








CIS LUNCH MENU





NOVEMBER WEEK II

MONDAY – 04.11.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Seafood Cocktail salad	
2	Chicken Cordon blue	
3	Spaghetti with Tomato Sauce	
4	Papaya	





TUESDAY – 05.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Chef Salad	
2	Grilled Fish with Teriyaki Sauce	
3	Vegetable Fried Rice	
4	Dragon Fruits	





WEDNESDAY – 06.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad	
2	Spinach Pei	
3	Panini with Tuna Sandwich	
4	Banana green	

THURSDAY – 07.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Fried Beef with Kai Lane	 <small>SecondHelpings</small>
3	Brown Rice	
4	Honey Dew	

FRIDAY – 08.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Couscous Salad with Chicken Sausage	
2	Grilled Pork Steak with mushroom Sauce	
3	Fried Yellow Noodle	
4	Pears	







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CIS LUNCH MENU

NOVEMBER WEEK III

THURSDAY – 14.11.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable Salad	
2	Lamb Curry Puff	
3	BBQ chicken Roll	
4	Red Apple	

FRIDAY-15.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Duck Breast Salad	
2	Crispy Fish Finger	
3	Yang Chow Fried Rice	
4	Fruit Salad	







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NOVEMBER WEEK IV

MONDAY – 18.11.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fried Vegetable with Oyster Sauce with Oyster	
2	Singapore Chicken Rice	
3	Steamed Chicken Rice	
4	Dragon Fruit	





TUESDAY – 19.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin Salad	
2	Chicken Nugget	
3	Spaghetti with Tomato Sauce	
4	Honey Dew	





WEDNESDAY – 20.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Sweet Corn Salad	
2	Sweet and Sour Fish	
3	Steamed Rice	
4	Mini Egg Tart	

THURSDAY – 21.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Beef Salad with Grilled vegetable	
2	Fried Chicken Mince with Tofu	
3	Vegetable Fried Rice	
4	Fruit Salad	

FRIDAY – 22.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad	
2	Baked Pork with BBQ sauce	
3	Fried Bee Hun Noodle with Egg	
4	Papaya	







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NOVEMBER WEEK V

MONDAY- 25.11.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin with Slice Ham Salad	
2	Sweet and Sour Pork	
3	Steamed Brown Rice	
4	Fresh Fruit Yoghurt	





TUESDAY- 26.11.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Green Salad with Tuna	
2	Baked Chicken Ball with Tomato sauce	
3	Fried Yellow noodle with Beef	
4	Pomelo Fruit	

WEDNESDAY- 27.11.19





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cesar salad	
2	Baked Chicken with Vegetable and lemon Sauce	
3	Steamed Brown Rice	
4	Mini Egg Tart	

THURSDAY- 28.11.19





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Vegetable with olive Oil	
2	Mixed Green Salad	
3	Chicken Burger	
4	Papaya	

CIS LUNCH MENU





DECEMBER WEEK I

MONDAY – 02.12.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Chef Salad with Ham and cheese	
2	Grilled Chicken Leg with Teriyaki sauce	
3	Vegetable Fried Rice	 <small>© www.chefinyou.com</small>
4	Mini Egg tart	





TUESDAY – 03.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled vegetable Salad	
2	Pork Lok Lak	
3	Steamed Brown Rice	
4	Fresh Fruit Salad	





WEDNESDAY – 04.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Caesar Salad	
2	Club Sandwich	
3	Crispy Vegetable Spring	
4	Red Apple	





THURSDAY – 05.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin with ham salad	 A top-down view of a white bowl filled with a salad. The salad consists of green leafy vegetables, sliced pieces of orange pumpkin, thin slices of pink ham, and small white cubes of cheese.
2	Baked Chicken Ball with tomato sauce	 A close-up shot of a yellow ceramic bowl with two handles. Inside the bowl are several round, golden-brown baked chicken balls covered in a thick, red tomato sauce. A silver fork is resting on the rim of the bowl.
3	Spaghetti with Bolognese Sauce	 A white ceramic bowl filled with spaghetti topped with a rich, red bolognese sauce. A silver fork is placed on the right side of the bowl. The background is a light green surface.
4	Green Banana	 A close-up photograph of a bunch of green bananas. The bananas are unripe and have a bright green color. They are piled together, showing their characteristic curved shape and stems.

FRIDAY – 06.12.19





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Seafood Cocktail salad	 A vibrant seafood cocktail salad served on a light blue plate. It features large shrimp, squid, and octopus mixed with fresh vegetables like tomatoes, avocado, and green onions, all garnished with sesame seeds.
2	Fried Beef with Vegetable	 A bowl of stir-fried beef with vegetables, including green onions and mushrooms, served in a blue and white patterned ceramic bowl. The beef is cooked to a dark brown color.
3	Steamed brown Rice	 A bowl of fluffy steamed brown rice, served in a light blue ceramic bowl. The rice is accompanied by a pair of dark wooden chopsticks resting on a dark wooden surface.
4	Honey Dew	 A bowl of fresh honeydew melon cubes, served in a white ceramic bowl with a brown stripe. The melon is garnished with a silver spoon and a green napkin.

Friday – 06.12.19




<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Kidney beans with corn salad	 A white bowl filled with a colorful salad of kidney beans, corn, tomatoes, and green onions, garnished with fresh cilantro. The bowl is placed on a yellow napkin on a wooden surface. A vertical watermark 'CenterCutCook.com' is visible on the right side of the image.
2	BBQ Pork Steak	 A white plate featuring several pieces of thick, grilled pork steak with a charred, browned exterior. A silver fork is placed to the left of the plate. A small portion of a green vegetable is visible in the background.
3	Fried Bee Hun with Vegetable and Egg	 A dark-colored wok containing a stir-fry of thin, yellow noodles (Bee Hun), scrambled eggs, and various vegetables including green beans and carrots. A watermark 'www.inelazycook.com' is visible at the bottom right of the image.
4	Papaya	 A white bowl filled with bright orange, cubed pieces of ripe papaya. The bowl is set on a wooden surface with green papaya leaves and a whole green papaya in the background.

CIS LUNCH MENU


DECEMBER WEEK II

MONDAY – 09.12.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed Vegetable	
2	Beef LokLak	
3	Steamed Brown Rice	
4	Fruit Yogurt	

TUESDAY – 10.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Caesar Salad with Bacon	
2	Beef Ragu with Tomato sauce	
3	Plaint Spaghetti	
4	Banana Cake	




WEDNESDAY – 11.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Niciose	
2	Grilled fish with teriyaki Sauce	
3	Steamed Brown Rice	
4	Yellow Banana	

THURSDAY – 12.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fresh Spring Roll	
2	Grilled Chicken Leg	
3	Fried Yellow Noodle with Egg	
4	Dragon Fruit	

FRIDAY – 13.12.19

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed fish with Soya Sauce	
2	Fried Vegetable with Oyster sauce	
3	Egg Fried Rice	
4	Red Apple	