
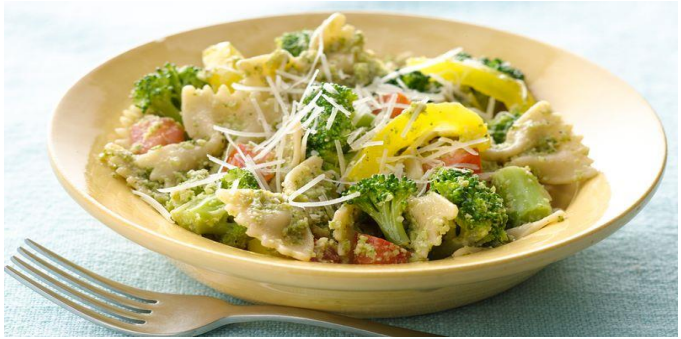





CIS LUNCH MENU

FEBRUARY WEEK II

MONDAY – 03.02.20	
<u>FOODS</u>	<u>PICTURES</u>
Breaded Beef roll with ham and cheese	
Greek Salad	
Fried Yellow noodle with chicken	
Yellow Banana	





TUESDAY– 04.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Pasta Salad with Chicken Sausage	
2	Fried Pork with Mushroom and Bay Corn	
3	Steamed Brown Rice	
4	Egg Tart	





WEDNESDAY – 05.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Mixed Green Salad	
2	Grilled Pork Steak with Mushroom Sauce	
3	Seafood Fried Rice	
4	Fresh Fruit Salad	

THURSDAY – 06.02.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Vegetable Salad	
2	Baked Beef Ball with Tomato Sauce	
3	Spaghetti with Tomato Sauce	
4	Dragon Fruit	

FRIDAY – 07.02.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Seafood Cocktail salad	
2	Sweet and Sour Fish	
3	Steamed Brown Rice	
4	Papaya	

CIS LUNCH MENU





FEBRUARY WEEK III

MONDAY – 10.02.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed Vegetable	
2	Pork Lok Lak	
3	Steamed Brown Rice	
4	Fruit Yogurt	





TUESDAY – 11.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Caesar Salad with Bacon	
2	Baked Chicken with Mixed Vegetable	
3	Macaroni with Mushroom Cream Sauce	
4	Fresh Papaya	





WEDNESDAY – 12.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable	
2	Grilled Fish with Teriyaki Sauce	
3	Vegetable Fried Rice	
4	Bananas	

THURSDAY – 13.02.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Chef Salad with Ham and Cheese	
2	Corn Salad with Chicken Sausage	
3	Beef Burger	
4	Dragon Fruit	

FRIDAY – 14.02.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Chicken Nugget	
3	Fried Yellow Noodle with Egg and vegetable	
4	Red Apple	

CIS LUNCH MENU





FEBRUARY WEEK IV

MONDAY-17.02.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Baby Cabbage with mushroom and Vermicelli	
2	Steamed Chicken with Ginger Sauce	
3	Steamed Singapore chicken rice	
4	Pomelo	


TUESDAY-18.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad	
2	Beef Ball with Tomato sauce	
3	Baked Spaghetti with cheese and Tomato Sauce	
4	Papaya	





WEDNESDAY– 19.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed Vegetable	
2	Mixed Green Salad	
3	Panini Tuna Sandwich	
4	Fruit Yoghurt	

THURSDAY –20.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy Lamb Curry Puff	 A photograph showing several golden-brown, triangular curry puffs. One puff is broken open, revealing a filling of lamb, carrots, and onions. They are served on a white paper liner, with a small bowl of green chutney and a bowl of white sauce in the background.
2	Fried Chay Sim with chicken	 A close-up photograph of a white plate filled with stir-fried green leafy vegetables (Chay Sim) and sliced pieces of cooked chicken. The vegetables are bright green and appear to be coated in a light sauce.
3	Vegetable fried rice	 A photograph of a white plate containing a serving of vegetable fried rice. The rice is mixed with small, colorful pieces of vegetables, including green peas, orange carrots, and yellow corn.
4	Mini Fresh Fruit Tart	 A photograph showing several small, round fruit tarts arranged on a white surface. Each tart has a golden-brown crust and is topped with a variety of fresh fruit slices, including kiwi, dragon fruit, and grapes.

FRIDAY – 21.02.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy Salad with Smoked Duck Breast	
2	Fried Pork with Mushroom	
3	Steamed Brown Rice	
4	Green Banana	

CIS LUNCH MENU





FEBRUARY WEEK V

MONDAY – 24.02.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Green Beans with Tuna Salad	
2	Beef Lok Lak	
3	Steamed Brown Rice	
4	Water Melon	





TUESDAY – 25.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin with grilled mushroom Salad	
2	Chicken Cordon Blue	
3	Vegetable Lasagna	
4	Green Banana	




WEDNESDAY– 26.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Couscous Salad with BBQ chicken	
2	Grilled Beef Vegetable	
3	Steamed brown rice	
4	Papaya	

THURSDAY – 27.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed with butter and garlic	
2	Steamed Fish with soya sauce	
3	Seafood Rice	
4	Fresh Fruit Salad	

FRIDAY – 28.02.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Mini ham and spinach tart	
2	Mozzarella cheese with Tomato and Cucumber	
3	Panini Tuna Sandwich	
4	Red Apple	