

# PENANG MENU



06.04.2026 Monday

## Kinoko Gohan

Baked boneless chicken breast with stirfried teriyaki brown rice (contains ginger & garlic)

Broccoli . Carrot . Brinjal . Mushroom . Edamame . Cherry Tomato . Bonito Flakes

400kcal 42g 29g 13g



07.04.2026 Tuesday

## Baked Salmon with Portuguese Pasta

Pasta in Portuguese sauce with baked salmon cubes

Boiled Egg . Lettuce . Cherry Tomato . Mushroom . Cucumber . Corn Kernel

573kcal 62g 30g 22g



08.04.2026 Wednesday

## Minced Chicken with Brown Rice

Minced boneless chicken breast in vegetarian marmite sauce served with brown rice

Lettuce . Bok Choy . Cauliflower . Carrot . Capsicum . Scallion

433kcal 40g 27g 18g



09.04.2026 Thursday

## Ginger Fish with Brown Rice

Baked ginger perch fish fillet with brown rice

Broccoli . Mushroom . Chinese Cabbage . Carrot . Ginger Slices . Scallion

439kcal 41g 26g 18g



10.04.2026 Friday

## Tebasaki

Japanese Nagoya chicken breast with roasted pumpkin salad

Cherry Tomato . Cucumber . Broccoli . Purple Cabbage . Lettuce . Coriander

489kcal 38g 24g 26g



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29, Jalan Perniagaan Vorteks 4, Pusat Perniagaan Vorteks Simpang Ampat, 14100 Pulau Pinang

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

06.04.2026 Monday

### Paprika Salmon Frittata

Paprika salmon frittata baked with pumpkin and cheese, served with cauliflower, broccoli, cherry tomato, spinach, green coral lettuce, herbs and nuts.



07.04.2026 Tuesday

### Tomyam Prawn Spaghetti

Tomyam spaghetti served with prawn, omelette slices, broccoli, shimeji mushroom, cherry tomato, lime, fresh parsley and chili flakes.



08.04.2026 Wednesday

### 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).



09.04.2026 Thursday

### Teriyaki Chicken with Brown Rice

Baked teriyaki chicken served with brown rice, salad, purple cabbage, edamame, raw onion, cherry tomato, seaweed, wakame and sesame seed.

\*\*presented in lunch box





10.04.2026 Friday

### Lemongrass Thai Taco- Chicken

Tortilla wrap served with chicken chop, Thai sauce, white cabbage, purple cabbage, corn, cucumber, red and green apples cubes, red onion and green onion.



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