









## **EFI - CIS LUNCH MENU**

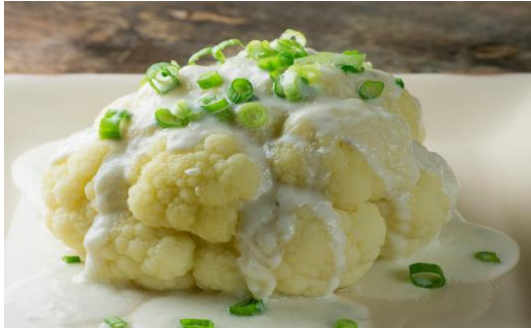



### **FEBRUARY — WEEK I**

Monday – 01.02.2021		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Mixed Green Salad	
2	Grilled Pork Steak with Mushroom Sauce	
3	Seafood Fried Rice	
4	Fresh Fruit Salad	





**Tuesday – 02.02.2021**

<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Seafood Cocktail salad	
2	Fried fish with teriyaki sauce	
3	Fried Pasta with pork ham and cream sauce	
4	Fruit Yogurt	

Wednesday – 03.02.2021





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Fried Cauliflower with Crab meat sauce	
2	Pork Char siv	
3	Steamed Rice	
4	Apple Fruit	

**Thursday – 04.02.2021**





<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Vegetable Salad	
2	Baked Chicken Ball with Tomato Sauce	
3	Spaghetti with Tomato Sauce	
4	Carrot cake	







**Friday – 05.02.2021**

<b><u>No</u></b>	<b><u>FOODS</u></b>	<b><u>PICTURES</u></b>
1	Round cabbage with chicken salad	
2	Chinese mini Beef Steak	
3	Steamed Brown Rice	
4	Yellow Banana	





## FEBRUARY – WEEK II

Monday – 08.02.21		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Steamed Mixed Vegetable	
2	Pork Lok Lak	
3	Steamed Brown Rice	
4	Fruit Yogurt	

**Tuesday – 09.02.21**

<b><u>No</u></b>	<b><u>FOODS</u></b>	<b><u>PICTURES</u></b>
1	Caesar Salad with Bacon	
2	Baked Chicken with Mixed Vegetable	
3	Macaroni with Mushroom Cream Sauce	
4	Fresh Papaya	

## FEBRUARY – WEEK IV

Monday – 22.02.21		
<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Green Beans with Tuna Salad	
2	Beef Lok Lak	
3	Steamed Brown Rice	
4	Water Melon	



**Tuesday – 23.02.21**

**FOODS**

**PICTURES**

Baked Pumpkin with grilled  
mushroom Salad



Chicken Cordon Blue







Vegetable Lasagna







Green Banana



Wednesday – 24.02.21




<u>No</u>	<u>FOODS</u>	<u>PICTURES</u>
1	Couscous Salad with BBQ chicken	
2	Fried Beef Vegetable	
3	Steamed brown rice	
4	Papaya	

**Thursday – 25.02.21**

<b><u>No</u></b>	<b><u>FOODS</u></b>	<b><u>PICTURES</u></b>
1	Steamed Mixed with butter and garlic	
2	Steamed Fish with soya sauce	
3	Seafood Rice	
4	Fresh Fruit Salad	



**Friday – 26.02.21**

<b><u>No</u></b>	<b><u>FOODS</u></b>	<b><u>PICTURES</u></b>
1	Smoked Duck Breast Salas	
2	Potato Wagged	
3	Panini Tuna Sandwich	
4	Red Apple	