



BREAKFAST MENU

WEEK BEGINNING : 22 MAY 2017



BREAKFAST / RM3.00 / RM5.00 per item

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Danish Plain Twist RM3.00	Chicken Siew Mai (3pcs) RM5.00	Chocolate Roll RM3.00	Chicken Corn Mai (3pcs) RM5.00	Cakoi Red Bean RM3.00
	Roti Boom with Vege Curry RM3.00	Pancake with Maple Syrup RM3.00	Big Chicken Samosa (3pcs) RM3.00	Hash Brown Potato RM3.00	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 Garlic Spaghetti RM3.00	Fried Rice with Tofu RM3.00	Fried Kway Teow RM3.00	Fied Yee Mee RM3.00	Fried Noodle with Vegetable RM3.00
	Gaeran Tost - U (Egg Toast) RM5.00	Hainam French Toast RM5.00	Ciabatta Roll with Scramble Egg and Sausage RM5.00	Croissant with Scramble Egg 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	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 : 22 MAY 2017



SOUP / RM10.00 per set

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Chicken Cream Soup with Vegetable and Soft Roll	Chicken Sweetcorn Soup with Soft Roll	Egg Drop Soup with Tofu with Soft Roll	Beef Ball Soup with Vegetable and Soft Roll	Cream of Mushroom 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	Yee Mee with Vegetable and Cantonese Sauce	Mee Soto with Fish Ball, Fish Cake, Vegetable, and Compact Rice	Wantan Noodle Soup with Chicken Dumpling	Ramen Noodle with Curry Served with Egg, Chicken Dumpling and Tofu	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	<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 : **22 MAY 2017**



LUNCH / RM10.00 per set

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SALAD	Salad	Salad	Salad	Salad	Salad
	STARCH	Mashed Potato OR Butter Rice	Potato Wedges OR Steam White Rice	Potato Boat with Mushroom R OR Garlic and Ginger Rice with Coriander	Savoury Lattice Potato OR Pilaf Rice	Steam White Rice OR Chinese Fried Rice with Crackers
	ASIAN	Chicken Karaage	Thai Green Chicken Curry	Beef Stew with Star Anise and Basil	Chicken Tandoori with Papadam	Portugese Fish Stew
	WESTERN	OR Beef Stew with Vegetable	OR Fish Finger with Tartare Sauce	OR Sweet and Sour Fish	OR Sausage Casserole	OR Chicken Curry with Papadam
	VEGETARIAN	Steamed Beancurd with Soy Sauce and White Rice	Grilled Vegetable Tortilla with Potato Wedges	Vegetable Au Gratin with White Rice	Vegetable Curry with Papadam and Pilaf Rice	Toast Gourmet Vegetable Sandwich with Potato
	SPECIAL OF THE DAY	Cajun Mustard Chicken With Butter Rice	Fried Rice with Pandan Chicken and Crackers	Chicken Curry Masamman with Rice and Papadam	Coriander Pesto Chicken with Rice	Beef Bulgogi with Ciabatta Roll
		* 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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