

PENANG MENU



22.06.2026 Monday

Japanese Curry Chicken

Baked Japanese curry chicken breast cubes with brown rice

Onion . Cucumber . Mushroom . Sweet Pea . Carrot . Cherry Tomato . Scallion . Black Sesame

424kcal 43g 28g 15g



23.06.2026 Tuesday

Herbs-Garlic Fish

Baked herbs-garlic perch fish with flavoured (lemongrass, pandan leaves, ginger) brown rice

Lettuce . Cabbage . Broccoli . Purple Cabbage . Oregano Flakes

427kcal 48g 26g 15g



24.06.2026 Wednesday

Kantan Fussili

Bunga kantan chicken breast served with western garlic (contains dairy) pasta

Onion . Mushroom . Capsicum . Broccoli . Cauliflower . English Parsley

525kcal 55g 27g 18g



25.06.2026 Thursday

Tomyum Pasta with Perch Fish

Baked Perch fish with tomyum pasta

Lettuce . Cauliflower . Okra . Brinjal . Capsicum . Cherry Tomato . Coriander

573kcal 60g 33g 19g



26.06.2026 Friday

Baked Chicken with Ginger Rice

Baked chicken breast (contains sesame oil) served with ginger-flavoured brown rice

Lettuce . Cucumber . Carrot . Mushroom . Red Chili . Scallion . White Sesame

449kcal 42g 28g 19g



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

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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

22.06.2026 Monday

Hickory Barbeque Whole Leg Chicken

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



23.06.2026 Tuesday

Tomato Dory with Spaghetti

Tomato dory in Napolitana sauce served with spaghetti and grilled zucchini, grilled carrot, edamame, cherry tomato, grilled mushroom, purple cabbage, salad, pumpkin seed, sunflower seed and sesame seed

***presented in lunch box*



24.06.2026 Wednesday

Bibimbap Chicken with Brown Rice

Chicken served with grilled zucchini, grilled carrot, edamame, cherry tomato, grilled mushroom, purple cabbage and salad, fried egg, brown rice and Bibimbap sauce.



25.06.2026 Thursday

Pesto Chicken with Herbs Spiral Pasta

Baked chicken served with herbs spiral pasta, boiled egg, lettuce, shiitake mushroom, carrot, zucchini, cherry tomato, almonds and pesto sauce.



26.06.2026 Friday

Teriyaki Salmon - Brown Rice

Teriyaki salmon, served with brown rice, broccoli, purple cabbage, edamame kernel, steamed carrot and teriyaki sauce.



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