



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)

May 2023 - Week 1

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
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 Chicken 	Sesame Greens 	Sweet Corn and Kidney Beans Salad 	Curried Chickpea Salad 	Curried Lentil and Spinach Fritters 
	Grilled Fish with Mushroom Cream Sauce 	Grilled Chicken Leg with Teriyaki Sauce 	Beef and Bean Burger 	Baked Beef Roll with Vegetable 	Tuna Salad Wraps 
	Spaghetti with Tomato Sauce 	Baked Vegetable with Tomato Sauce 	Baked Potato 	Baked Pumpkin, Carrot and Beetroot 	Steamed Mixed Vegetable 
Asian Food	Fried Mixed Vegetable with baby Black Fungus 	Fried Winter Melon 	Fried Broccoli & Cauliflower with Egg Beans Curd 	Fried Cabbage with Vermicelli and Black Fungus 	Fried Long Eggplant with Beans Curd & Oyster Sauce 
	Beef Lok Lak 	Sweet and Sour Fish 	Fried Pork with Mushroom 	Grilled Chicken Leg with BBQ Sauce 	Fried Duck Breast with Mushrooms and Onion 
	Steamed Rice 	Vegetable Fried Rice 	Steamed Rice 	Fried Yellow Noodle 	Steamed Rice 
	Green Apple 	Pineapple 	Honey Dew 	Banana Cup Cake 	Papaya 
Fruit Or Dessert					




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May 2023 - Week II

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	
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	Soba Noodles with Teapah 	Steamed Mixed Vegetable 	Cucumber Smash Salad 	Niçoises Salad 	
	Baked Fish Finger/Corn Flak 	BBQ Chicken Drumstick 	Grilled Mini Pork Steak with Mushroom Cream Sauce 	Steamed Zucchini and Carrot Stick 	
	Vegetable Ratatouille 	Spaghetti with Bolognaise Sauce 	Curried Chickpea Salad 	Mini Pizza 	
Asian Food	Mapo Tofu with Chicken 	Fried Kai Lane with Mushroom Sauce 	Fried Cucumber with Egg and Dried Shrimp 	Fried Snow Pease with Mushroom 	
	Sweet and Sour Pork 	Steamed Chicken with Ginger Sauce 	Fried Beef with Onion and Carrot 	Pan fried Fish with Tamarind Sauce 	
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Egg Fried Rice 	
Fruit Or Dessert	Fresh Apple 	Fresh Water Melon 	Fruit Salad 	Pomelo 	



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May 2023 – Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
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	Tuna with Green Beans Salad 	Cesar Salad 	Vegetable Ratatouille 	Bake Pumpkin Salad 	Black Bean and Corn Salad 
	Chicken Ball 	Steamed Mixed Vegetable 	Baked Chicken Leg with Teriyaki Sauce 	Grilled Pork with BBQ Sauce 	Beef Burger 
	Spaghetti Tomato Sauce 	Grilled Fish with Mushroom Cream Sauce 	Macaroni and cheese with Vegetable 	Steamed Mixed Vegetable 	Baked Potato wedges 
Asian Food	Fried Chinese Chay Sim with Mushroom 	Steamed Cabbage with Vermicelli 	Fried winter Melon with Egg and Dried Shrimp 	Samba Noodle Salad 	Fried Mixed Vegetable 
	Pork Lok Lak 	Steamed Fish Felled with Soya Sauce 	Fried Beef with Oyster Sauce 	Baked Chicken Wing 	Fried Duck with Capsicums 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Vegetable Maki Roll 	Steamed Rice 
	Papaya 	Banana Cup Cake 	Honey Dew 	Dragon Fruit 	Water Melon 
Fruit Or Dessert					



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May 2023 – Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
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	Salad Niçoise 	Sweet Corn and Kidney Beans Salad 	Smoked Duck Breast Salad 	Grilled Vegetable Salad 	Mixed Green Salad 
	BBQ Chicken Drumstick 	Steamed Vegetable 	Baked Fish with Garlic Lemon Butter 	Baked Pork Ball 	Pizza 
	Baked Penne with Mushroom Cream Sauce 	Beef Ragu 	Steamed Potato 	Creamy Hummus 	Chicken Nugget 
Asian Food	Vietnam Fresh Spring Roll 	Fried Import snow Pease with Mushroom 	Fried Long Cabbage with Dried Shrimp 	Fried Soya skin with Black Fungus and Cucumber 	Fried Choy Sum with Mushroom 
	Baked Chicken Wing 	Fried Beef with Capsicums 	Sweet and Sour fish 	Mapo Tofu with Chicken 	Fried Pork with Onion 
	Sausage Fried Rice 	Steamed Rice 	Steamed Rice 	Fried Me Hoon with Vegetarians Meats 	Steamed Rice 
	Pineapple 	Fresh Fruit 	Pomelo 	Carrot Cup Cake 	Honey dew 
Fruit Or Dessert					



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May 2023 – Week V

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	29	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	-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	Cesar Salad 	Beetroot with Potato Salad 	Smoked Duck Breast Salad 		
	Tofu Masala Curry 	Carrot Potato Pancake 	Baked Chicken Leg boneless 		
	Spaghetti Tomato Sauce 	BBQ Pork Steak 	Baked Potato Wedges 		
Asian Food	Fried Local Zucchini/ Vermicelli/Dried Shrimp 	Crispy Vegetable Spring roll 	Fried Long Eggplant with Tofu 		
	Beef Lok Lak 	BBQ Chicken Wing 	Chinese with Vegetable 		
	Steamed Rice 	Sausage Fried Rice 	Steamed Rice 		
Fruit Or Dessert	Papaya 	Red Apple 	Water Melon 		