



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)

January 2023 - Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
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	Coleslaw Salad 	Green Beans with Tuna Salad 	Vegetable Ratatouille 	Bake Pumpkin Salad 	Mixed Kidney Beans with Sweet Corn Salad 
	Baked Beef Ball Vegetable 	Potato Croquette 	Grilled Fish with Teriyaki Sauce 	Grilled Pork with BBQ Sauce 	Grilled Fish 
	Spaghetti Tomato Sauce 	Grilled Chicken with Mushroom Cream Sauce 	Egg Fried Rice 	Penne with Tomato Sauce 	Crispy Potato 
Asian Food	Fried Baby Kai Lane with Mushroom 	Steamed Cabbage with Vermicelli 	Fried Long Eggplant with Tofu 	Fried Mixed Vegetable 	Fried Snow Pease with Mushroom 
	Braised Pork Belly with Brown Sugar 	Sweet and Sour Fish 	BBQ Chicken Wing 	Fried Beef with Black Mushroom 	Vegetable Curry Puff 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Steamed Rice 	Fried Yellow Noodle with Egg 
Fruit Or Dessert	Papaya 	Banana Cup Cake 	Honey Dew 	Dragon Fruit 	Water Melon 



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January 2023 - Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
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	Steamed Vegetable 	Beetroot with Apple Salad 	Mixed Green Salad 	Mozzarella Cheese Cucumber, Avocado, Tomato 	Coleslaw Salad 
	BBQ Pork Steak 	Baked Chicken with Vegetable 	Beef Ragus 	Crispy Fish Finger 	Baked Pork Ball 
	Lyonnais Potato 	Baked Macaroni with Tomato Sauce 	Sautéed Vegetables 	Spaghettis Tomato Sauce 	Vegetable Fried Rice 
Asian Food	Sautéed Baby kai lan, Garlic 	Fried Vegetable with Black Fungus Mushroom 	Fried Cucumber with Egg 	Fried Long Eggplant with Tofu 	Braised Cauliflower with Egg Sauce 
	Steamed Chicken Ginger Sauce 	Pork Lok Lak 	Steamed Fish with Tearchiw Sauce 	Fried Beef with Onion 	Crispy Chicken Wing 
	Steamed Rice with Chicken Stock 	Steamed Rice 	Fried Rice with Pork Sausage 	Steamed Rice 	Fried Bee Hun with Vegetable 
Fruit Or Dessert	Fresh Apple 	Carrot Cake 	Fruit Salad 	Green Apple 	Honey Dew 





















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January 2023 - Week V

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
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 with Ham and cheese 	Steamed Mixed Vegetable Stick with Butter and Parsley 	Baked Pumpkin with Avocado Salad 
			Grilled Chicken Leg with Teriyaki sauce 	Grilled Pork with Mushroom Cream Sauce 	Baked Fish with Garlic Butter 
			Croquettes Potato 	Fusilli Pasta with Tomato Sauce 	Egg Fried Rice 
Asian Food			Fried Snow Pease with Carrot and Mushroom 	Fried Winter Melon with Mince Pork 	Fried Cauliflower with Egg 
			Steamed Fish with Soya Sauce 	Beef Lok Lak 	Sweet and Sour Pork 
			Steamed Rice 	Steamed Rice 	Steamed Rice 
Fruit Or Dessert			Water Melon 	Fresh Fruit Salad 	Red Apple 



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January 2023 - Week VI

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31			
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	Niçoises Salad 	Couscous Salad with Chicken 			
	Baked Beef Ball 	BBQ Pork Steak 			
	Spaghetti with Tomato Sauce 	Baked Vegetable with Tomato Sauce 			
Asian Food	Fried Chay Sim with Mushroom and Oyster Sauce 	Fried Long Cabbage with Carrot 			
	Crispy Chicken Wing 	Fried Pork with Mushroom 			
	Yang Chow Fried Rice 	Steamed Rice 			
Fruit Or Dessert	Green Banana 	Dragon Fruit 			