









## **EFI - CIS LUNCH MENU**





### **JANUARY WEEK I**

| <b>MONDAY – 04.01.21</b> |                                   |  |
|--------------------------|-----------------------------------|--|
| <u><b>No</b></u>         | <u><b>FOODS</b></u>               | <u><b>PICTURES</b></u>   |
| 1                        | Nicoise Salad                     |    |
| 2                        | Steamed Fish with Tear Chiw Sauce |   |
| 3                        | Steamed brown Rice                |  |
| 4                        | Red Apple                         |  |


**TUESDAY – 05.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>                          | <b><u>PICTURES</u></b>   |
|------------------|--|--|
| 1                | Fried Broccoli and Cauliflower with Mushroom |    |
| 2                | Fried Chickens with Onion                    |   |
| 3                | Steamed brown Rice                           |  |
| 4                | Dragon Fruit                                 |  |

**WEDNESDAY – 06.01.21**





| <b><u>No</u></b> | <b><u>FOODS</u></b>      | <b><u>PICTURES</u></b>   |
|------------------|--------------------------|--|
| 1                | Grilled Mixed Vegetable  |    |
| 2                | Fried Kai Lane with Pork |   |
| 3                | Yang Chow Fried Rice     |  |
| 4                | Carrot Cup Cake          |  |

**Thursday – 07.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>  | <b><u>PICTURES</u></b>   |
|------------------|----------------------|--|
| 1                | Chef Salad           |    |
| 2                | Crispy Potato        |   |
| 3                | Panini Tuna Sandwich |  |
| 4                | Water Melon          |  |







**Friday – 08.01.21**





| <b><u>No</u></b> | <b><u>FOODS</u></b>         | <b><u>PICTURES</u></b>   |
|------------------|-----------------------------|--|
| 1                | Green Beans with Tuna Salad |  A white bowl filled with a salad of green beans, tuna, and red and green bell peppers, garnished with lettuce leaves.                         |
| 2                | Sweet and Sour Pork         |  A blue and white patterned plate containing pieces of pork coated in a thick, orange-brown sauce, accompanied by red and green bell peppers. |
| 3                | Steamed Brown Rice          |  A light blue bowl filled with fluffy, steamed brown rice, set against a dark wooden background with chopsticks nearby.                      |
| 4                | Papaya                      |  A white square plate with several chunks of ripe, orange-red papaya, with whole papaya and other fruits visible in the background.          |

## JANUARY WEEK II





Tuesday – 12.01.2021

| <u>No</u> | <u>FOODS</u>                     | <u>PICTURES</u>  |
|-----------|----------------------------------|--|
| 1         | Fried Long Cabbage with Mushroom |    |
| 2         | Beef Lok Lak                     |   |
| 3         | Steamed Brown Rice               |  |
| 4         | Green Apple                      |  |

Wednesday – 13.01.20




| <u>No</u> | <u>FOODS</u>                      | <u>PICTURES</u>  |
|-----------|-----------------------------------|--|
| 1         | Potato Wagged                     |    |
| 2         | Chicken Burger                    |   |
| 3         | Steamed Zucchini and carrot Stick |  |
| 4         | Green Banana                      |  |

**Thursday – 14.01.20**





| <u>No</u> | <u>FOODS</u>                      | <u>PICTURES</u>  |
|-----------|-----------------------------------|--|
| 1         | Fried Broccoli with Garlic        |    |
| 2         | Steamed Chicken with ginger sauce |   |
| 3         | Steamed Chicken Rice              |  |
| 4         | Honey Dew                         |  |






**Friday – 15.01.20**

| <u>No</u> | <u>FOODS</u>                     | <u>PICTURES</u>  |
|-----------|----------------------------------|--|
| 1         | Fried Snow Pease with mushroom   |    |
| 2         | Grilled Fish with Teriyaki Sauce |   |
| 3         | Vegetable Fried Rice             |  |
| 4         | Mini Egg Tart                    |  |





## JANUARY WEEK III

| MONDAY – 18.01.21 |                                     |  |
|-------------------|-------------------------------------|--|
| <u>No</u>         | <u>FOODS</u>                        | <u>PICTURES</u>  |
| 1                 | Long Eggplant salad with pork mince |    |
| 2                 | Fried Pork with Shanghai salad      |   |
| 3                 | Steamed brown Rice                  |  |
| 4                 | Red Apple                           |  |

**TUESDAY – 19.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>           | <b><u>PICTURES</u></b>   |
|------------------|-------------------------------|--|
| 1                | Baked Beef Ball               |    |
| 2                | Vegetable Spring Roll         |   |
| 3                | Baked Pasta with tomato sauce |  |
| 4                | Water Melon                   |  |

**WEDNESDAY – 20.01.21**





| <b><u>No</u></b> | <b><u>FOODS</u></b>                  | <b><u>PICTURES</u></b>   |
|------------------|--------------------------------------|--|
| 1                | Greek Salad                          |    |
| 2                | BBQ chicken Roll with Tortillas Skin |    |
| 3                | Chicken Nudged                       |  |
| 4                | Papaya                               |  |







**THURSDAY – 21.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>                                 | <b><u>PICTURES</u></b>  |
|------------------|---|---|
| 1                | Steamed Broccoli and Carrot with Butter and Parsley |   |
| 2                | Grilled Pork Steak with Mushroom Cream Sauce        |    |
| 3                | Steamed Brown                                       |   |
| 4                | Honey Dew   | <br><small>shutterstock.com · 431091307</small> |




**FRIDAY – 22.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>              | <b><u>PICTURES</u></b>   |
|------------------|----------------------------------|--|
| 1                | Fried Snow Pease with Mushroom   |    |
| 2                | Grilled Fish with Teriyaki Sauce |    |
| 3                | Brown Rice                       |   |
| 4                | Green Banana                     |  |

## JANUARY WEEK IV





| MONDAY – 25.01.21 |                                    |  |
|-------------------|------------------------------------|--|
| <u>No</u>         | <u>FOODS</u>                       | <u>PICTURES</u>  |
| 1                 | Braised Cauliflower with Egg Sauce |    |
| 2                 | Fried Pork with vegetable          |   |
| 3                 | Steamed brown Rice                 |  |
| 4                 | Banana Cake                        |  |

**TUESDAY – 26.01.21**


| <b><u>No</u></b> | <b><u>FOODS</u></b>       | <b><u>PICTURES</u></b>   |
|------------------|---------------------------|--|
| 1                | Steamed Vegetable         |    |
| 2                | Baked Chicken Ball        |   |
| 3                | Spaghetti with bolognaise |  |
| 4                | Dragon Fruit              |  |



**WEDNESDAY – 27.01.21**

| <b><u>No</u></b> | <b><u>FOODS</u></b>                       | <b><u>PICTURES</u></b>   |
|------------------|---|--|
| 1                | Steamed Baby Cabbage with bean vermicelli |    |
| 2                | Fried Beef with Mushroom                  |   |
| 3                | Yang Chow Fried Rice                      |  |
| 4                | Green Banana                              |  |

Thursday – 28.01.21

| <u>No</u> | <u>FOODS</u>        | <u>PICTURES</u>  |
|-----------|---------------------|--|
| 1         | Crispy Chicken Wing |    |
| 2         | Crispy Potato       |   |
| 3         | Chicken Sandwich    |  |
| 4         | Egg Tart            |  |

**Friday – 29.01.21**

| <u>No</u> | <u>FOODS</u>         | <u>PICTURES</u>  |
|-----------|----------------------|--|
| 1         | Fried Kai Lane       |    |
| 2         | Singapore Chicken    |   |
| 3         | Steamed chicken Rice |  |
| 4         | Papaya               |  |