










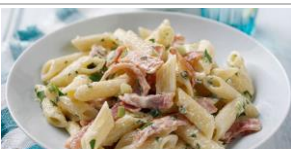






CIS LUNCH MENU 2022

JANUARY - WEEK III

Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
None	 Fried Choy Sum with Mushroom	 Green bean with tuna salad	 Steamed Cabbage with Vermicelli and pork mince	 Steamed Zucchini and Carrot
None	 Beef Lok Lak	 Chicken Burger	 Sweet and Sour Fish	 Chicken Nuggets
None	 Steamed Brown Rice	 Potato Wedged	 Steamed Brown Rice	 Fried Small rice noodle with Chicken
None	 Banana Cup Cake	 Pears	 Red Apple	 Dragon Fruit

JANUARY 2022- WEEK IV

Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 th
 Fried Snow Pease with Mushroom	 Mozzarella cheese with cherry tomato and Cucumber	 Fried Winter Melon with Egg	 Steamed Mixed Vegetable	 Baked Pumpkin Salad
 Fried Pork with Shanghai Sauce	 BBQ Chicken Wing	 Steamed Chicken with Ginger Sauce	 Fish Finger	 Steamed Carrot and green Beans
 Steamed Rice	 Fried Noodle with Seafood	 Steamed Chicken Rice	 Penne Carbonara	 Panini Tuna Sandwich
 Honey Dew	 Green Apple	 Dragon fruit	 Green Banana	 Water Melon

CIS LUNCH MENU2022

JANUARY - WEEK V

Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th
 Grilled Mixed Vegetable with Chicken Sausage	 Baked Beef Ball	 Chef Salad with Ham and cheese	 Cesar Chicken	 Fried Broccoli with Mushroom
 Fried Beef with Mixed Mushroom	 Green Beans with tuna Salad	 BBQ chicken Roll with Tortillas Skin	 Grilled Pork Steak with Mushroom Cream Sauce	 Steamed Fish with Tear Chiw Sauce
 Steamed brown Rice	 Baked Pasta with tomato sauce	 Chicken Nudged	 Egg Fried Rice	 Brown Rice
 Green Apple	 Water Melon	 Papaya	 Honey Dew	 Fruit Salad