




















# CISB Main Entrees G3-G5 Menu

## April 2019

Week 1

	Monday 4.1	Tuesday 4.2	Wednesday 4.3	Thursday 4.4	Friday 4.5
Soup	Cream of pumpkin soup 奶油南瓜汤	Russian soup 蔬菜汤	Tomato Egg Soup 番茄蛋汤	Cream of mushroom soup 奶油蘑菇汤	
Menu (A) Western	Pasta with Chicken Tomato Sauce 意面配意大利番茄烩鸡肉汁 Saut éed Green Peas & Carrot 洋葱炒青豆 Garlic bread 蒜茸面包 	Roasted Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 Gratian Cauliflower with Bell Pepper 焗菜花配彩椒 Roasted Pumpkin 蜜汁烤南瓜 	 Chilli Con Carne 墨西哥牛肉酱 Saut éed Broccoli with corn 西兰花配玉米粒 Garlic Bread 蒜蓉面包 	Orleans Roast Chicken 奥尔良烤鸡腿肉 Carrot & corn 胡萝卜玉米粒 Roasted Herb Potato 香烤土豆块 	
Menu (B) Asian	Stir-fried Lamb Slice with  Onion 葱爆羊肉 Saut éed Cabbage & Tomato 清炒圆白菜配番茄 Steamed Rice with Sweet Potato 红薯米饭 	Chicken Slice with Water bamboo 茭白炒鸡片 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 米饭 	 Braised Tofu 红烧豆腐  Saut éed Bok Choy 清炒菜心 Steamed Sponge Cake 自制发糕 	 Moo Shu Beef 牛肉木须 Saut éed Cauliflower with Tomato 番茄菜花 Steamed Rice 米饭 	
Daily Special (C)	Chicken Pizza 意大利鸡肉披萨 	 Grilled Beef Ham and Cheese Sandwich 扒牛肉火腿芝士三明治 	Chicken Burger&Salad &French Fries 鸡肉汉堡包/ 蔬菜沙拉/薯条 	 Nasi Goreng 印尼炒饭 	





























\* The set menu in included Drink / Fruit, The price is 28RMB / Set, The set meal can be refilled.



# CISB Main Entrees G3-G5 Menu

## April 2019

Week 2


































	Monday 4.8	Tuesday 4.9	Wednesday 4.10	Thursday 4.11	Friday 4.12
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	
Menu (A) Western	 Pasta with Meat Sauce 意大利面配牛肉酱 Sautéed Green Peas & Carrot  洋葱炒青豆 Garlic Bread 蒜蓉面包 	Chicken Curry 咖喱鸡肉 Sautéed Broccoli with Baby  Tomato 清炒西兰花配樱桃番茄 Steamed Sweet Potato 蒸紫薯 	Grilled Duck Breast with Gravy 香煎鸭胸配肉汁 Sautéed Zucchini with Carrot  西葫芦配胡萝卜条 Roasted Potato with Herb 香草烤土豆块 	 Beef Goulash 匈牙利烩牛肉 Gratin Cauliflower  焗菜花 Homemade Soft Roll 自制面包 	
Menu (B) Asian	Steamed Chicken in mushroom 香菇蒸鸡肉 Braised Cabbage with Fungus  白菜木耳 Steamed Rice 米饭 	Beef Slice with Oyster Sauce  蚝油牛肉片 Sautéed Cole  清炒油菜 Steamed Red Bean Rice 红豆米饭 	Scrambled Egg with Tomato  番茄炒鸡蛋 Sautéed Lettuce  蚝油生菜 Hanamaki 花卷 	Braised Chicken Meat Ball 红烧鸡肉丸子 Zucchini with Carrot  西葫芦配胡萝卜 Steamed Rice with Sweet Potato 红薯米饭 	
Daily Special (C)	Beef Ham & Cheese Panini 扒牛肉火腿奶酪帕尼尼  	Chicken Tortilla 墨西哥玉米饼鸡肉 	Stir-fried Rice Noodles with  Beef Slice  干炒牛河	 Fish Finger /Mixed Salad/French Fries  鱼排/沙拉/薯条	

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# CISB Main Entrees G3-G5 Menu

## April 2019

Week 3	Monday 4.15	Tuesday 4.16	Wednesday 4.17	Thursday 4.18	Friday 4.19
Soup	Seaweed & Egg Soup 紫菜蛋花汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	White Fungus soup 银耳羹
Menu (A) Western	 Pasta with Tuna Tomato Sauce 意面配金枪鱼西红柿汁  Saut éed Green Peas & Carrot 洋葱炒青豆 Garlic Bread 蒜蓉面包 	Grilled Chicken with onion Sauce 扒鸡腿肉配洋葱汁  Ratatouille 红烩蔬菜 Lyonnais Potato 里昂那土豆 	 Beef Lasagne 牛肉千层面 Saut éed Cauliflower &  Carrot with corn 菜花胡萝卜配玉米粒 Garlic Bread 蒜蓉面包 	Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁 Gratian Cauliflower  焗菜花配彩椒 Roasted Potato 烤南瓜 	Tandoori Chicken 印度天多瑞烤鸡腿 Carrot with Corn  胡萝卜玉米粒 Roasted Potato 烤土豆角 
Menu (B) Asian	Braised Chicken Diced with Tofu 酱爆豆干鸡肉 Saut éed Cabbage with Fungus  白菜木耳 Steamed Rice & Millet 二米饭 	 Braised Beef with Carrot 胡萝卜烧牛肉 Saut éed Cole and  Mushroom 蘑菇油菜 Steamed Rice 米饭 	 Braised Tofu with Vegetaran 红烧素什锦 Saut éed Kale with Garlic  蒜茸盖菜 Steamed Sponge Cake 自制发糕 	Stir-Fried Chicken Slice 冬笋鸡片  Saut éed Baby Cabbage 亮汁娃娃菜配彩椒丁 Steamed Red Bean Rice 红豆米饭 	 Stir-Fried Beef with Black Fungus and Egg 木须肉 (牛肉) Stir-Fried Bok Choi  清炒菜心 Steamed Millet Rice 二米饭 
Daily Special (C)	 Grilled Beef Ham and Cheese Sandwich  扒牛肉火腿芝士三明治	Chicken Tortilla 墨西哥玉米饼鸡肉 	 Nasi Goreng 印尼炒饭 	 Noodle with Tomato Egg Sauce  番茄鸡蛋打卤面	Hot Dog 热狗 






















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# CISB Main Entrees G3-G5 Menu

## April 2019

Week 4

	Monday 4.22	Tuesday 4.23	Wednesday 4.24	Thursday 4.25	Friday 4.26
Soup	Winter Melon Soup & Dry Shrimps 海米冬瓜汤	Corn soup 玉米羹	Tomato Egg Soup 番茄蛋汤	Minestrone Soup 意式蔬菜汤	Cabbage & Vermicelli Soup 白菜粉丝汤
Menu (A) Western	 Pasta with Tuna Tomato Sauce 意面配金枪鱼西红柿汁 Poached cauliflower & zucchini 菜花炒西葫芦  Garlic Bread 蒜蓉面包	Roasted chicken breast w/gravy 烤鸡胸配洋葱汁 Stir-Fried Vegetable 黄油炒时蔬 Lyonnais Potato  里昂那土豆	 Curry Beef 咖喱牛肉 Sautéed Zucchini with Carota 西葫芦炒胡萝卜 Garlic Bread  蒜蓉面包	Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁 Poached Carrot 炒胡萝卜 Steamed Corn  蒸玉米	 Milan Beef Stew 米兰烩牛肉 Mixed Vegetables 混合时蔬 Roasted Potato 烤土豆角 
Menu (B) Asian	Braised Chicken Diced with Vegetable 五彩炒鸡丁 Sautéed Potato with Green Pepper 青椒土豆片  Steamed Rice 米饭	Braised Beef with Dry Bean  Curd 腐竹炖牛肉 Sautéed Celery with dry Bean Curd 香干芹菜  Steamed Rice 米饭	Braised Black Mushroom with Bamboo Shoots 烧二冬 Stir-Fried lettuce 清炒莴笋 Steamed Sponge Cake  自制发糕	Steamed chicken w/black mushroom 香菇蒸鸡 Fried Chinese Cabbage with Vinegar 醋溜白菜 Steamed Red Bean Rice  红豆米饭	Chicken teriyaki 照烧鸡肉 Stir-Fried Choy Sum 清炒油菜 Steamed Rice 米饭 
Daily Special (C)	Grilled Beef Ham and Cheese Sandwich   扒牛肉火腿芝士三明治	Chicken Tortilla 墨西哥玉米饼鸡肉 	 Nasi Goreng 印尼炒饭 	Noodle with Tomato Egg Sauce  番茄鸡蛋打卤面	Chicken Pizza 意大利鸡肉披萨 

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# CISB Main Entrees G3-G5 Menu

## April 2019

Week 5

	Monday 4.29	Tuesday 4.30	Wednesday	Thursday	Friday
Soup	White Fungus soup 银耳羹	Corn soup 玉米羹			
Menu (A) Western	Italy Braised Beef with  Tomato and Olive 意大利番茄橄榄烩牛肉 Poached Cauliflower & Green  Peas 青豆炒菜花 Steamed Rice  米饭	Deep-fried Chicken Fillet 香酥鸡柳 Sautéed Mix Vegetables  混合时蔬 Roasted Pumpkin 烤南瓜 			
Menu (B) Asian	Fried Shrimp with Egg  滑蛋虾仁 Celery & Tofu  芹菜豆干 Steamed Rice 米饭 	Sautéed Duck with Soy bean Paste 酱爆鸭肉 Sautéed Cabbage with Carrot  胡萝卜炒圆白菜 Steamed Rice & Millet 二米饭 			
Daily Special (C)	Beijing Noodles with Fungus Sauce 打卤面 	Chicken pizza 意大利鸡肉披萨 			

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