cabbage with Fungus 白菜木耳 Steamed Rice & Millet 二米饭	 Roasted Pork fillet with onion Sauce 烤猪柳配洋葱汁 Saut éed Duck with Soy bean Paste 酱爆鸭肉 Saut éed Cole with Garlic 蒜茸油菜 Steamed Rice 米饭	 Italy Braised Chicken with Tomato and Olive 意大利番茄橄榄烩鸡 Braised Tofu with Vegetaran 红烧素什锦 Saut éed Broccoli with Tomato 西兰花配樱桃番茄 Steamed Sponge Cake 自制发糕	 Pork Goulash 匈牙利烩猪肉 Stir-Fried Chicken Slice 冬笋鸡片 Mixed Vegetables 混合时蔬 Steamed Rice 米饭	 Chilli Con Carne 墨西哥牛肉酱 Fried Shrimp with Egg 滑蛋虾仁 Cauliflower with Tomato 番茄菜花 Homemade Soft Roll 自制面包
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果

## Set Lunch Menu – 2018



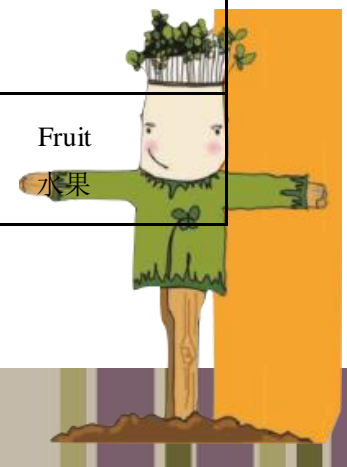
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# CISB Main Entrees G1-G2 Menu October 2018



## Week 5

	Monday 10.29	Tuesday 10.30	Wednesday 10.31	Thursday 11.01	Friday 11.02
Soup	Tomato Egg Soup 番茄蛋汤	Mixed Beef Soup 西湖牛肉羹	Minestrone Soup 意式蔬菜汤	Cream Pumpkin Soup 奶油南瓜汤	Seaweed and Egg Soup 紫菜蛋汤
Hot Food	  Pasta with Bolognaise 意大利牛肉酱面条 Braised Pork Diced with Tofu 酱爆豆干猪肉丁 Sautéed Green Peas & Carrot 洋葱炒青豆 Steamed Rice 米饭	  Grilled Pork Sausage With Onion Sauce 香煎猪肉早餐肠配洋葱汁 Beef Slice in Oyster Sauce 蚝油牛肉片 Poached Green Vegetables 清炒油菜 Homemade Chinese Bun 自制馒头	 Roasted Cajun Chicken 卡真烤鸡 Braised Tofu 红烧豆腐 Poached Cabbage 清炒大白菜 Steamed Rice & Millet 二米饭	 Russian Beef Stew 俄式烩牛肉 Steamed Chicken & Mushroom 香菇蒸鸡 Poached Spinach 蒜茸菠菜 Steamed Rice 米饭	 Deep-fried Chicken Fillet 香酥鸡柳 Steamed Egg with Shrimp and Vegetable 虾仁蒸鸡蛋 Sautéed Baby Cabbage 清炒木耳小白菜 Fungus 清炒木耳小白菜 Steamed Rice 米饭
Fruit	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果	Fruit 水果



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