

PENANG MENU



27.04.2026 *Monday*

Nourish Chae

Baked boneless chicken breast paired with Japchae sauce served with brown rice Egg . Brown Onion . Cucumber . Mushroom . Capsicum . Purple Cabbage . Carrot

469kcal 41g 27g 22g



28.04.2026 *Tuesday*

Savory Garlic-Soy Glaze Fish

Oven baked Perch Fish with Garlic-Onion Soy Glaze with brown rice Okra . Cauliflower . Mushroom . Corn Kernel . Capsicum . Sweet Pea . Scallion

406kcal 40g 26g 15g



29.04.2026 *Wednesday*

Chicken & Carrot-Onion Glaze

Baked chicken breast topped with carrot-onion puree (contains celery, turmeric powder) served with brown rice

Cabbage . Bok Choy . Broccoli . Baby Corn . Curry Leaves

423kcal 39g 27g 18g



30.04.2026 *Thursday*

Teriyaki Salmon with Herbs Pasta

Baked salmon served with herbs pasta

Boiled Egg . Lettuce . Broccoli . Mushroom . French Bean . Cherry Tomato . Flaxseed

583kcal 59g 31g 24g



01.05.2026 *Friday*

Public Holiday: Labour Day



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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

27.04.2026 *Monday*

Makrud Manaw

Minced chicken with herbs, served with egg, salad, naipak, grilled cherry tomato, eggplant and fettuccine.



28.04.2026 *Tuesday*

Peri Peri Chicken with Brown Rice

Peri-peri chicken chop, served with brown rice, broccoli, boiled egg, almonds, salad, cherry tomato cut and home-made peri sauce.



29.04.2026 *Wednesday*

Herbs-crusted Fish with Baked Pumpkin

Herbed crusted fish, served with salads, boiled eggs, cherry tomatoes, steamed broccoli, lemon and cinnamon coated-baked pumpkin, almond.



30.04.2026 *Thursday*

Prawn with Brown Rice

Sauteed fresh crystal prawn served with salad, cherry tomato, zucchini, purple cabbage, mushroom, brown rice, anchovies, scrambled egg, and home-made sugarless sambal.



01.05.2026 *Friday*

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