



BREAKFAST MENU

WEEK BEGINNING : 15 MAY 2017



BREAKFAST / RM3.00 / RM5.00 per item

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Chicken Corn Mai (3pcs) RM5.00	Chocolate Roll RM3.00	Chicken Siew Mai (3pcs) RM5.00	Glutinous Chicken Rice	Potato Curry puff RM3.00
	Roti Canai with Vegetable Dhall RM3.00	Pita Bread with Scramble Egg RM3.00	HashBrown Potato RM3.00	Chicken Buritos RM5.00	Nasi Lemak with Condiment RM3.00
	Banana Muffin RM3.00	Apple Muffin RM3.00	Blueberry Muffin RM3.00	Chocolate Muffin RM3.00	Apple Muffin RM3.00
	Fried Bee Hoon RM3.00	Fried Rice with Tofu	Fried Kway Teow RM3.00	Fried Garlic Spaghetti	Fried Noodle with Vegetable
	Ciabatta Roll with Scramble Egg and Chicken Sausage RM5.00	Grilled Cheese with Toast	Ciabatta Roll with Scramble Egg and Pepperoni RM5.00	Egg Muffin with Ham and Cheese RM5.00	Bun with Egg and Meatball

BREAKFAST - Additional Item

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Waffle with Maple Syrup RM3.00	Waffle with Maple Syrup RM3.00	Waffle with Maple Syrup RM3.00	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	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	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	Apple / Cut Fruits RM3.00
	Cereals 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	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	Apple / Orange / Mango Juice RM3.00
	Yakult 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 : 15 MAY 2017



SOUP / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Chicken Cream Soup with Vegetable and Soft Roll	Egg Drop Soup with Tofu with Soft Roll	Fish Chowder and Vegetable with Soft Roll	Beef Ball Soup with Vegetable and Soft Roll	Potato, Leek and Chicken Soup with 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	<i>Item accompanied with :-</i> * DRINKS * FRUITS

NOODLES / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Curry Mee with Chicken and Vegetable	Mee Rebus with Chicken and Vegetable	Wantan Noodle Soup with Chicken Dumpling	Laksa Penang with Vegetable and Egg	Udon Noodle Soup with Boiled Egg, Corn, and Vegetable
	<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	<i>Item accompanied with :-</i> * DRINKS * FRUITS

SANDWICHES / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	BREAD	BREAD	BREAD	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	Grain/ Spelt/ Plain/ Ciabatta Bakers Croissant
	FILLING	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	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
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LUNCH MENU 2

WEEK BEGINNING : 15 MAY 2017



LUNCH / RM10.00 per set

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SALAD	Salad	Salad	Salad	Salad	Salad
	STARCH	Sautee Pasta with Garlic and Parsley  OR Steam White Rice	Potato Wedges OR White Rice	Baked Macaroni Pasta OR Steam white Rice	Mashed Potato OR Pilaf Rice	Savoury Lattice Potato OR Raisin Rice
	ASIAN	Beef Ginger	Chicken in Chilli and Black Bean Sauce 	Fish Curry with Lady Finger, and Tomato	Beef Kurma with Potato	Grilled Fish BBQ Sauce
	WESTERN	OR Fish Asam Pedas with Okra 	OR Breaded Fish Finger	OR Baked Bean and Chicken Cassoulet 	OR Chicken Bangers with Gravy	OR Pizza Magharita with Pepperoni
	VEGETARIAN	Japanese Tofu with Soy Sauce and Vegetable	Sweet and Sour Beancurd and White Rice	Vegetable Fried Rice with Fried Tofu	Thai Sasame and Tofu Stir Fry 	Grilled Corn On the Cob with Lattice Potato
	SPECIAL OF THE DAY	Fried Noodle with Crab Cake Ball	Mushroom Taliatalle with Gremolata 	Spaghetti Aglio olio with Tuna	Special Nasi Lemak Ayam Berempah	Foccacia Sandwich with Grill Coriander Fish
		* STEAMED VEGETABLES * DRINKS * FRUITS	* STEAMED VEGETABLES * DRINKS * FRUITS	* 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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