

# PENANG MENU

10.02.2025  
(Monday)

## Ole Ole Bali



Oven-baked boneless chicken breast in Golden Fragrance sauce served with mixed herbs spaghetti pasta  
Red Capsicum . Cauliflower . Broccoli . Onion . Coriander

556kcal 46g 28g 27g



11.02.2025  
(Tuesday)

## Karebushi Salmon

Bonito flakes salmon with brown rice  
Boiled Egg . Lettuce . Mushroom . French Bean . Cherry Tomato . Cucumber . Purple Cabbage . Bonito Flakes

494kcal 36g 27g 29g



12.02.2025  
(Wednesday)

## Barley Good (Mixed Barley & Brown Rice)



Nyonya chicken breast with **mixed barley and brown rice**  
Lettuce . Sweet Potato Leaves . Mushroom . Corn Kernel .  
Red Capsicum . Onion . Raisin

480kcal 54g 29g 17g



13.02.2025  
(Thursday)

## Fish Fish



Oven baked tandoori perch fish with brown rice  
Lettuce . Brown Onion . Cucumber . Cherry Tomato . Broccoli .  
Chickpeas

415kcal 31g 28g 20g



14.02.2025  
(Friday)

## Ayam Percik Delight



Oven baked chicken breast with ayam percik sauce  
Brinjal . Ladies Finger . Japanese Cucumber . Lettuce . Purple  
Cabbage . Parsley

373kcal 33g 26g 15g



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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.*

# KL MENU

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10.02.2025  
(Monday)

## Pesto Shrimp with Fettuccine

Pesto shrimp served with fettuccine, zesty pesto sauce and vegetables.

\*\*\*presented in lunch box



11.02.2025  
(Tuesday)

## Hickory Barbeque Whole Leg Chicken

Chicken whole leg, orange, salads, potato, cherry tomatoes, broccoli, pumpkin seed.



12.02.2025  
(Wednesday)

## Bibimbap Chicken

Chicken served with varieties of vegetables, egg, brown rice and Gochujang sauce.

\*\*\*presented in lunch box



13.02.2025  
(Thursday)

## Nyonya Baked Dory with Brown Rice

Nyonya baked dory served with nyonya sauce, omelette, stir-fried vegetables and brown rice.



14.02.2025  
(Friday)

## Southwestern Stuffed Peppers

Stuffed bell pepper with bolognese chicken, mozzarella cheese, served with baked pumpkin, steamed broccoli, cauliflower, green coral lettuce, olive and bell pepper



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