

PENANG MENU



06.07.2026 Monday

Lavandula Chicken

Baked boneless chicken breast in Lavender sauce with brown rice
Cucumber . Mushroom . Sweet Pea . Carrot . Cherry Tomato . Coriander

458kcal 41g 29g 21g



07.07.2026 Tuesday

Mala Perch with Spaghetti

Baked Mala perch fish with spaghetti
Brown Onion . Brinjal . Cauliflower . Capsicum . Mushroom . Scallion . Sesame Seed

459kcal 44g 26g 21g



08.07.2026 Wednesday

Nyonya Chicken with Sangu Poo Rice

Nyonya chicken breast with blue pea brown rice
Lettuce . Broccoli . Capsicum . Okra . Long Bean . Scallion . Sumac Powder

456kcal 40g 28g 21g



09.07.2026 Thursday

Fish Fish

Oven baked tandoori perch fish with brown rice
Onion . Lettuce . Broccoli . Cucumber . Cherry Tomato . Chickpeas . Black Sesame

453kcal 47g 27g 17g



10.07.2026 Friday

Lemon Pepper Chicken with Potato Wedges

Lemon pepper chicken breast served with potato wedges
Lettuce . Cauliflower . Mushroom . Purple Cabbage . Capsicum . French Bean . English Parsley

479kcal 35g 25g 27g



014-304 0711 www.homey.com.my HOMEY 健康餐

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.

ORDER NOW

KL MENU



06.07.2026 Monday

Oven Grilled Saba Mackerel

Oven-grilled saba mackerel served with home-made teriyaki sauce, brown rice, zucchini cube, cherry tomatoes, salad and sesame seeds.



07.07.2026 Tuesday

Chicken Bibimbap

Chicken served with sauteed mushroom, blanched bean sprouts, purple cabbage, sauteed spinach, pickled radish, cucumber julienne, carrot floss, seaweed flakes, sauce bibimbap, fried egg and brown rice (garnish - sesame seed).

**presented in lunch box



08.07.2026 Wednesday

Ginger Soy Fish Fritter

Air-fried ginger soy dory fish cubes served with basmati rice, tomato, black fungus, naipak, omelette, spring onions, ginger slice, and oyster mushrooms.



09.07.2026 Thursday

Parmesan Stuffed Chicken

Parmesan stuffed chicken served with soba noodles, omelette, grilled market vegetables (cherry tomato capsicum, salad) and broccoli.



10.07.2026 Friday

Beetroot Roasted Chicken

Char siew chicken served with stir-fried vegetables (kailan, carrot, black fungus, shitake mushroom, spring onions), fried egg and basmati ginger butter rice.

**presented in lunch box



014-304 0711 www.homey.com.my HOMEY 健康餐

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.

ORDER NOW