






CIS VEGETARIAN LUNCH MENU





WEEK 1

MONDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Sweet Corn with Kidney Bean Salad	
2	Fried Vegetable with Mushroom and Bean Curd	
3	Steamed Rice	
4	Pineapple	





TUESDAY





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin Salad	
2	Baked Tofu with Tomato Sauce	
3	Plain Spaghetti	 © Can Stock Photo
4	Papaya	

WEDNESDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy Green Salad	
2	Vegetable Sandwich	
3	Potato Wedges	
4	Apple	





THURSDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fried Vegetables with Mushroom Sauce	 A white plate filled with a variety of stir-fried vegetables. Visible ingredients include green broccoli florets, yellow corn cobs, sliced mushrooms, and red bell peppers. The vegetables are coated in a light brown sauce. There are small circular watermarks on the image.
2	Vegetable Cake Tempura	 A golden-brown, irregularly shaped tempura patty made of shredded vegetables, resting on a white paper liner. It is placed on a bamboo steaming rack. A pair of black chopsticks is visible in the bottom right corner.
3	Jasmine Rice	 A wooden bowl filled with fluffy white rice. Two white chopsticks are placed across the top of the bowl. The bowl sits on a textured, light brown surface.
4	Banana	 A bunch of three ripe yellow bananas with green stems, set against a plain white background.





FRIDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Mixed Mushroom Salad	
2	Steamed Baby Cabbage with Vermicelli	
3	Vegetable Fried Rice	
4	Fruit Salad	

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WEEK 2

MONDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek salad no cheese	
2	Baked vegetables with tomato sauce	
3	Spaghetti with tomato sauce	
4	Fruit yogurt	





TUESDAY





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked eggplant salad	
2	Fried mixed mushroom with vegetarian sauce	
3	Steamed brown rice	
4	Dragon fruit	

WEDNESDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy green salad	
2	Steamed broccoli with olive oil	
3	Panini with vegetables	
4	Green bananas	





THURSDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Vegetable samosa	
2	Fried kai lane with mushroom	
3	Vegetable fried rice	
4	Honeydew melon	





FRIDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Avocado salad with baked pumpkin	
2	Steamed mixed vegetables	
3	Vegetable lasagna	
4	Pears	

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WEEK 3

MONDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Braised Broccoli with Oyster Sauce	
2	Fried Eggplant with Tofu	
3	Steamed Brown Rice	
4	Apples	

TUESDAY





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Coleslaw Salad	
2	Baked Potato Wedges	
3	Tofu Burger	
4	Honeydew Melon	

WEDNESDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Sweet Corn Salad	 <p>Imitation by Design</p>
2	Baked Pasta with Tomato Sauce	
3	Crispy Mixed Mushroom	 <p>Deep Fried Mushrooms cookinshare.com</p>
4	Watermelon	





THURSDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	BBQ Vegetable Wrap	
2	Fried Vegetables with Mushroom Sauce	
3	Vegetable Fried Rice	
4	Fruit Salad	





FRIDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable Salad	
2	Vegetable Pie with Tomato Sauce	
3	Fried Noodles with Vegetables	
4	Papaya	

CIS VEGETARIAN LUNCH MENU





WEEK 4

MONDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed mixed vegetable with butter	
2	Fried tofu with sweet beans	
3	Steamed brown rice	
4	Pears	





TUESDAY




<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Vegetable spring roll	
2	Fried asparagus with mushroom	
3	Spaghetti with tomato sauce	
4	Watermelon	

WEDNESDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Potato and green bean salad	
2	Mixed vegetable tempura	
3	Fried bee hun with vegetables	
4	Apples	

THURSDAY

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked eggplant salad	
2	Grilled mixed mushroom salad	
3	Vegetable fried rice	
4	Green bananas	

FRIDAY		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed cabbage with vermicelli	
2	Fried kai lane with mushroom sauce	
3	Steamed brown rice	
4	Honeydew melon	