

PENANG MENU

27.07.2026 *Monday*

Soto Chicken with Brown Rice

Soto boneless chicken breast with brown rice

Onion . Cucumber . Sweet Pea . Mushroom . Carrot . Scallion

 443kcal  43g  28g  19g



28.07.2026 *Tuesday*

Olisutchi

Baked perch fish fillet served with pasta in mushroom sauce

Lettuce . Onion . Cauliflower . Mushroom . French Bean . Cherry Tomato . Oregano Flakes

 487kcal  45g  26g  22g



29.07.2026 *Wednesday*

Nasi Hujan Panas with Baked Chicken

Nasi hujan panas (brown rice with tumeric powder, beetroot powder, butterfly pea dried flower, pandan leaves) with baked rendang chicken breast

Lettuce . Broccoli . Cucumber . Long Bean . Carrot . Coriander

 488kcal  43g  28g  24g



30.07.2026 *Thursday*

Curry Perch Fish with Brown Rice

Indian-style curry perch fish served with brown rice

Lettuce . Turmeric Cabbage (with mustard seed) . Brinjal . Capsicum . Okra . Coriander

 436kcal  37g  26g  20g



31.07.2026 *Friday*

Bolognese Minced Chicken with Pasta

Minced boneless chicken breast in bolognese sauce served with pasta

Broccoli . Mushroom . Capsicum . Bok Choy . Carrot . English Parsley

 623kcal  64g  34g  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

27.07.2026 *Monday*

Oriental Millet Chicken with Brown Rice

Chicken chop cubes served with millet, egg roll, shitake mushroom, king oyster mushroom, chinese cabbage, carrot, brown rice, and home made sauce (soy sauce with peanut, red onion, raw bell pepper cube, coriander), and spring onion.



28.07.2026 *Tuesday*

Oriental Jajang Soba Noodles

Shredded chicken served with brinjal, nai pak, carrot, grilled cucumber, black fungus, egg, soba noodles and peanut sauce.



29.07.2026 *Wednesday*

Nyonya Baked Dory with Brown Rice

Nyonya baked dory served with nyonya sauce, omelette, stir-fried green leafy veggies, carrot floss and brown rice.



30.07.2026 *Thursday*

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.



31.07.2026 *Friday*

Fusion Tuna Kimchi with Brown Rice

Tuna fish served with brown rice, fried egg, kimchi, carrot, cucumber, purple cabbage, shimeji mushroom, corn kernel, seaweed flakes, sesame seed, lettuce and spring onion.



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