

CIS LUNCH MENU 2022

MAY - WEEK I

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
 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 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
 Steamed Carrot with Green beans with butter and parsley	 Mixed vegetable	 Fava Beans Salad	 Salad Nicoise Oyster Sauce	None
 Hamburger Steak Cheese	 Pork Lok Lak	 Fish Fillet Marinated in a Crust of Pretzels Sauce	 Chicken Cordon Blue	None
 Mashed Potato	 Steamed Brown Rice	 Sausage Fried Rice	 Farfalle Bolognese Sauce	None
 Water Melon	 Apples	 Honey Dew	 Mini Egg Tart	None

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MAY - WEEK III









Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
 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 th	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
 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 Bolognese Sauce
 Apple	 Papaya	 Green Banana	 Apple	 Mini Egg Tart

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MAY - WEEK V

Monday 30 th	Tuesday 31 st	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