

PENANG MENU

20.07.2026 Monday

Peanut Chicken with Brinjal

Baked chicken breast cubes in satay peanut sauce with brown rice

Brinjal . Cabbage . Sweet Pea . Carrot . Cherry Tomato . Flaxseed . Raisin

424kcal 42g 28g 16g



21.07.2026 Tuesday

Ginger Fish with Brown Rice

Baked ginger perch fish fillet with brown rice

Lettuce . Broccoli . Mushroom . Chinese Cabbage . Capsicum . Scallion . Ginger Slices . Black Sesame

439kcal 41g 26g 18g



22.07.2026 Wednesday

Masala Pasta with Paprika Chicken

Paprika boneless chicken breast cubes served with masala pasta (contains nuts, dairy)

Onion . Mushroom . Broccoli . Cauliflower . Capsicum . Coriander . Black Sesame

603kcal 54g 33g 28g



23.07.2026 Thursday

Piri Piri Fish with Spaghetti

Oven-baked Piri Piri Fish with spaghetti

Lettuce . Cauliflower . Mushroom . French Bean . Carrot . Coriander

566kcal 57g 31g 24g



24.07.2026 Friday

Black Pepper Chicken with Roasted Potato

Chicken breast in black pepper (contains dairy) sauce served with roasted potato

Lettuce . Cucumber . Broccoli . Capsicum . Cherry Tomato . Purple Cabbage . English Parsley

511kcal 41g 26g 29g



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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



20.07.2026 Monday

Pesto Shrimp with Fettuccine

Pesto shrimp served with fettuccine, purple cabbage, chukka wakame, lettuce, cherry tomato, shiitake mushroom, carrot, sunflower seed, pumpkin seed, edamame kernel, and zesty pesto sauce.

***presented in lunch box*



21.07.2026 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.



22.07.2026 Wednesday

Chicken Caesar Salad with Sweet Potatoes

Savory grilled chicken breast served with oven-roasted sweet potato cubes, croutons, parmesan cheese, romaine lettuce & cherry tomato and creamy Caesar dressing.



23.07.2026 Thursday

Teriyaki Salmon - Brown Rice

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

***presented in lunch box*



24.07.2026 Friday

Orange Miso Chicken with Salad & Rice

Chicken chop, orange juice, ginger, edamame, bell peppers, cucumber, sesame seeds, salad, parsley, salt & sesame oil, tamago, brown rice, orange sesame miso sauce.



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