

PENANG MENU (LUNCH)

**22.12.2025
(Monday)**

Kong Po Chicken with Brown Rice

Kong po boneless chicken breast with brown rice
Broccoli . Cabbage . Mushroom . Carrot . Cashew Nuts .
Scallion

🔥 423kcal 🍷 45g 🍗 28g 💧 15g



**23.12.2025
(Tuesday)**

Citrus-Infused Salmon

Baked salmon with lemon and garlic served with brown rice
Egg . Japanese Cucumber . Broccoli . Mushroom . Cherry
Tomato . Purple Cabbage

🔥 501kcal 🍷 41g 🍗 24g 💧 27g



**24.12.2025
(Wednesday)**

Mongolian Chicken with Pasta

Baked boneless chicken breast cubes in Mongolian sauce
served with herbs pasta
Onion . Capsicum . Cauliflower . Broccoli . Baby Corn .
Coriander

🔥 553kcal 🍷 61g 🍗 33g 💧 30g



**25.12.2025
(Thursday)**

Public Holiday: Christmas Day



**26.12.2025
(Friday)**

Kinoko Gohan

Baked teriyaki boneless chicken breast with brown rice
Lettuce . Cauliflower . Brinjal . Mushroom . Edamame .
Cherry Tomato . Bonito Flakes

🔥 400kcal 🍷 42g 🍗 29g 💧 13g



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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

**22.12.2025
(Monday)**

Chicken Shepherd's Pie

Chicken, peas, onions, carrots, cheese, thyme, rosemary, potatoes, garden salads & raisin.



**23.12.2025
(Tuesday)**

Herby Dory with Sugarless Sambal

Dory fish infused with herbs and spices, served with tofu, cherry tomatoes, mushroom, purple cabbage, zucchini, lettuce, tempeh, brown rice and sugarless sambal (garnish - sunflower/pumpkin/sesame seed).

***presented in lunch box*



**24.12.2025
(Wednesday)**

Almond Crusted Barramundi with Pasta Salad

Baked Barramundi fish (ground almonds, parmesan cheese, and fresh cilantro), spiral pasta, sliced cucumber, diced red onion, sliced black olive, sliced cherry tomato, sliced steam carrot, small cuts steamed broccoli, cilantro pesto sauce (cilantro, walnuts, olive oil, parmesan cheese, lime juice, garlic).



**25.12.2025
(Thursday)**

Public Holiday: Christmas Day



**26.12.2025
(Friday)**

Hiyashi Chuka Soba

Soba noodles served with shredded chicken, egg floss, king oyster mushroom, black fungus, white radish, cucumber, carrot, cherry tomato, seaweed, and black sesame.



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