

































# CIS LUNCH MENU 2022

## FEBRUARY - WEEK I

Monday	Tuesday 1 <sup>th</sup>	Wednesday 2 <sup>th</sup>	Thursday 3 <sup>th</sup>	Friday 4 <sup>th</sup>
None	None	 Fried winter Melon with Egg	 Salad Nicoise	 Fried Snow Pease with Carrot
None	None	 Grilled Pork steak with BBQ sauce	 Baked Chicken Ball with Tomato Sauce	 Sweet and Sour Fish
None	None	 Fried Rice with Chicken Sausage	 Penne with Bolognese Sauce	 Steamed Brown Rice
None	None	 Red Apple	 Dragon Fruit	 Papaya











## **FEBRUARY 2022- WEEK II**

Monday 7 <sup>th</sup>	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup>	Thursday 10 <sup>th</sup>	Friday 11 <sup>th</sup>
 Steamed Mixed Vegetable	 Caesar Salad with Bacon	 Fried Vegetable with Crispy Beans Curd	 Chef Salad with Ham and Cheese	 Nicoise Salad
 Pork Lok Lak	 Baked Chicken with Mixed Vegetable	 Steamed Fish with Soya Sauce	 Crispy Potato with green Pease	 Chicken Nugget
 Steamed Brown Rice	 Macaroni with Mushroom Cream Sauce	 Vegetable Fried Rice	 Beef Burger	 Fried Yellow Noodle with Egg and vegetable
 Berry Michelle	 Fresh Papaya	 Bananas	 Dragon Fruit	 Red Apple





# CIS LUNCH MENU 2022



## FEBRUARY - WEEK III

Monday 14 <sup>th</sup>	Tuesday 15 <sup>th</sup>	Wednesday 16 <sup>th</sup>	Thursday 17 <sup>th</sup>	Friday 18 <sup>th</sup>
 Steamed Baby Cabbage with mushroom and Vermicelli	 Greek Salad	 Steamed Mixed Vegetable	 Grilled Chicken Leg with Teriyaki Sauce	 Grilled Fish with cream Sauce
 Steamed Chicken with Ginger Sauce	 Beef Ball with Tomato sauce	 Mixed Green Salad	 Fried Chay Sim with pork meats	 Fried Duck meats with Mushroom
 Steamed Singapore chicken rice	 Baked Spaghetti with cheese and Tomato Sauce	 Panini Tuna Sandwich	 Vegetable fried rice	 Steamed Brown Rice
 Honey Dew	 Papaya	 Fruit Yoghurt	 Mini Fresh Fruit Tart	 Green Banana

## FEBRUARY 2022- WEEK IV

Monday 21 <sup>th</sup>	Tuesday 22 <sup>th</sup>	Wednesday 23 <sup>th</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
 Green Beans with Tuna Salad	 Baked Pumpkin Salad	 Couscous Salad with BBQ chicken	 Steamed Mixed with butter and garlic	 Steamed Broccoli with Carrot
 Fried Pork with onion	 Chicken Cordon Blue	 Breaded Beef meats	 Steamed Fish with soya sauce	 Crispy Chicken Wing
 Steamed Brown Rice	 Spaghetti with Tomato Sauce	 Egg Fried Rice	 Seafood Rice	 Panini Tuna Sandwich
 Water Melon	 Green Banana	 Papaya	 Fresh Fruit Salad	 Red Apple

# FEBRUARY 2022- WEEK V

Monday 28 <sup>th</sup>	Tuesday	Wednesday	Thursday	Friday
 Fried Long Eggplant w/Pork Mince	None	None	None	None
 Steamed Chicken with Ginger Sauce	None	None	None	None
 Steamed Brown Rice	None	None	None	None
 Green Apple	None	None	None	None