



# BREAKFAST MENU

WEEK BEGINNING : 08 MAY 2017



## BREAKFAST / RM3.00 / RM5.00 per item

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Plain Doughnut Ring RM3.00	Whole Meal Croissant RM3.00	PUBLIC HOLIDAY	Hash Brown Potato RM3.00	Cakoi Red Bean RM3.00
	Big Chicken Samosa ( 3pcs) RM3.00	Roti Boom with Vege Curry RM3.00		Chicken Corn Mai (3pcs) RM5.00	Nasi Lemak with Condiment RM3.00
	Banana Muffin RM3.00	Apple Muffin RM3.00		Banana Muffin RM3.00	Chocolate Muffin RM3.00
	Fried Rice with Tofu RM3.00	Fried Noodle with Vegetable RM3.00		Fried Yee Mee RM3.00	Fried Bee Hoon RM3.00
	Belgium Waffle with Jam and Cheese RM5.00	Hainam French Toast RM5.00		English Muffin with Chicken Ham and Cheese RM5.00	Tortilla with Egg and Chicken Chicken RM5.00

## BREAKFAST - Additional Item

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Waffle with Maple Syrup RM3.00	Waffle with Maple Syrup RM3.00	PUBLIC HOLIDAY	Waffle with Maple Syrup RM3.00	Waffle with Maple Syrup RM3.00
	Mix Fruit Yogurt RM3.00	Mix Fruit Yogurt RM3.00		Mix Fruit Yogurt RM3.00	Mix Fruit Yogurt RM3.00
	Chocolate Muesli Bar OR Muesli Bar RM3.00	Chocolate Muesli Bar OR Muesli Bar RM3.00		Chocolate Muesli Bar OR Muesli Bar RM3.00	Chocolate Muesli Bar OR Muesli Bar RM3.00
	Apple / Cut Fruits RM3.00	Apple / Cut Fruits RM3.00		Apple / Cut Fruits RM3.00	Apple / Cut Fruits RM3.00
	Cereals RM3.00	Cereals RM3.00		Cereals RM3.00	Cereals RM3.00
	Oatmeal Chocolate Cookies RM3.00	Oatmeal Chocolate Cookies RM3.00		Oatmeal Chocolate Cookies RM3.00	Oatmeal Chocolate Cookies RM3.00
	Apple / Orange / Mango Juice RM3.00	Apple / Orange / Mango Juice RM3.00		Apple / Orange / Mango Juice RM3.00	Apple / Orange / Mango Juice RM3.00
	Yakult RM3.00	Yakult RM3.00		Yakult RM3.00	Yakult RM3.00

Food Traffic Coding System



Eat more



Eat moderate



Eat once in a while



# LUNCH MENU 1

WEEK BEGINNING : 08 MAY 2017



## SOUP / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Cream of Mushroom Soup with Soft Roll	Egg Drop Soup with Tofu with Soft Roll	<b>PUBLIC HOLIDAY</b>	Beef Ball Soup with Vegetable and Soft Roll	Chicken Cream Soup with Vegetable and Soft Roll
	<i>Item accompanied with :-</i> * DRINKS * FRUITS	<i>Item accompanied with :-</i> * DRINKS * FRUITS		<i>Item accompanied with :-</i> * DRINKS * FRUITS	<i>Item accompanied with :-</i> * DRINKS * FRUITS

## NOODLES / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Bee Hoon Noodle Soup with Fish Ball and Vegetable	Curry Mee with Chicken and Vegetable	<b>PUBLIC HOLIDAY</b>	Mee Soto with Fish Ball, Fish Cake, Vegetable, and Compact Rice	Beef Noodle Soup with Egg Noodle, Bean Sprout and Chicken.
	<i>Item accompanied with :-</i> * DRINKS * FRUITS	<i>Item accompanied with :-</i> * DRINKS * FRUITS		<i>Item accompanied with :-</i> * DRINKS * FRUITS	<i>Item accompanied with :-</i> * DRINKS * FRUITS

## SANDWICHES / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	BREAD	BREAD	<b>PUBLIC HOLIDAY</b>	BREAD	BREAD
	Grain/ Spelt/ Plain/ Ciabatta Bakers Croissant	Grain/ Spelt/ Plain/ Ciabatta Bakers Croissant		Grain/ Spelt/ Plain/ Ciabatta Bakers Croissant	Grain/ Spelt/ Plain/ Ciabatta Bakers Croissant
	FILLING	FILLING		FILLING	FILLING
	Roasted Chicken/ Tandoori Tuna Mayo Chicken Ham/ Beef Salami Chicken Fajitas Cheese	Roasted Chicken/ Tandoori Tuna Mayo Chicken Ham/ Beef Salami Chicken Fajitas Cheese		Roasted Chicken/ Tandoori Tuna Mayo Chicken Ham/ Beef Salami Chicken Fajitas Cheese	Roasted Chicken/ Tandoori Tuna Mayo Chicken Ham/ Beef Salami Chicken Fajitas Cheese

\* All Sandwiches are served with Lettuce /Cucumber/Salad/Fruit & choice of Drinks upon request.

\* Menus is subject to change without notice due to availability of fresh ingredients.

Food Traffic Coding System

Eat more

Eat moderate

Eat once in a while



## LUNCH MENU 2

WEEK BEGINNING : 08 MAY 2017



### LUNCH / RM10.00 per set

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	SALAD	Salad	Salad	<b>PUBLIC HOLIDAY</b>	Salad	Salad
	STARCH	Creamy Mashed Potato OR Pilaf Rice	Toss Penne Aglio olio OR Steam White Rice		Potato Wedges OR Thai Fried Rice with Crackers	Steak Fries OR Steam White Rice
	ASIAN	Fish Tandoori	Malay Style Chicken in Tomato SC and Lemongrass (Ayam Masak Merah)		Minang Beef Rendang	Cambodian Fish in Coconut Curry
	WESTERN	Cubed Steak with Coriander & Chilli Sauce	Baked Meatball with Napolitana Sauce and Cheese		OR Fish Tempura	OR Beef Burger
	VEGETARIAN	Vegetable Lasagna	Gingered Noodles with Coriander and Pumpkin		Chinese Fried Noodle with Vegetable	Mushroom and Chickpeas Curry with White Rice
	SPECIAL OF THE DAY	Stir Fried Rice with Tuna and Vegetable	Chicken Strips with Potato		Indian Chicken Naan	Grilled Mushroom & Pepperoni On Bagutte
		* STEAMED VEGETABLES * DRINKS * FRUITS	* STEAMED VEGETABLES * DRINKS * FRUITS			* STEAMED VEGETABLES * DRINKS * FRUITS

\* All lunches are served with Salad/Vegetables/ Fruit & Drink also choice of Starch & Protein.

\* Menus is subject to change without notice due to availability of fresh ingredients.

Food Traffic Coding System	Eat more	Eat moderate	Eat once in a while
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