

# CIS LUNCH MENU 2022

## MAY - WEEK I

Monday 2 <sup>nd</sup>	Tuesday 3 <sup>rd</sup>	Wednesday 4 <sup>th</sup>	Thursday 5 <sup>th</sup>	Friday 6 <sup>th</sup>
				
Chef Salad	Cesar Salad	Classic Coleslaw	California Mix	Crispy Green Salad
				
Indian Chicken Style Tandoori	Veal Meatballs Italian Style	Asian Lacquered Poultry Cutlet Sauce	Grilled Pork Steak with Louisiana Barbecue Sauce	Crispy Chicken Wing
				
Spaghetti with Tomato Sauce	Fried Egg Noodle	Whole Wheat Couscous with Citrus Scent	Potato with Fresh Herb	Italian Lasagna
				
Fruit Cake	Papaya	Fruit Salad	Green Banana	Honey Dew

## MAY - WEEK II

Monday 9 <sup>th</sup>	Tuesday 10 <sup>th</sup>	Wednesday 11 <sup>th</sup>	Thursday 12 <sup>th</sup>	Friday 13 <sup>th</sup>
				None
Steamed Carrot with Green beans with butter and parsley	Mixed vegetable	Fava Beans Salad	Salad Nicoise Oyster Sauce	None
				None
Hamburger Steak Cheese	Pork Lok Lak	Fish Fillet Marinated in a Crust of Pretzels Sauce	Chicken Cordon Blue	None
				None
Mashed Potato	Steamed Brown Rice	Sausage Fried Rice	Farfalle Bolognese Sauce	None
				None
Water Melon	Apples	Honey Dew	Mini Egg Tart	None



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## **MAY - WEEK III**

Monday 16 <sup>th</sup>	Tuesday 17 <sup>th</sup>	Wednesday 18 <sup>th</sup>	Thursday 19 <sup>th</sup>	Friday 20 <sup>th</sup>
 Beetroot Salad and Apple	 BBQ Chicken Leg	 Macedonia five vegetable	 Green Salad	 Cesar Salad
 Pork Cutlet with Green Pepper Sauce	 Chef Salad w/Ham & Cheese	 Chicken Fajita and Toppings Or Tortillas Chicken Roll	 Fish Italian Style Sauce	 Chicken Nugget
 Vegetable Fried Rice	 Fried Noodle with Beef	 Baked Pumpkin Salad	 Steamed Brown Rice	 Spaghetti with Tomato Sauce
 Papaya	 Fruit yoghurt	 Baby Carrot Cake	 Pears	 Mini Egg Tart









## **MAY- WEEK IV**

Monday 23 <sup>th</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>
 Meli-Melo Salad	 Kidney Beans with Corn Salad	 California Mix	 Mixed vegetable	 Salad Nicoise Oyster Sauce
 Grilled Pork Steak with Mushroom Sauce	 Breaded Beef Roll with Ham and Cheese	 Grilled Pork Steak with	 Pork Lok Lak	 Chicken Cordon Blue
 Mash Potato with Green Pease	 Fusilli Pasta w/Tomato Sauce	 Potato with Fresh Herb	 Steamed Brown Rice	 Farfalle Bolognaise Sauce
 Apple	 Papaya	 Green Banana	 Apple	 Mini Egg Tart



# **CIS LUNCH MENU 2022**

## **MAY - WEEK V**

Monday 30 <sup>th</sup>	Tuesday 31 <sup>st</sup>	Wednesday	Thursday	Friday
 Crispy Green Salad	 Kidney Beans with Corn Salad	None	None	None
 Crispy Chicken Wing	 Breaded Beef Roll with Ham and Cheese	None	None	None
 Italian Lasagna	 Fusilli Pasta w/Tomato Sauce	None	None	None
 Honey Dew	 Papaya	None	None	None