



# BREAKFAST MENU

WEEK BEGINNING : 29 MAY 2017



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E N U	Gipfel Croissant RM3.00	Assorted Traditional Pau RM3.00	Chicken Corn Mai (3pcs) RM5.00	Glutinous Chicken Rice RM3.00	Cheese Croissant RM3.00
	Chicken Siew Mai ( 3pcs) RM5.00	Roti Canai with Chicken Curry RM3.00	Banana Pancake RM3.00	Egg Buritos RM3.00	Nasi Lemak with Condiment RM3.00
	Banana Muffin RM3.00	Chocolate Muffin RM3.00	Apple Muffin RM3.00	Apple Muffin RM3.00	Banana Muffin RM3.00
	Fried Bee Hoon RM3.00	Fried Kway Teow RM3.00	Fried Garlic Spaghetti RM3.00	Fried Yee Mee RM3.00	Hookien Noodle RM3.00
	Bun with Egg and Meatball RM5.00	Egg Bap with Cheese RM5.00	Grilled Cheese with Toast RM5.00	English Muffin with Chicken Ham and Cheese RM5.00	Ciabatta Roll with Scramble Egg and Chicken Sausage 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 ( Double Pack) RM3.00	Yakult ( Double Pack) RM3.00	Yakult ( Double Pack) RM3.00	Yakult ( Double Pack) RM3.00	Yakult ( Double Pack) RM3.00

Food Traffic Coding System



Eat more



Eat moderate



Eat once in a while



# LUNCH MENU 1

WEEK BEGINNING : 29 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	Fish Chowder and Vegetable with Soft Roll	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	<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	Udon Noodle Soup with Boiled Egg, Corn, and Vegetable	Curry Mee with Chicken and Vegetable	Wantan Noodle Soup with Chicken Dumpling	Laksa Penang with Vegetable and Egg
	<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



## LUNCH MENU 2

WEEK BEGINNING : 29 MAY 2017



### LUNCH / RM10.00 per set

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SALAD	Salad	Salad	Salad	Salad	Salad
	STARCH	Fettucine Pasta OR Grilled Herb Potato	Boiled Parsley Potato OR Butter Rice	Roasted Herb Potato OR Steam White Rice	Tomato Rice OR White Rice	Baked Garlic Potato OR Paella Rice
	ASIAN	Chicken Lasagna	Chicken Fried Kung Po	Fish with Sweet Thai Chilli Sauce	Beef with Coconut Milk ( Daging Masak Lemak )	Chicken Tikka with Papadam
	WESTERN	OR Creamy Beef Pepper Steak and Mushroom	OR Fish Provencal with Arabiata Sauce	OR Moroccan Chicken with Pan Gravy Juice	OR Chicken with Thai Basil and Creamy Sauce	OR Battered Fish with Coriander Sweet Sour Sauce
	VEGETARIAN	Fried Chinese Noodle With Vegetable	Fried Battered Vegetable wth Rice	Vegetable Pizza serve with Potato	Vegetable Dalcha with Pilaf Rice	Spaghetti Aglio olio
	SPECIAL OF THE DAY	Chicken Con Carne with Corn Tortilla	Malaysian Chicken Rice	Chicken Caesar Wrap	Fried Ramen Noodle with Chicken	Grilled Chicken Breast & Cheese With Focaccia Bread
		* STEAMED VEGETABLES	* STEAMED VEGETABLES	* STEAMED VEGETABLES	* STEAMED VEGETABLES	* STEAMED VEGETABLES
	* DRINKS	* DRINKS	* DRINKS	* DRINKS	* DRINKS	
	* FRUITS	* FRUITS	* FRUITS	* FRUITS	* 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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