

PENANG MENU (LUNCH)

**17.11.2025
(Monday)**

Piri Piri Chicken Breast

Piri Piri boneless chicken breast served with brown rice
Cucumber . Brinjal . Cauliflower . Mushroom . Carrot . Cherry
Tomato

🔥 433kcal 🍷 47g 🐔 27g 💧 17g



**18.11.2025
(Tuesday)**

Spaghetti & Perch in Thai

Spaghetti with perch fish in tom yam
Onion . Broccoli . Mushroom . Sweet Pea . Purple Cabbage .
Almond Slices/Chunks . Bunga Kantan

🔥 534kcal 🍷 59g 🐔 32g 💧 18g



**19.11.2025
(Wednesday)**

Chicken Egg Cup

Baked egg wash (contains milk) and chicken breast cubes in
cup served with brown rice
Okra . Brinjal . Cauliflower . Sweet Potato Leaves . Cherry
Tomato

🔥 426kcal 🍷 39g 🐔 27g 💧 18g



**20.11.2025
(Thursday)**

D'Salmon-Brown Rice

Cooked miso salmon served with brown rice
Boiled Egg . Cabbage . Cucumber . Mushroom . French Bean .
Corn Kernel . Cherry Tomato

🔥 507kcal 🍷 44g 🐔 24g 💧 26g



**21.11.2025
(Friday)**

Black Pepper Chicken with Potato Wedges

Baked chicken breast in western black pepper sauce served
with potato wedges
Cherry Tomato . Lettuce . Purple Cabbage . Broccoli .
Cauliflower

🔥 420kcal 🍷 41g 🐔 26g 💧 18g



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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

**17.11.2025
(Monday)**

Aglia Olio Chicken Spaghetti

Spaghetti with sauteed minced garlic, olive oil, button mushroom, shitake mushroom spinach, broccoli and chicken breast cubes.



**18.11.2025
(Tuesday)**

Turmeric Saba Mackarel with Brown Rice

Turmeric saba mackerel served with brown rice, tamago egg, seaweed flakes, cabbage, white radish(mixed with sesame sauce ,sesame oil) , spicy cucumber, Thai chili sauce.



**19.11.2025
(Wednesday)**

Chicken Salad

Grilled chicken served with half boiled egg, corns , mixed nuts, broccoli, cherry tomatoes, lettuce, and homemade dressings (honey, mayonnaise and mustard).



**20.11.2025
(Thursday)**

Mentai Tamago Salmon with Brown Rice

Grilled salmon served with brown rice, tamago, homemade mentai sauce, wakame, cherry tomatoes, olives, pickles, sesame seeds and salads.

***presented in lunch box*



**21.11.2025
(Friday)**

Tuscan Chicken Fettuccine

Chicken breast (seasoned with oregano, salt, pepper, paprika), served with fettuccine, French bean, cherry tomatoes, spinach, chili flakes and milk-based sauce (containing cheese).



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