








CIS LUNCH MENU





MARCH WEEK I

MONDAY – 02.03.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Breaded Beef roll with ham and cheese	
2	Greek Salad	
3	Fried Yellow noodle with chicken	
4	Yellow Banana	





TUESDAY– 03.03.20

<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 - 04.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Couscous Salad	
2	Baked Chicken Ball with Tomato Sauce	
3	Fried Spaghetti with Vegetable	
4	Fruit Yogurt	

THURSDAY - 05.03.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Baby Cabbage with Vermicelli	 A white plate of steamed baby cabbage with vermicelli, garnished with green onions and red chili. The dish is served on a white plate, and the background shows some purple flowers and a red chili pepper.
2	Grilled Fish with cream Sauce	 A blue plate of grilled fish with cream sauce, garnished with green herbs. The fish is cooked and served on a blue plate, with a small bowl of sauce visible in the background.
3	Steamed Brown Rice	 A blue bowl of steamed brown rice. The rice is cooked and served in a blue bowl, with a wooden surface visible in the background.
4	Honey Dew	 A yellow bowl of honey dew melon cubes, garnished with green herbs. The melon is cut into cubes and served in a yellow bowl, with a wooden surface visible in the background.

FRIDAY - 06.03.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Fried Baby Kai Lane with Mushroom	
3	Yang Chow fried Rice	
4	Papaya	

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MARCH WEEK II

TUESDAY – 10.03.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Caesar Salad with Bacon	
2	Grilled Chicken Leg with Teriyaki Sauce	
3	Egg Fried Rice with vegetable	
4	Pears	





WEDNESDAY – 11.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Beef Salad with grilled vegetable	 A vibrant beef salad served on a blue and white patterned plate. The salad includes sliced beef, cherry tomatoes, cucumber, red onion, and croutons, all mixed with fresh green herbs. A fork and knife are visible on the right side of the plate.
2	Steamed Fish with Black Beans Sauce	 A close-up of a steamed fish fillet served in a white bowl. The fish is topped with a rich, dark sauce containing black beans, green onions, and other vegetables. The text "Fish Fillet with Taust (Fermented Black Beans)" is visible at the bottom of the image.
3	Steamed Brown Rice	 A bowl of fluffy, steamed brown rice. The rice is light brown and has a soft, moist texture. The bowl is light blue and sits on a dark wooden surface.
4	Water Melon	 A collection of watermelon slices and whole watermelons. Several triangular slices of red watermelon are arranged in the foreground, with two whole watermelons in the background. The scene is set on a rustic wooden surface.

THURSDAY – 12.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Snow Pease with BBQ chicken Salad	 A photograph of a salad in an orange bowl. The salad contains snow peas, BBQ chicken strips, and various green vegetables like lettuce and tomatoes, all mixed together.
2	Pork Ragu	 A photograph of a bowl of pork ragu. The dish features a rich, dark red sauce with chunks of pork and vegetables, topped with fresh green herbs.
3	Fried Spaghetti with vegetable	 A photograph of a bowl of fried spaghetti. The spaghetti is coated in a light sauce and mixed with various vegetables, including broccoli, carrots, and green beans.
4	Fresh Pomelo	 A photograph of a white plate with several segments of fresh pomelo. The segments are bright yellow and appear juicy. A small bowl of orange powder is visible in the background.

FRIDAY – 13.03.20

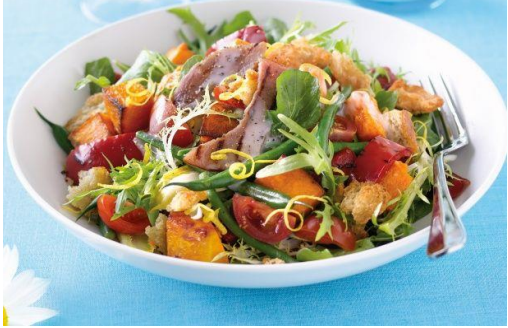



<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled vegetable with Sausage	
2	BBQ Pork Steak	
3	Steamed Brown	
4	Fresh Fruit Salad	

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MARCH WEEK III

MONDAY – 16.03.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled mixed mushroom salad	
2	Sweet and Sour pork	
3	Steamed rice	
4	Mini Egg Tart	





TUESDAY – 17.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin Salad with ham	
2	Baked Chicken leg with vegetable	
3	Egg Fried Rice	
4	Watermelons	





WEDNESDAY –18.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Chef Salad with Ham and cheese	
2	Fish Finger	
3	Penne with Carbonara Sauce	
4	Papaya	

THURSDAY – 19.03.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cesar Salad	
2	Beef Lok Lak	
3	Steamed Brown Rice	
4	Green Banana	

FRIDAY – 20.03.20


<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Vegetable with Olive Oil and Garlic	
2	Pork Ragu with Tomato Sauce	
3	Plain Spaghetti	
4	Honey Dew	

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MARCH WEEK IV





MONDAY – 23.03.19		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Steamed Singapore Chicken	
3	Steamed Chicken Rice	
4	Papayas	

TUESDAY – 24.03.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Grilled Pork with BBQ sauce	
3	Fried Yellow Noodle with Chicken	
4	Papaya	

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MARCH WEEK V





MONDAY – 30.03.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Baby cabbage with Vermicelli	
2	Fried beef with Kai lane	
3	Steamed rice	
4	Pears	

TUESDAY – 31.03.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad	
2	Grilled Chicken leg with Mushroom Cream sauce	
3	Egg Fried Rice	
4	Watermelons	

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APRIL WEEK I

WEDNESDAY- 01.04.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable with Sausage	
2	Stew Beef with Brown Sauce	
3	Spaghetti	
4	Fruit Cake	

THURSDAY-02.04.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin with Ham and A avocado.	
2	Sweet and Sour Pork	
3	Steamed Rice	
4	Papaya	

FRIDAY- 03.04.20



<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cesar salad	
2	Grilled Fish with Cream Sauce	
3	Vegetable Fried Rice	
4	Dragon Fruit	

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APRIL WEEK II

MONDAY – 06.04.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad	
2	Chicken Cordon Bleu	
3	Lasagna	
4	Papaya	





TUESDAY – 07.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed vegetable	
2	Grilled Fish with Teriyaki Sauce	
3	Vegetable fried Rice	
4	Fruit Salad	





WEDNESDAY – 08.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Nicoise Salad	
2	Chicken Roti	
3	Panini with Tuna Sandwich	
4	Banana green	

THURSDAY – 09.04.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable salad	
2	Fried Beef with Kai Lane	
3	Brown rice	
4	Honey Dew	

FRIDAY – 10.04.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Chef Salad	
2	Chicken Ball with tomato Sauce	
3	Plan Spaghetti with olive oil	
4	Dragon fruit	

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APRIL WEEK IV

MONDAY – 20.04.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fried mixed vegetable	
2	Pork Lok Lak	
3	Steamed Brown Rice	
4	Apples	





TUESDAY – 21.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Quiches Lorrain	
2	Baked Pumpkin Salad with ham	
3	Spaghetti with Beef Sauce	
4	Honey Dew	





WEDNESDAY – 22.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Baby Cabbage with Vermicelli	
2	Grilled pork steak with mushroom cream sauce	
3	Steamed Rice	
4	Mini Egg Tart	

THURSDAY – 23.04.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Beef Salad with Grilled vegetable	
2	Steamed white bean with tomato Sauce	
3	Panini Tuna Sandwich	
4	Papaya	

FRIDAY – 24.04.20





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Curry Puff	
2	Chef Salad with ham and cheese	
3	Fried Noodle with Beef	
4	Fruit yoghurt	

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APRIL WEEK V

MONDAY – 27.04.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Vermicelli Salad with chicken	
2	Fried Baby Kai Lane with Mushroom	
3	Steamed Brown Rice	
4	Pomelo	

TUESDAY – 28.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Seafood Cocktail Salad	
2	Vegetable spring roll	
3	Baked Pasta with Mushroom Cream Sauce	
4	Green Banana	

WEDNESDAY– 29.04.20




<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Tuna salad with green beans	
2	Grilled chicken leg with Teriyaki sauce	
3	Steamed Brown Rice	
4	Water Melon	

THURSDAY – 30.04.20

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy Green Salad	
2	Crispy Fish finger	
3	Mini Chicken Burger	
4	Fruit Salad	

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MAY WEEK I

FRIDAY– 01.05.20		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cesar Salad	
2	Steamed Singapore Chicken	
3	Steamed Singapore chicken rice	
4	Red Apple	