



CIS Weekly Lunch Menu - 2023

New cafeteria at ground floor.

Note: All items can be change at any time if market out of stock.

November 2023 - Week I

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--------|---------|---|---|--|
| Salad & Sandwich | | | 1 | 2 | 3 |
| | | | -Bar Salad w/ condiment & -Tuna Sandwich | -Bar Salad w/ condiment & -Cheese Sandwich | -Bar Salad w/ condiment & -Ham Sandwich |
| | | | Corn and Lentil Soup  | Veggie Scramble Egg  | Smoked duck Salad  |
| Western Food | | | Baked Fish Filled with Corn Flack  | Steamed Mixed Vegetables  | Mashed Potato  |
| | | | Spaghetti with Tomato Sauce  | Mini Burger  | Stewed Pork  |
| | | | Fried Bok Choy with Mushroom  | Steamed Cabbage with Vermicelli and Black Fungus  | Seaweed Soup with Tofu and Chicken Meat  |
| Asian Food | | | Mapo Tofu with Pork  | Fried Beef with Onion and Carrot  | Fried Duck Breast with Baby Corn and Mushroom  |
| | | | Steamed Rice  | Steamed Rice  | Sausage Fried Rice  |
| | | | Apple  | Dragon Fruit  | Pineapple  |
| Fruit Or Dessert | | | | | |



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November 2023 - Week II

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|---|--|----------|---|
| | 6 | 7 | 8 | 9 | 10 |
| Salad & Sandwich | -Bar Salad w/ condiment & -Club Sandwich | -Bar Salad w/ condiment & -Egg Sandwich | -Bar Salad w/ condiment & -Tuna Sandwich | | -Bar Salad w/ condiment & -Ham Sandwich |
| Western Food | Beef and Cabbage Soup  | Steamed Vegetables  | Carrot Cream Soup  | | Chicken and Spring Vegetable soup  |
| | Stir-Fry Chicken and Broccoli  | Moroccan Fish  | Crispy Potatoes  | | Mixed Salad  |
| | Egg Noodle  | Baked Polenta  | Panini Sandwich  | | Chickpea "meatballs" and Gnocchi Bake  |
| Asian Food | Fried Morning Glory with Crispy Garlic  | Fresh Spring Roll with Chicken  | Fried Cucumber with Egg  | | Chinese Chab Chay Soup  |
| | Pork Lok Lak  | Fried Vegetable with Mushroom and Soya Skins  | Steamed Chicken with Soya Sauce  | | Teochew Steamed Fish  |
| | Steamed Rice  | Steamed Rice  | Vegetable Fried Rice  | | Steamed Rice  |
| Fruit Or Dessert | Green Pears  | Chocolate Chip  | Tangerine  | | Oat and pumpkin no-bake bites  |



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November 2023 – Week III

| Stations | Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 | Friday 17 |
|-----------------------------|---|--|---|--|--|
| Salad & Sandwich | -Bar Salad w/ condiment & -Club Sandwich | -Bar Salad w/ condiment & -Egg Sandwich | -Bar Salad w/ condiment & -Tuna Sandwich | -Bar Salad w/ condiment & -Cheese Sandwich | -Bar Salad w/ condiment & -Ham Sandwich |
| Western Food | Onion Soup  | Tomato with Mozzarellas Chesses Salad  | Mushroom Puff Pie  | Steamed Vegetable  | Minestrone Soup  |
| | Fisherman's Croquettes  | Steamed Mixed Vegetable  | Beetroot Salad with Apple  | Crispy Potatoes Stick  | Mashed Potato  |
| | Neapolitan Spaghetti and Meatballs  | Pork Ragu  | Breaded Beef Roll  | BBQ Chicken Wrap  | Pan Fried Fish with Teriyaki Sauce  |
| Asian Food | Pan Fried Egg with Better Gourd  | Choy Sum with Garlic and Oyster Sauce  | Fried Long Beans with Beans Curd  | Chinese Lotus Root Soup with Pork  | Fried Eggplant with Chicken Mince  |
| | Fried Duck Brest with Shanghai Sauce  | Sweet and Sour Fish  | Braised Pork with Mushroom and Egg  | Crispy Chicken Wing  | Fried Beef with Oster Sauce  |
| | Steamed Rice  | Steamed Rice  | Steamed Rice  | Fried Noodle with Egg  | Steamed Rice  |
| Fruit Or Dessert | Mini Banana Cup Cake  | Pomelo  | Steamed Pumpkin Cake with Banana Leave  | Green Apple  | Fruit Yoghurts  |

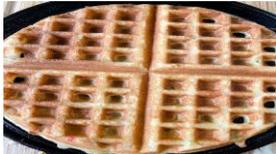


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November 2023 – Week IV

| Stations | Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 | Friday 24 |
|------------------|---|--|--|---|--|
| Salad & Sandwich | -Bar Salad w/ condiment & -Club Sandwich | -Bar Salad w/ condiment & -Egg Sandwich | -Bar Salad w/ condiment & -Tuna Sandwich | -Bar Salad w/ condiment & -Cheese Sandwich | -Bar Salad w/ condiment & -Ham Sandwich |
| Western Food | Vegetable Soup  | Baked Pumpkin Salad with Dried Tomato and Avocado  | Corn and lentil Soup  | Broccoli Cream Soup  | Curried chickpea Salad  |
| | Pork Meat Balls, Mushroom  | Baked Vegetables with Tomato Sauce  | Potato Gratin  | Baked Beef Ball  | Coleslaw Salad  |
| | Chicken Amok Style  | Pan-Fried Fish with Orange Sauce  | BBQ Pork Steak  | Vegetable Lasagnas  | Pizza  |
| Asian Food | Vermicelli Salad with Crispy Bens Curd  | Steamed Cabbage with Soya Skin and Fungus  | Saba Noodle Salad  | Black Fungus with Cucumber Salad  | Black Fungus & Snow Pease  |
| | Mapo Tofu with Pork  | Steamed Chicken with Ginger Sauce  | Vegetable Sushi Roll  | Chicken Fried Rice  | Beef Lok Lak  |
| | Steamed Rice  | Sausage Fried Rice  | Fish and Chip  | Phnom Penh Noodle Soup  | Steamed Rice  |
| Fruit Or Dessert | Watermelon  | Sweet Zucchini Muffins  | Waffle  | Papaya  | Berry Brunch Cake  |



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November 2023 – Week V

| Stations | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--------|---------|-----------|---|--------|
| Salad & Sandwich | | | | 30 -Bar Salad w/ condiment & -Cheese Sandwich | |
| | | | | Sauteed Vegetables  | |
| Western Food | | | | Potatoes Wedged  | |
| | | | | Grilled Ham and Cheese Sandwich  | |
| Asian Food | | | | Sour Chicken Soup  | |
| | | | | Fried Pork with Mushroom  | |
| | | | | Steamed Rice  | |
| Fruit Or Dessert | | | | Sweet Potato Cake  | |

Prepared By: Chef Sopheap & Saveth

Review By: Gregory Esposito

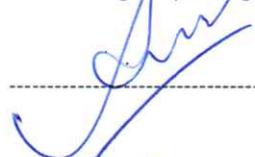
Acknowledged by: Weng Aow

Acknowledged by: Zak Garofolo


 Saveth
 15.08.23


 Sopheap
 15-08-23


 Esposito
 15.08.23.


 Weng Aow
 15 Aug 2023


 Zak Garofolo
 15 Aug 2023