



# 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)

## September 2022 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Salad	None	None	None	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>
Sandwich	None	None	None	-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)
Western Food	None	None	None	Steamed Mixed Vegetable 	Steamed Broccoli with Garlic and Olive Oil 
	None	None	None	Grilled Chicken Leg with BBQ Sauce 	Chicken Nugget 
	None	None	None	Spaghetti with Tomato Sauce 	Penne with Mushroom Cream Sauce 
Asian Food	None	None	None	Fried Mixed Vegetable with Crispy Beans Curd 	Steamed Cabbage with Vermicelli and Mushroom 
	None	None	None	Pork Lok Lak 	Steamed Chicken with Ginger Sauce 
	None	None	None	Steamed Rice 	Steamed Singapore Rice 
Fruit Or Dessert	None	None	None	Red Apple 	Fresh Fruit Salad 



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## September 2022 - Week II

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Salad	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	None
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)	None
Western Food	Steamed Mixed Vegetable 	Caesar Salad with Bacon 	Mixed Green Salad 	Steamed Cauliflower with Carrot and Green Pease 	None
	Baked Pork Roll with Stuffed Vegetable 	Baked Beef Ball 	Sauteed Zucchini with Carrot 	Baked Chicken Leg with Honey Mustard Sauce 	None
	Steamed Potato with Green Peas 	Spaghetti with Tomato Sauce 	Lasagna 	Baked Macaroni Tomato Sauce 	None
	Fried Kai Lane with Mushroom 	Fried Snow Pease with Carrot 	Fried Winter Melon with Egg 	Braised Vegetable with Egg Sauce 	None
Asian Food	Steamed Fish Felled with Soya Sauce 	Fried Beef with Capsicum 	Sweet and Sour Pork 	Fried Chicken Shanghai Sauce 	None
	Fried Rice with Egg 	Steamed Rice 	Steamed Rice 	Vegetable Fried Rice 	None
	Water Melon 	Carrot Cake 	Green Banana 	Dragon Fruit 	None
Fruit Or Dessert					





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## September 2022 - Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
<b>Salad</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>
<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>	Beetroot Salad with Apple 	Mozzarella Cheese with Cucumber and Tomato Salad 	Baked Pumpkin with Avocado Salad 	Sweet Corn and Kidney Bean Salad 	Steamed Mixed Vegetable 
	Crispy Chicken Wing 	Lyonnais Potato 	Beef Ball 	Crispy Finger Fish 	Bread Chicken Leg with Honey mustard sauce 
	Spaghetti with Tomato Sauce 	Grilled Pork Steak with Mushroom Cream Sauce 	Farfalle with Tomato Sauce 	Penne Tomato Sauce 	Fusilli with Tomato Sauce 
<b>Asian Food</b>	Fried Long Eggplant with Tofu 	Fried Mixed Vegetable 	Fried Long Cabbage with Mushroom 	Fried Bok Choy with Mushroom 	Fried Mixed Vegetable 
	Sweet and Sour Fish 	Pork Lok Lak 	Fried Chicken and black with Oyster Sauce 	Fried Beef with Onion 	Braised Tofu / Mince Pork 
	Steamed Rice 	Egg Fried Rice 	Steamed Rice 	Steamed Rice 	Vegetable Fried Rice 
<b>Fruit Or Dessert</b>	Banana Cake 	Papaya 	Green Apple 	Dragon Fruit 	Honey Dew 



































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## September 2022 - Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
<b>Salad</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>	<b>-Bar Salad w/ condiment</b> (Egg, corn, Capsicum, Olive, Cucumber, Onion, Cherry Tomato, Pickle onion) <b>-Choice of Dressings</b>
<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>	Macedonia Five Vegetable Salad 	Niçoise Salad 	Coleslaw Salad 	Steamed Mixed Vegetable 	Mixed Vegetable Stick 
	Baked Pork with Vegetable 	Chicken Ball with Tomato Sauce 	Fish Finger 	Chicken Cordon Bleu 	Grilled Pork Steak with BBQ Sauce 
	Croquet Potato 	Plain Penne 	Linguine with Tomato Sauce 	Vegetable Lasagna 	Spaghetti Tomato Sauce 
	Fried Choy Sum with Mushroom 	Fried Mixed Vegetable 	Steamed Cabbage with Vermicelli and Mince Pork 	Fried Broccoli with Cauliflower 	Fried Cucumber with Egg 
<b>Asian Food</b>	Fried Duck Breast with Onion 	Steamed Singapore Chicken 	Steamed Fish with Soya Sauce 	Crispy Beane Curd with Stuff Mince Pork 	Crispy Chicken Wing 
	Steamed Rice 	Steamed Chicken Rice 	Steams Rice 	Steamed Rice 	Fusilli 
	Green Banana 	Papaya 	Water Melon 	Dragon Fruit 	Honey Dew 
<b>Fruit Or Dessert</b>					