






EFI - CIS VEGETARIAN MENU





NOTE: HIS MENU ROTATES EVERY MONTH
WEEK I

MONDAY I		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Pasta Salad with Ham and cream	
2	Fried vegetable with Mushroom and bean Curd	
3	Steamed Chicken Rice	
4	Pineapple	





TUESDAY I

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Baked Pumpkin salad	
2	Fried Tofu with mushroom Sauce	
3	Plain Spaghetti with Tomato Sauce	
4	Papaya	





WEDNESDAY I

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy green salad	
2	Vegetable Sandwich	
3	Vegetable Spring Roll	
4	Apple	





THURSDAY I

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fried Vegetable with mushroom sauce	
2	Vegetable cake tempura	
3	Fried noodle with Vegetable	
4	Banana	





FRIDAY I

<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	





WEEK II

MONDAY II		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Greek Salad no cheese	
2	Baked Vegetable with tomato sauce	
3	Spaghetti with Tomato Sauce	
4	Fruit Yogurt	





TUESDAY II





<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 Fruits	

WEDNESDAY II





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Crispy green salad	
2	French Fried	
3	Panini with Vegetable	
4	Banana green	

THURSDAY II





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Vegetable Samosa	
2	Fried Kai Lane with mushroom	
3	Vegetable fried Rice	
4	Honey Dew	

Friday II		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Avocado salad with baked pumpkin	
2	Steamed mixed Vegetable	
3	Vegetable Lasagna	
4	Pears	


VEGETARIAN WEEK III

MONDAY III		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Braised broccoli with Oyster	
2	Fried Eggplant with tofu	
3	Steamed Brown Rice	
4	Apples	



TUESDAY III

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cos-Slow Salad	
2	Baked Potato Wedges	
3	Tofu Burger	
4	Honey Dew	





WEDNESDAY III

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Sweet Corn Salad	 A glass bowl filled with a vibrant salad of yellow corn kernels, diced red bell peppers, and green onions. The text "Imitation by Design" is visible in the bottom left corner of the image.
2	Baked Pasta with tomato sauce	 A white plate of baked pasta, likely penne, covered in a rich tomato sauce and topped with fresh basil leaves. A fork and a small bowl of sauce are visible in the background.
3	Crispy mixed mushroom	 A white plate piled high with golden-brown, deep-fried mushrooms. A small bowl of dipping sauce is visible in the background. The text "Deep Fried Mushrooms cooknshare.com" is visible in the bottom right corner of the image.
4	Water Melon	 A whole watermelon and several triangular slices of watermelon, showing the bright red flesh and green rind.





THURSDAY III

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Mixed Mushroom	
2	Fried Vegetable with mushroom Sauce	
3	Vegetable Fried Rice	
4	Fruit Salad	





FRIDAY III

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Vegetable salad	
2	Vegetable pie with tomato sauce	
3	Fried Noodle with Vegetable	
4	Papaya	





WEEK IV

MONDAY IV		
<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 IV

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Vegetable Spring roll	 A plate of vegetable spring rolls, some whole and some cut open to show the filling, served with a dipping sauce in a small black bowl. The plate is garnished with green lettuce.
2	Fried Asparagus with Mushroom	 A white bowl filled with fried asparagus and mushrooms, garnished with a small amount of green herbs.
3	Spaghetti with tomato sauce	 A white bowl filled with spaghetti topped with a tomato sauce and meat, garnished with green herbs. A fork is visible in the bowl.
4	Watermelons	 A whole watermelon and several slices of watermelon, showing the red flesh and green rind.




WEDNESDAY IV

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Potato and green beans salad	
2	Mixed vegetable Tempura	
3	Fried Bee Hun with vegetable	
4	Apples	

THURSDAY IV

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Cauliflower with Crab Sauce	 A close-up photograph of a cauliflower floret covered in a thick, dark, glossy sauce, likely containing crab meat and mushrooms, served on a white plate.
2	Grilled Mixed mushroom salad	 A photograph of a blue plate containing a salad of sliced mushrooms, green onions, and other vegetables, garnished with a yellow, triangular piece of food, possibly a fried egg or a piece of bread.
3	Vegetable Fried Rice	 A photograph of a white plate filled with fried rice, mixed with colorful vegetables like green peas, carrots, and corn, served with a pair of chopsticks.
4	Green Bananas	 A photograph of two bunches of green bananas, showing their characteristic curved shape and green color.

FRIDAY IV

<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	Honey Dew	