
























CIS Weekly Lunch Menu - 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)

February 2023 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
Salad			1	2	3
			-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
			-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)
Sandwich			Chef Salad with Chicken 	Tuna Salad with Green Bean and Potato 	Sweet Corn and Kidney Beans Salad 
			Grilled Fish with Mushroom Cream Sauce 	Grilled Chicken Leg with Teriyaki Sauce 	Beef Ragu with Vegetable 
			Spaghetti with Tomato Sauce 	Vegetable Fried Rice 	Steamed Potato Wedges 
Western Food			Fried Mixed Vegetable with baby Black Fungus 	Fried Winter Melon 	Fried Broccoli & Cauliflower/Egg Beans Curd 
			Beef Lok Lak 	Sweet and Sour Fish 	Fried Pork with Mushroom 
			Steamed Rice 	Vegetable Fried Rice 	Steamed Rice 
Asian Food			Mini Egg Tart 	Dragon Fruit 	Honey Dew 
Fruit Or Dessert					



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February 2023 - Week II

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
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, -Ham & cheese Sandwich -Vegetable sandwich (With small mixed salad)
Western Food	Coleslaw Salad 	Steamed Mixed Vegetable 	Vegetable Ratatouille 	Bake Pumpkin Salad 	Mixed Kidney Beans with Sweet Corn Salad 
	Grilled Fish Garlic Butter Sauce 	Baked Potato Wagged 	Baked Beef Ball 	Grilled Pork with BBQ Sauce 	Breaded Fish Fillet 
	Spaghetti Carbonara Sauce 	Grilled Chicken with Mushroom Cream Sauce 	Egg Fried Rice 	Penne with Tomato Sauce 	Steamed Potato with Parsley 
	Fried Long Eggplant with Mince Pork 	Steamed Cabbage with Vermicelli 	Fried Baby Kai Lane with Crispy Beans Curd 	Fried Mixed Vegetable 	Fried Snow Pease with Mushroom 
	Baked Chicken Wing 	Steamed Fish Felled with Soya Sauce 	Fried Pork with Oyster Sauce 	Fried Beef with Black Mushroom 	Steamed Chicken with Ginger Sauce 
Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	
Fruit Or Dessert	Papaya 	Banana Cup Cake 	Honey Dew 	Dragon Fruit 	Water Melon 



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February 2023 – Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
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, -Steak Sandwich -Vegetable sandwich (With small mixed salad)	
Western Food	Couscous Salad with Chicken Sausage 	Beetroot with Apple Salad 	Mixed Green Salad 	Mozzarella Cheese with Cucumber, Avocado and Tomato 	
	Grilled Mini Beef Steak 	Baked Pork with Vegetable 	Baked Chicken Wing with BBQ Sauce 	Baked Fish Finger with Corn Flake 	
	Steamed Potato 	Penne with Carbonara Sauce 	Vegetable Fried Rice 	Steamed Mixed Vege 	
Asian Food	Sautéed Baby kai lan with Garlic 	Fried Vegetable with Black Fungus Mushroom 	Fried Cucumber with Egg 	Fried Snow Pease with Mushroom 	
	Pork Lok Lak 	Fried Chicken with Mixed Lemon Grass and long Beans 	Sweet and Sour Fish 	Fried Beef with Onion 	
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	
Fruit Or Dessert	Fresh Apple 	Fresh Water Melon 	Papaya 	Green Banana 	



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February 2023 - Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
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			Chef Salad w/Ham and cheese 	Steamed Mixed Vegetable Stick with Butter and Parsley 	Sweet Corn with Kidney Beans 
			Grilled Chicken Leg with Teriyaki sauce 	Pork Ragu with Vegetable 	Baked Fish with Garlic Butter 
			Steamed Potato with Green Pease 	Spaghetti Pasta with Tomato Sauce 	Egg Fried Rice 
Asian Food			Fried Vegetable with Baby Black Fungus 	Fried Winter Melon with Mince Pork 	Fried Cauliflower with Egg 
			Steamed Fish with Soya Sauce 	Beef Lok Lak 	Steamed Chicken with Ginger Sauce 
			Steamed Rice 	Steamed Rice 	Steamed Rice 
Fruit Or Dessert			Water Melon 	Mini Banana Cup Cake 	Red Apple 



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February 2023 - Week V

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	22	23	24
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, -Steak Sandwich -Vegetable sandwich (With small mixed salad)			
Western Food	Chef Salad with Chicken 	Tuna Salad with Green Bean and Potato 			
	Grilled Fish with BBQ Sauce 	Baked Chicken Wing 			
	Spaghetti with Tomato Sauce 	Fried Yellow Noodle with Egg 			
Asian Food	Fried Baby Kai Lan with Mushroom 	Cabbage Salad with Chicken Meat 			
	Fried Chicken with Oyster Sauce 	Fried Tomato with Pork 			
	Steamed Rice 	Steamed Rice 			
Fruit Or Dessert	Mini Egg Tart 	Dragon Fruit 			