






CISB Main Entrees KGT Menu

December 2018



Week 1

	Monday 12.03	Tuesday 12.04	Wednesday 12.05	Thursday 12.06	Friday 12.07
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	Mixed Beef Soup 西湖南肉羹
Hot Food	 Pasta with Chicken Tomato Sauce 意面配意大利番茄烩鸡肉汁 stir-fried Lamb Slice with Onion 葱爆羊肉 Sautéed Green Peas 洋葱炒青豆 Steamed Rice with Sweet Potato 红薯米饭	 Roasted Duck with Mushroom Sauce 烤鸭胸配蘑菇汁 Chicken Slice with Water bamboo 茭白炒鸡片 Green Vegetables with Mushroom 香菇油菜 Steamed Rice 米饭	 Chilli Con Carne 墨西哥牛肉酱 Braised Tofu 红烧豆腐 Sautéed Bok Choy 清炒菜心 Steamed Sponge Cake 自制发糕	 Orleans Roast Chicken 奥尔良烤鸡腿肉 Moo Shu Beef 牛肉木须 Carrot & corn 胡萝卜玉米粒 Steamed Rice 米饭	 Italy Braised Beef with Tomato and Olive 意大利番茄橄榄烩牛肉 Fried Shrimp with Egg 滑蛋虾仁 Poached Cauliflower & Green Peas 青豆炒菜花 Steamed Rice 米饭
Vegetables Stick	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	Cherry Tomato 樱桃番茄

Set Lunch Menu – 2018



Heathy choice



OK most of the time



Enjoy it once in a while



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Week 2

	Monday 12.10	Tuesday 12.11	Wednesday 12.12	Thursday 12.13	Friday 12.14
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	Corn soup 玉米羹
Hot Food	 Pasta with Meat Sauce  意大利面配牛肉酱 Steamed Chicken in mushroom 香菇蒸鸡肉 Saut éed Green Peas & Carrot 洋葱炒青豆 Steamed Rice 米饭	 Chicken Curry 咖喱鸡肉 Beef Slice with Oyster Sauce  蚝油牛肉片 Saut éed Cole 清炒油菜 Steamed Rice 米饭	 Tandoori Chicken 印度天多瑞烤鸡腿 Scrambles Egg with Tomato 番茄炒鸡蛋 Saut éed Zucchini with Carrot 西葫芦配胡萝卜条 Hanamaki 花卷	 Beef Goulash  匈牙利烩牛肉 Braised Chicken Meat Ball 红烧鸡肉丸子 Gratin Cauliflower 焗菜花 Steamed Rice with Sweet Potato 红薯米饭	 Deep-fried Chicken Fillet 香酥鸡柳 Saut éed Duck with Soy bean Paste 酱爆鸭肉 Saut éed Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice & Millet 二米饭
Vegetables Stick	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	Cherry Tomato 樱桃番茄

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










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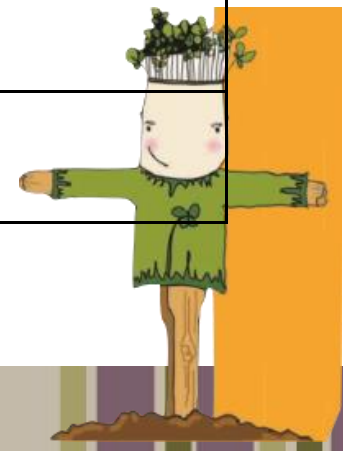


CISB Main Entrees KGT Menu December 2018



Week 3

	Monday 12.17	Tuesday 12.18	Wednesday 12.19	Thursday 12.20	Friday 12.21
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	
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 Rice 米饭	  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 Steamed Sponge Cake 自制发糕	 Roasted Duck with Rosemary Sauce 烤鸭胸配迷迭香汁  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	Winter Holiday
Vegetables Stick	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	Cherry Tomato 樱桃番茄	Vegetable Stick 蔬菜条	



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