



# CIS Weekly Lunch Menu - 2023

New cafeteria at ground floor.

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

October 2023 - Week I

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
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	Cream of Celery Soup 	Kidney Beans w/Corn Salad 	Creamy Hummus 	Coleslaw Salad 	Roasted Pumpkin, Feta and Grain Salad 
	Cesar Salad 	Steamed Zucchini with Carrot 	Baked Fish with Corn Flack 	Potato Wadges 	Steamed Cauliflower with Carrot and Green Pease 
	Beef Lasagna 	Baked Chicken Leg with Honey Mustard 	Spaghetti with Tomato Sauce 	Panini Sandwich 	Teriyaki Fish Fillets 
Asian Food	Fried Vegetables with Black Fungus 	Fried Morning Glory with Garlic 	Cabbage Soup with Fish Ball 	Braised Cauliflower with Crab Meats Sauce 	Khmer Rice Noodle with Green Soup 
	Sweet and Sour Pork 	Beef Lok Lak 	Steamed Chicken with Soya Sauce and Ginger 	Pan-Fried Fish with Tamarind Sauce 	Khmer Rice Noodle with Green Soup 
	Steamed Rice 	Steamed Rice 	Steamed Yellow Rice 	Fried Noodle with Vegetables 	Yangchow Fried Rice 
Fruit Or Dessert	Papaya 	Pomelo 	Chocolate Cokie 	Waffle cake 	Pineapple 






# CIS Weekly Lunch Menu - 2023

New cafeteria at ground floor.

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

October 2023 – Week III

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
<b>Salad &amp; Sandwich</b>	-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
<b>Western Food</b>	Mushroom Cream Soup 	Beet Root with Green Apple Salad 	Spring Vg soup w/Chicken 	Lentil soup w/ Corn 	Vermicelli Salad with Chicken 
	Seafood Gratin 	Vegetables Ratatouille 	Curried Lentil and Spinach Fritters 	Crispy Potatoes 	Steamed Cauliflower with Carrot and Green Pease 
	Chinese Noodle with Chicken 	Baked Fish Filled with Lemon Butter Sauce 	Chickpea "meatballs" and Gnocchi Bake 	Beef Burger w/ Black Bean 	Baked Pork Meatballs 
	Chines Chab Chay Soup 	Fried Long Eggplant with Sichuan Sauce 	Fried Long Beans with Vegetarians Meats 	Fish Ball Mushroom Soup 	Fried Egg with Chicken Mince and Vegetables 
<b>Asian Food</b>	Pat Low Chicken Leg 	Fried Beef with Carrot, Onion and Capsicum 	Fish Fillet with Tausi 	Pan-Fried Pork Steak with Oyster Sauce 	Fried Chinese Duck Breast with Oyster Sauce 
	Steamed Rice 	Steamed Rice 	Steamed Rice 	Yangchow fried Rice 	Steamed Rice 
	Carrot Cake 	Water Melon 	Berry Brunch Bake 	Fresh Fruit Yoghurt 	Pineapple 
<b>Fruit Or Dessert</b>					











# CIS Weekly Lunch Menu - 2023

New cafeteria at ground floor.

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

October 2023 – Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
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	Pea Soup 	Soba Noodle Salad with Crispy Beans Curd 	Cucumber Smash Salad 	Clear Chicken Soup with Vegetables 	Curried Chickpea 
	Quiche with Grilled Peppers Olive and Feta Cheese 	Baked Pumpkin Salad 	Mashed Potato 	Crispy Potatoes 	Chef Salad 
	Meat Spaghetti 	Baked Pork with Vegetable 	Chicken Cordon Blue 	Grilled Ham and Cheese Sandwich 	Breaded Beef Meat 
Asian Food	Fried Snow Pease with Black Fungus 	Miso Soup 	Cabbage Soup with Tofu 	Fried Cucumber with Egg 	Fried Choy Sum with Oyster Sauce 
	Beef Lok Lake 	Vegetables Sushi Roll 	Fried Pork with Pepper 	Crispy Chicken Wing 	Sweet and Sour Fish 
	Steamed Rice 	Crispy Vegetable Cake 	Steamed Rice 	Fried Bee Hoon with Pork 	Steamed Rice 
Fruit Or Dessert	Papaya 	Mini Egg Tart 	Coconut Jelly 	Strawberry Pancake 	Flourless Yogurt Blender Muffins 







# CIS Weekly Lunch Menu - 2023

New cafeteria at ground floor.

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

October 2023 – Week V

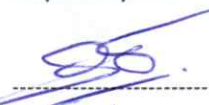
Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31			
Salad & Sandwich	-Bar Salad w/ condiment & -Club Sandwich	-Bar Salad w/ condiment & -Egg Sandwich			
Western Food	Cream Of Chicken 	Tuna Salad with Green Beans 			
	Mediterranean Pasta Salad 	Baked Mixed Vegetables 			
	Chicken Stir-Fry, Tso Sauce 	Beef Rendang 			
Asian Food	Fried Winter Melon with Egg 	Chinese Chicken Soup 			
	Steamed Fish with Vermicelli 	Steamed Fish with Vermicelli 			
	Steamed Rice 	Steamed Rice 			
Fruit Or Dessert	Fresh Fruit Salad 	Steamed glutinous Rice with Banana 			


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

  
15 Aug 2023

  
15 Aug 2023