
















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)

December 2022 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	3	1	2	1	2
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
Sandwich				-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				Chef Salad with Ham and cheese 	Sweet Corn and Kidney Beans Salad 
				Grilled Chicken Leg with Teriyaki sauce 	Grilled Fish with Teriyaki Sauce 
				Croquettes Potato 	Fusilli Pasta 
Asian Food				Fried Choy Sum with Mushroom 	Fried Mixed Vegetable with Oyster Sauce 
				Fried Chicken with Oyster Sauce 	Pork Lok Lak 
				Steamed 	Steamed 
Fruit Or Dessert				Water Melon 	Fresh Fruit Salad 



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December 2022 - Week II

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
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	Mixed Green Salad 	Green Beans with Tuna Salad 	Potato Salad with Egg 	Bake Pumpkin Salad 	Chef Salad 
	Stew Beef 	Crispy Potato Wagged 	Breaded Fish Meats 	Baked Pork Ball 	Steamed Mixed Vegetable 
	Spaghetti 	Grilled Chicken Leg with BBQ Sauce 	Vegetable Ratatouille 	Macaroni with Beef Sauce 	Vegetable Lasagna 
Asian Food	Fried Cucumber with Egg 	Steamed Cabbage with Vermicelli 	Fried Long Eggplant with Tofu 	Taro Spring Roll 	Fried Kai Lane with Mushroom 
	Fried Pork with Mushroom 	Steamed Fish with Soya Sauce 	Fried Duck Breast with Snow Pease 	Fried Vegetable with Vegetarians Meats 	Sweet and Sour Pork 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Egg Fried Rice 	Steamed Rice 
	Papaya 	Carrot Cake 	Honey Dew 	Dragon Fruit 	Water Melon 
Fruit Or Dessert					



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December 2022 - Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
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 	Baked Pumpkin Salad 	Mixed Green Salad 	Steamed Broccoli and Cauliflower and Carrot 	Coleslaw Salad 
	BBQ Pork Steak 	Crispy Chicken Wing 	Baked Beef Ball 	Baked Chicken Leg with Vegetable 	Crispy Fish Finger 
	Lyonnais Potato 	Penne with Mushroom Cream Sauce 	Spaghettis Tomato Sauce 	Mash Potato 	Vegetable Lasagna 
Asian Food	Steamed Cabbage with Vermicelli 	Fried Eggplant with Tofu 	Sautéed Baby kai lan with Garlic 	Fried Vegetable with Beans Curd 	Braised Cauliflower with Egg Sauce 
	Steamed Chicken Ginger Sauce 	Pork Lok Lak 	Sweet and sour fish 	Fried Duck Breast with Oyster Sauce 	Fried Pork with Mushroom 
	Steamed Rice with Chicken Stock 	Steamed Rice 	Fried Rice with Pork Sausage 	Steamed Rice 	Steamed Rice 
	Fresh Apple 	Mini Egg Tart 	Fruit Salad 	Green Apple 	Honey Dew 
Fruit Or Dessert					