























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)

March 2023 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
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			Greek Salad 	Steamed Mixed Vegetable Stick with Butter and Parsley 	Niçoise 
			Chicken Nagged 	Baked Fish with Garlic Butter 	Pizza 
			Steamed Potato with Parsley 	Spaghetti with Bolognaise Sauce 	Steamed Mixed Vegetable 
Asian Food			Fried Mixed Vegetable with Baby black Fungus 	Steamed Long Cabbage with Vermicelli 	Fries Kai Lane with Mushroom 
			Sweet and Sour Fish 	Braised Tofu with Ground Pork 	Fried Chicken Chinese Style 
			Steamed Rice 	Vegetable Fried Rice 	Steamed Rice 
Fruit Or Dessert			Pineapple 	Papaya 	Fresh Fruit Salad 



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March 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	Chef Salad 	Steamed Mixed Vegetable 	Crispy Green Salad 	Mozzarella Cheese with Tomato and Cucumber 	Coleslaw Salad 
	Beef and Vegetable Stew 	Green Pease with Potato Mash 	Crispy Baked Fish with Stick 	Grilled Pork with BBQ Sauce 	Chicken Burger 
	Plain Spaghetti 	Baked Chicken Leg boneless with Mushroom Sauce 	Vegetable lasagna 	Baked Vegetable with Tomato 	Baked Potato Wagged 
Asian Food	Crispy Vegetable Spring Roll 	Fried Mixed Vegetable with Beane Curd 	Fried Zucchini Local Round with Dried Shrimp 	Vegan Yaki Udon 	Fried Long Eggplant with Tofu 
	Baked Chicken Wing 	Steamed Fish Felled with Soya Sauce 	Pork Lok Lak 	Crispy Vegetable Tempura 	Fried Duck Breast with Vegetable 
	Fried Yellow Noodle with Vegetable and Egg 	Steamed Rice 	Steamed Rice 	Maki Roll 	Steamed Rice 
Fruit Or Dessert	Tangerine 	Fresh Pomelo 	Fresh Fruit Salad 	Fresh Water Melon 	Banana Cake 



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March 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			
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	Pumpkin and Avocado Salad 	Grilled Mixed Vegetable Salad 			
	Baked Beef Ball 	Chicken Cordon Blue 			
	Spaghetti with Tomato Sauce 	Steamed Potato with Parsley 			
Asian Food	Fried Chay Sim with Oyster Sauce 	Fried Mixed Vegetable with baby Black Fungus 			
	Fried Pork Chinese Style 	Steamed Chicken with Ginger Sauce 			
	Steamed Rice 	Vegetable Fried Rice 			
	Mini Fruit Tart 	Dragon Fruit 			
Fruit Or Dessert					



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March 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	-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 	Salad Niçoise 	Cesar Chicken 	Mozzarella Cheese with Cucumber, Avocado, Tomato 	Coleslaw Salad 
	Baked Pork Ball 	Baked Chicken with Vegetable 	Breaded Pork Meat 	Baked Fish with Mushroom Cream Sauce 	Baked Potato Wedged 
	Penne Carbonara 	Mash Potato with Green Pease 	Steamed Couscous with sweet Corn and Kidney Beans 	Vegetable Fried Rice 	Mini Burger 
Asian Food	Fried Chinese Chay Sim with Carrot and Mushroom 	Steamed Long Cabbage with Vermicelli and Dried Shrimp 	Fried Cucumber with Egg 	Fried Long Eggplant w/Tofu 	Ma Por Tofu 
	Pan Fried Fish with Tamarind Sauce 	Sweet and Sour Pork 	Fried Chicken with Mixed Mushroom 	Beef Lok Lak 	Crispy Spring Roll 
	Steamed Rice 	Steamed Rice 	Fried Rice with Pork Sausage 	Steamed Rice 	Fried Yellow Noodle with Egg 
Fruit Or Dessert	Banana Cup Cake 	Fresh Fruit Salad 	Mini Egg Tart 	Pineapple 	Honey Dew 



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March 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	-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	Greek Salad 	Steamed Zucchini with Green Pease 	Steamed Mixed Vegetable 	Baked Pumpkin Salad with Sun dried Tomato 	Mixed Green Salad 
	Chicken Cordon Blue 	Beef Ragu 	Crispy Fish Finger 	BBQ Pork Steak 	Baked Chicken Wing 
	Sausage Fried Rice 	Mash Potato 	Spaghetti with Bolognaise Sauce 	Steamed Potato with Carrot 	Pizza 
	Fried Cabbage with Dried Shrimp 	Fried Snow Pease with Beans Curd 	Fried Broccoli and Cauliflower with Mushroom 	Sushi Roll 	Fried Mixed Vegetable with Mushroom and Beans Curd 
Asian Food	Fried Duck Breast with Oyster Sauce 	Steamed Fish with Soya Sauce 	Fried Pork with Capsicums 	Crispy Vegetable Tempura 	Steamed Chicken with Ginger Sauce 
	Steamed 	Steamed Rice 	Steamed Rice 	Seaweed Salad with Chicken 	Steamed Rice 
	Fresh Apple 	Papaya 	Berry Michell 	Fresh Dragon 	Pomelo 
Fruit Or Dessert					