# BREAKFAST MENU

WEEK BEGINNING : 17 **APRIL 2017**

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MENU | SCHOOL HOLIDAY | | Chocolate Roll<br>RM3.00 | Apple Strudle<br>RM3.00 | Cheese Croissant<br>RM3.00 |
| | | | Banana Pancake<br>RM3.00 | Egg Buritos<br>RM3.00 | Nasi Lemak with Condiment<br>RM3.00 |
| | | | Apple Muffin<br>RM3.00 | Apple Muffin<br>RM3.00 | Banana Muffin<br>RM3.00 |
| | | | Fried Bee Hoon<br>RM3.00 | Fried Yee Mee<br>RM3.00 | Fried Bee Hoon<br>RM3.00 |
| | | | Spanish Omellete<br>RM5.00 | English Muffin with Chicken Ham and Cheese<br>RM5.00 | Ciabatta Roll with Scramble Egg and Chicken Sausage<br>RM5.00 |

## BREAKFAST - Additional Item

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MENU | SCHOOL HOLIDAY | | Waffle with Maple Syrup<br>RM3.00 | Waffle with Maple Syrup<br>RM3.00 | Waffle with Maple Syrup<br>RM3.00 |
| | | | Mix Fruit Yogurt<br>RM3.00 | Mix Fruit Yogurt<br>RM3.00 | Mix Fruit Yogurt<br>RM3.00 |
| | | | Chocolate Muesli Bar OR Muesli Bar<br>RM3.00 | Chocolate Muesli Bar OR Muesli Bar<br>RM3.00 | Chocolate Muesli Bar OR Muesli Bar<br>RM3.00 |
| | | | Red Apple/ Pear / Cut Fruits<br>RM3.00 | Red Apple/ Pear / Cut Fruits<br>RM3.00 | Red Apple/ Pear / Cut Fruits<br>RM3.00 |
| | | | Cereals<br>RM3.00 | Cereals<br>RM3.00 | Cereals<br>RM3.00 |
| | | | Oatmeal Chocolate Cookies<br>RM3.00 | Oatmeal Chocolate Cookies<br>RM3.00 | Oatmeal Chocolate Cookies<br>RM3.00 |
| | | | Apple / Orange / Mango Juice Juice<br>RM3.00 | Apple / Orange / Mango Juice Juice<br>RM3.00 | Apple / Orange / Mango Juice Juice<br>RM3.00 |
| | | | Yakult ( Double Pack)<br>RM3.00 | Yakult ( Double Pack)<br>RM3.00 | Yakult ( Double Pack)<br>RM3.00 |

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

# LUNCH MENU 1

WEEK BEGINNING : 17 **APRIL 2017**

## SOUP / RM10.00 per set

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MENU | SCHOOL HOLIDAY | | Fish Chowder and Vegetable with Soft Roll<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS | Beef Ball Soup with Vegetable and Soft Roll<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS | Chicken Cream Soup with Vegetable and Soft Roll<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS |

## NOODLES / RM10.00 per set

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MENU | SCHOOL HOLIDAY | | Curry Mee with Chicken and Vegetable<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS | Wantan Noodle Soup with Chicken Dumpling<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS | Yee Mee with Vegetable and Cantonese Sauce<br>*Item accompanied with :-*<br>* DRINKS<br>* FRUITS |

## SANDWICHES / RM10.00 per set

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MENU | SCHOOL HOLIDAY | | BREAD<br>Grain/ Spelt/ Plain/ Ciabatta<br>Bakers Croissant<br>FILLING<br>Roasted Chicken/ Tandoori<br>Tuna Mayo<br>Chicken Ham/ Beef Salami<br>Chicken Fajitas<br>Cheese | BREAD<br>Grain/ Spelt/ Plain/ Ciabatta<br>Bakers Croissant<br>FILLING<br>Roasted Chicken/ Tandoori<br>Tuna Mayo<br>Chicken Ham/ Beef Salami<br>Chicken Fajitas<br>Cheese | BREAD<br>Grain/ Spelt/ Plain/ Ciabatta<br>Bakers Croissant<br>FILLING<br>Roasted Chicken/ Tandoori<br>Tuna Mayo<br>Chicken Ham/ Beef Salami<br>Chicken Fajitas<br>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 : 17 **APRIL 2017**

**LUNCH / RM10.00 per set**

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|---|
| MAIN COURSE | SALAD | SCHOOL HOLIDAY | | Salad | Salad | Salad |
| | STARCH | | | Roasted Herb Potato<br>OR<br>Steam White Rice | Cheesy Potato Slice<br>OR<br>Pilaf Rice | Lyonnaise Potato<br>OR<br>Paella Rice |
| | ASIAN | | | Fish with Sweet Thai Chilli Sauce<br>OR | Beef with Coconut Milk ( Daging Masak Lemak )<br>OR | Chicken Tikka with Papadam<br>OR |
| | WESTERN | | | Baked Crusted Chicken | Chicken Stew In Puff Pastry | Pan Fried Fish with Tomato Salsa |
| | VEGETARIAN | | | Vegetable Pizza serve with Potato | Vegetable Dalcha with Pilaf Rice | Spaghetti Aglio olio |
| | SPECIAL OF THE DAY | | | Beef Mousakka | Spaghetti Chicken Bolognaise | Grilled Chicken Breast & Cheese With Foccacia Bread |
| | | | | * STEAMED VEGETABLES | * STEAMED VEGETABLES | * STEAMED VEGETABLES |
| | | | | * DRINKS<br>* FRUITS | * DRINKS<br>* FRUITS | * DRINKS<br>* 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