



CISB Main Entrees MS-HS 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	

* The set menu in included Drink / Fruit, The price is 31RMB / Set, The set meal can be refilled.



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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	Scrambles 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	

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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

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Week4

	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 清炒茼蒿笋 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

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Week5

	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 Saut éed 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	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			

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