

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	 <p>Downloaded from Dreamstime.com</p>
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	 <small>alamy stock photo</small>
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	
2	Baked Pasta with tomato sauce	
3	Crispy mixed mushroom	
4	Water Melon	

THURSDAY III

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Grilled Mixed Mushroom	
2	Fried Vegetable with mushroom Sauce	 <small>alamy stock photo</small>
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 black plate containing several golden-brown vegetable spring rolls. Some are whole, while others are cut in half to show the filling of vegetables and meat. A small black bowl of dark red dipping sauce is placed on the left side of the plate. The plate is garnished with fresh green lettuce leaves.
2	Fried Asparagus with Mushroom	 A white ceramic bowl filled with sautéed green asparagus spears and sliced mushrooms. The vegetables are coated in a light-colored sauce. A silver fork is placed on the right side of the bowl.
3	Spaghetti with tomato sauce	 A white ceramic bowl filled with spaghetti topped with a rich, red tomato sauce. The sauce contains visible pieces of tomatoes and herbs. A silver fork is placed on the right side of the bowl. The background is a light green surface.
4	Watermelons	 A photograph of watermelon slices. One whole watermelon is in the background, and several triangular slices of red watermelon with green rinds are arranged in the foreground on a white background.

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. The sauce appears to contain pieces of crab and mushrooms, which are visible on the surface of the cauliflower.
2	Grilled Mixed mushroom salad	 A photograph of a blue plate containing a salad. The salad consists of sliced mushrooms, some of which appear to be grilled, along with other vegetables and a piece of yellow corn. A silver fork and knife are visible on the right side of the plate.
3	Vegetable Fried Rice	 A photograph of a white plate filled with vegetable fried rice. The rice is mixed with various vegetables, including green peas, carrots, and corn. A pair of chopsticks is resting on the right side of the plate.
4	Green Bananas	 A photograph of two bunches of green bananas. The bananas are unripe and have a bright green color with some small brown spots on their peels.

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	