

CIS LUNCH MENU 2022

JUNE - WEEK I

Monday	Tuesday	Wednesday 1 st	Thursday 2 nd	Friday 3 rd
None	None	 Cesar Salad	 Classic Coleslaw	 California Mix
None	None	 Veal Meatballs Italian Style	 Asian Lacquered Poultry Cutlet Sauce	 Grilled Pork Steak with Louisiana Barbecue Sauce
None	None	 Fried Egg Noodle	 Spaghetti with Tomato Sauce	 Sausage Fried Rice
None	None	 Papaya	 Fruit Salad	 Green Banana

JUNE - WEEK II

Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
None	 Chef Salad	 Fava Beans Salad	 Salad Nicoise Oyster Sauce	 Beetroot Salad and Apple
None	 Chicken Lok Lak	 Fish Fillet Marinated in a Crust of Pretzels Sauce	 Chicken Cordon Blue	 Pork Cutlet with Green Pepper Sauce
None	 Spaghetti with Tomato Sauce	 Sausage Fried Rice	 Farfalle Bolognese Sauce	 Vegetable Fried Rice
None	 Chocolate Cookies	 Honey Dew	 Mini Egg Tart	 Papaya

CIS LUNCH MENU 2022

JUNE - WEEK III

Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
 BBQ Chicken Leg	 Green Salad	 Cesar Salad	 Mixed vegetable	 Cesar Salad
 Chef Salad w/Ham & Cheese	 Fish Italian Style Sauce	 Chicken Nugget	 Pork Lok Lak	 Chicken Nugget
 Fried Noodle with Beef	 Steamed Rice	 Spaghetti with Tomato Sauce	 Steamed Rice	 Spaghetti with Tomato Sauce
 Fruit yoghurt	 Pears	 Mini Egg Tart	 Apple	 Fruit Salad

JUNE - WEEK IV

Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
 Crispy Green Salad Fried	 Kidney Beans with Corn Salad	None	None	None
 Crispy Chicken Wing	 Breaded Beef	None	None	None
 Italian Lasagna	 Fusilli Pasta w/Tomato Sauce	None	None	None
 Honey Dew	 Papaya	None	None	None