
























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
			1	2	3
Salad & Sandwich			-Bar Salad w/ condiment & -Tuna Sandwich	-Bar Salad w/ condiment & -Cheese Sandwich	-Bar Salad w/ condiment & -Ham Sandwich
Western Food			Corn and Lentil Soup 	Veggie Scramble Egg 	Smoked duck Salad 
			Baked Fish Filled with Corn Flack 	Steamed Mixed Vegetables 	Mashed Potato 
			Spaghetti with Tomato Sauce 	Mini Burger 	Stewed Pork 
Asian Food			Fried Bok Choy with Mushroom 	Steamed Cabbage with Vermicelli and Black Fungus 	Seaweed Soup with Tofu and Chicken Meat 
			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 
Fruit Or Dessert			Apple 	Dragon Fruit 	Pineapple 




















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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	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	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 Breast 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 













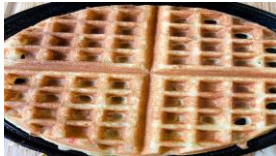



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November 2023 – Week IV

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	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	
Western Food				Sauteed Vegetables 	
				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

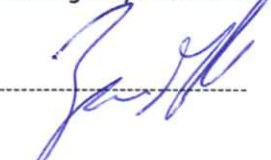
Acknowledged by: Zak Garofolo


Saveth
15.08.23


Sopheap
15-08-23


Esposito
15.08.23.


Weng Aow
15 Aug 2023


Zak Garofolo
15 Aug 2023