



# CIS Weekly Lunch Menu - 2022-2023

New cafeteria at ground floor.

Note: All items can be change at any time if market out of stock. (Prepared By: Chef Sopheap & F&B Saveth)

October 2022 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Salad</b>	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings
<b>Sandwich</b>	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Ham & cheese Sandwich -Vegetable sandwich (With small mixed salad)
<b>Western Food</b>	Sweet Corn with Kidney Beans Salad 	Steamed Mixed Vegetable 	Baked Pumpkin Avocado Salad 	Coleslaw Salad 	Mixed Green Salad 
	Grilled Pork Steak with Mushroom Cream Sauce 	Beef Ragu 	Potato Crocket 	Baked Pork Ball/Brown Sauce 	Grilled Fish with Mushroom Cream Sauce 
	Lyonnise Potato 	Penne with Tomato Sauce 	Baked Chicken with Vegetable 	Spaghetti with Tomato Sauce 	Vegetable Lasagna 
	Fried Long Eggplant with Oyster and Mushroom 	Fried Cauliflower with Mushroom 	Steamed Cabbage with Vermicelli 	Fried Choy Sun with Mushroom 	Fried Snow Peas with Mushroom 
<b>Asian Food</b>	Chicken Lok Lak 	Sweet and Sour Pork 	Crispy Fish with Orange Sauce 	Fried Duck Breast with Onion 	Braised Beans Curd with Sweet Beans Sauce 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 
	Honey Dew 	Carrot Cup Cake 	Fruit Salad 	Papaya 	Red Apple 
<b>Fruit Or Dessert</b>					

































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## October 2022 - Week II

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Salad	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings
Sandwich	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)
Western Food	Steamed Vegetable 	Five Color Mixed Vegetable with Cocktail Sauce 	Beetroot with Apple Salad 	Coleslaw Salad 	
	Breaded Beef Roll 	Grilled Pork Steak with Mushroom Cream Sauce 	Crispy Chicken Wing 	Crispy Potato 	
	Spaghetti tomato Sauce 	Mash Potato 	Macaroni with Beef Sauce 	Chicken Fish with Garlic Butter Sauce 	
Asian Food	Steamed Cabbage with Vermicelli and Mince Pork 	Fried Winter Melon with Egg 	Fried Vegetable with Vegetarian Meats 	Fried Morning Glory 	
	Steamed Chicken 	Fried Beef with Shanghai Sauce 	Sweet and Sour Fish 	Pork Lok Lak 	
	Steamed Chicken Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	
Fruit Or Dessert	Fruit Yoghurt 	Dragons Fruit 	Papaya 	Fresh Fruit Salad 	





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## October 2022 - Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
<b>Salad</b>	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings
<b>Sandwich</b>	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)
<b>Western Food</b>	Caesar Salad with Bacon 	Beetroot with Apple Salad 	Tuna Salad with Green Beans 	Chef Salad Cheese/ ham 	Baked Pumpkin Salad 
	Beef Ragu 	Pan Fried Mince Pork Cake 	Chicken Ball with tomato Sauce 	Crispy Potato 	Penne with Tomato Sauce 
	Mash Potato 	Vegetable Lasagna 	Spaghetti Tomato Sauce 	Crispy Fish 	BBQ Pork 
<b>Asian Food</b>	Fried Cabbage with Carrot and Mushroom 	Fried Long Eggplant with Pork 	Fried Choy Sum with Carrot 	Steamed Mixed Vegetable 	Japanese Seaweed Salad 
	Fried Pork with Kai Lane 	Sweet and Sour Fish 	Fried Beef with Baby Corn and Mushroom 	Crispy Chicken Wing 	Vegetable Tempura 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Fried Noodle with Vegetable 	Maki Roll 
	Green Banana 	Honeydews 	Carrot Cake 	Fresh Fruit Salad 	Mini Egg Tart 
<b>Fruit Or Dessert</b>					






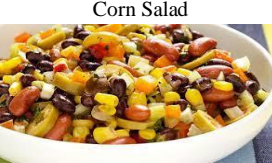
























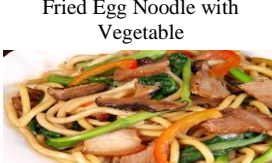








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## October 2022 - Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Salad</b>	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings	-Bar Salad w/ condiment (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) -Choice of Dressings
<b>Sandwich</b>	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)
<b>Western Food</b>	Steamed Vegetable 	Baked Pumpkin Salad 	Cesar Salad 	Kidney Beans with Sweet Corn Salad 	Steamed Mixed Vegetable 
	Baked Fish with Garlic Butter 	Farfalle pasta 	Chicken Corndog Bleu 	Crispy Fish Finger 	BBQ Chicken Leg 
	Croquet Potato 	Baked Beef Ball 	Potato Gratin 	Penne Carbonara 	Fried Rice with Sausage 
<b>Asian Food</b>	Steamed Cabbage with Vermicelli 	Fried Mixed Vegetable with Crispy Beans Curd 	Braised Tofu with Pork Mince 	Fried Long Eggplant with Chicken Mince 	Fried Choy Sum with Mushroom 
	Steamed Singapore Chicken 	Pork Lok Lak 	Steamed Fish with Soya Sauce 	BBQ Chicken Wing 	Fried Duck with Onion 
	Steamed Singapore Rice 	Steamed Rice 	Steamed Rice 	Fried Egg Noodle with Vegetable 	Fried Rice with Sausage 
<b>Fruit Or Dessert</b>	Green Banana 	Watermelons 	Mini Carrot Cup Cake 	Papaya 	Green Apple 



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## October 2022 - Week V

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	31				
Salad	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>				
Sandwich	-Club Sandwich, -Tuna Sandwich, -Steak Sandwich -Vegetable sandwich (With small mixed salad)				
Western Food	Fried Cauliflower 				
	Breaded Beef Meats 				
	Lyonnais Potato 				
Asian Food	Fried Cauliflower 				
	Fried Chicken /Oyster Sauce 				
	Vegetable Fried Rice 				
Fruit Or Dessert	Banana Cup Cake 				