

























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)

November 2022 - Week I

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--------|---|---|---|--|
| | 3 | 1 | 2 | 3 | 4 |
| 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 |
| 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, -Ham & cheese Sandwich -Vegetable sandwich (With small mixed salad) |
| Western Food | | Cesar Salad  | Macedonia Five Vegetable Salad  | Coleslaw Salad  | Chef Salad  |
| | | Gri/Marinated Chicken Leg  | Crispy Fish  | Beetroot with Apple and Potato Salad  | Chicken Wing  |
| | | Spaghetti Tomato Sauce  | Lyonnais Potato  | BBQ Pork Steak  | Penne with Tomato Sauce  |
| Asian Food | | Fried Winter Melon/ Egg  | Steamed Cabbage with Vermicelli and chicken Mince  | Fried Mixed Vegetable with Crispy Beans Curd  | Braised Cauliflower with Egg Sauce  |
| | | Fried Chicken Oyster Sauce  | Fried Pork with Mushroom  | Steamed Fish with Tear Chiw Sauce  | Fried Beef with Kai Lane  |
| | | Vegetable Fried Rice  | Steamed Rice  | Steamed Rice  | Steamed Rice  |
| Fruit Or Dessert | | Papaya  | Dragon Fruits  | Mini Egg Tart  | Honey Dew  |

















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November 2022 - Week II

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|---|---|---|
| | 14 | 15 | 16 | 17 | 18 |
| 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 | Baked Pumpkin with Slice Ham Salad  | Steamed Cauliflower with Green Pease  | Mixed Vegetable  | Cesar salad Chicken  | Coleslaw Salad with Chicken  |
| | Baked Fish with Garlic Butter Sauce  | Baked Chicken Ball with Tomato sauce  | Breaded Beef Meats  | Baked Chicken Leg  | Potato with Green Beans  |
| | Penne with Tomato Sauce  | Vegetable Lasagna  | Mash Potato  | Macaroni with Tomato Sauce  | Baked Pork Meats with Brown Sauce  |
| Asian Food | Fried Eggplant with Soft Tofu  | Fried Choy Sum with Mushroom  | Fried Mixed Vegetable  | Japanese Seaweed Salad with Grilled Chicken  | Fried Vegetable with Vegetarian Meats  |
| | Sweet and Sour Pork  | Fried Duck Meats with Onion  | Steamed Chicken with Ginger Sauce  | Vegetable Tempura  | Steamed Fish with Vermicelli and Mushroom  |
| | Steamed Rice  | Steamed Rice  | Steamed Rice with Chicken Stock  | Maki Roll  | Steamed Rice  |
| Fruit Or Dessert | Water Melon  | Green Banana  | Fresh Fruit Salad  | Banana Cup Cake  | Red Apple  |



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November 2022 - Week III

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|---|---|---|
| | 21 | 22 | 23 | 24 | 25 |
| 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 | Chef Salad with Ham  | Cesar Salad with Bacon  | Baked Pumpkin Salad  | Steamed Mixed Vegetable  | Salad Coleslaw  |
| | Grilled Pork Roll with Stuff Spinach  | Crispy Chicken Wing  | Grilled Fish with Mushroom Cream Sauce  | Breaded Beef Meats  | Chicken Nugget  |
| | Lyonnais Potato  | Spaghetti with tomato Sauce  | Vegetable Ratatouille  | Steamed Potato with Green Pease  | Baked Penne with Mushroom Cream Sauce  |
| Asian Food | Fried Kai Lane with Oyster Sauce  | Fried Snow Peas with Mushroom  | Vegetable Spring Roll  | Fried Vegetable with Crispy Beans Curd  | Fried Round Cabbage with Dried Shrimp  |
| | Fried Pork with Mushroom  | Fried Beed with onion  | Braised Tofu with Sweet Beans  | Steamed Fish Filled with Tear Chiw Sauce  | Grilled Chicken Leg with Lemon grass  |
| | Steamed Rice  | Steamed Rice  | Sausage Fried Rice  | Steamed Rice  | Fried Me Bee Hun  |
| | Fresh Honey Dew  | Papaya  | Chocolate Cokie  | Green Banana  | Green Apple  |
| Fruit Or Dessert | | | | | |



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November 2022 - Week IV

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|----------|--------|
| | 28 | 29 | 30 | | |
| 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 | | |
| 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) | | |
| Western Food | Baked Mixed Vegetable with Tomato Sauce  | Coleslaw Salad  | Green Salad  | | |
| | Grilled Fish with Lemon  | Baked Pork Ball  | Breaded Chicken Wing  | | |
| | Mash Potato  | Baked Macaroni with Tomato Sauce  | Vegetable Lasagna  | | |
| Asian Food | Fried Kai Lane with Mushroom  | Fried Winter Melon with Egg  | Steamed Cabbage with Vermicelli and Dried Shrimp  | | |
| | Fried Pork with Mushroom  | Sweet and Sour Fish  | Steamed Singapore Chicken  | | |
| | Steamed Rice  | Steamed Rice  | Steamed Singapore Rice  | | |
| Fruit Or Dessert | Dragon Fruit  | Honey Dew  | Banana Cup Cake  | | |