

PENANG MENU

MONDAY
22.01.2024

Mama Chicken & Spaghetti

Mama's style milky boneless chicken breast served with Italian mixed herbs spaghetti

Mushroom . Cauliflower . Broccoli . Coriander . Cherry Tomato

🔥 483kcal 🍷 31g 🐟 21g 💧 24g



TUESDAY
23.01.2024

Asian Pesto Rice with Mackerel

Pan seared mackerel Asian pesto brown rice with salad
Cherry Tomato . Lettuce . Purple Cabbage . Raisin . Mushroom . French Bean . Shallot Onion . Capsicum . Etlingera elatior . Lime Leaves . Almond Slices

🔥 556kcal 🍷 34g 🐟 23g 💧 36g



WEDNESDAY
24.01.2023

Kinoko Gohan

Buna shimeji mushroom brown rice with boneless chicken
Egg . Katsuobushi . Edamame . Cherry Tomato . Cauliflower . Bok Choy . Brown Onion . Mushroom

🔥 396kcal 🍷 37g 🐟 23g 💧 17g



THURSDAY
25.01.2023

Gochugaru

Gochujang udon with sutchi fish fillet
Egg . Lettuce . Mushroom . Cabbage . Brown Onion . Broccoli . Scallion . Seaweed

🔥 443kcal 🍷 50g 🐟 19g 💧 19g



FRIDAY
26.01.2023

Tebasaki

Japanese Nagoya chicken wings with roasted pumpkin salad
Cherry Tomato . Cucumber . Purple Cabbage . Lettuce . Coriander

🔥 492kcal 🍷 24g 🐟 25g 💧 32g



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*All pictures shown are for illustration purpose only.
Menu served may vary based on the medical
condition and the ingredients availability .
If you have a food allergy, please notify us.*



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KL MENU

MONDAY
22.01.2024

Air-fried Shrimp with Tzatziki Salad

Air-fried shrimp served with naan, salad, cherry tomato, black olives, cucumber, chickpeas, bell pepper, boiled egg, cilantro and Tzatziki sauce.



TUESDAY
23.01.2024

Yu Xiang Qie Zi (Chicken)

A traditional Sichuan dish cooked along with minced chicken, eggplant served with, market vegetables, sunny side up and brown rice.



WEDNESDAY
24.01.2024

Spinach Mushroom Cheesy Chicken

Baked cheesy chicken served with shiitake mushroom, spinach, soft vegetables, cherry tomato, salad, and broccoli.



THURSDAY
25.01.2024

Public Holiday: Thaipusam

FRIDAY
26.01.2024

Dried Chili Mushroom Spaghetti with Perch

Dried chili spaghetti served with mushroom, anchovy and parsley, pan fried perch fillet and a boiled egg.



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