

PENANG MENU

03.08.2026 Monday

Kinoko Gohan

Baked teriyaki boneless chicken breast with brown rice

Cabbage . Carrot . Brinjal . Mushroom . Edamame . Cherry Tomato . Bonito Flakes

 400kcal  42g  29g  13g



04.08.2026 Tuesday

Tom Yum Perch Fish Fillet

Oven baked tom yum perch fish fillet served with brown rice

Lettuce . Chinese Cabbage . Broccoli . Mushroom . Okra . Cherry Tomato . Coriander

 424kcal  44g  25g  16g



05.08.2026 Wednesday

Nasi Lemak with Brown Rice

Baked turmeric chicken breast cubes (top with homemade sambal, contains dairy)
served with brown rice (mixed with pandan leaves, ginger)

Lettuce . Cauliflower . Long Bean . Carrot . Capsicum . Purple Cabbage . Raisin . Sesame

 433kcal  40g  27g  18g



06.08.2026 Thursday

Green Pesto Mac

Macaroni in green pesto sauce (contains peanuts, dairy) with baked salmon

Boiled Egg . Lettuce . Broccoli . Cucumber . Mushroom . Cherry Tomato . Purple Cabbage

 623kcal  54g  29g  36g



07.08.2026 Friday

Zesty Rainbow

Honey Sriracha Chicken Breast . Potatoes . Broccoli . Mushroom . French Bean . Corn Kernel . Purple Cabbage . Capsicum

 378kcal  43g  26g  12g



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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



03.08.2026 Monday

Napolitana Mushroom Chicken

Chicken breast cube, served with mushroom, zucchini, carrot, cherry tomato, lettuce, boiled egg, almond, fettuccine and napolitana sauce (tomatoes, onion, garlic, basil, olive oil, salt and pepper).

***presented in lunch box*



04.08.2026 Tuesday

Herby Dory with Brown Rice

Dory fish infused with herbs and spices, served with tofu, cherry tomatoes, mushroom, purple cabbage, zucchini, lettuce, tempeh, brown rice and sugarless sambal (garnish - sunflower/pumpkin/sesame seed).

***presented in lunch box*



05.08.2026 Wednesday

Basil Chicken with Fettuccine

Pan-seared chicken thigh served with pesto fettuccine, cherry tomatoes, shiitake mushrooms, asparagus, creamy basil cashew sauce (basil, cashew nuts, olive oil, garlic, cheese, lemon), parmesan cheese & cashew nuts.

****presented in lunch box*



06.08.2026 Thursday

Parmesan Stuffed Chicken

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



07.08.2026 Friday

Sesame Miso Mackerel with Brown Rice

Sesame miso mackerel served with tamago egg, edamame, okra, purple cabbage, wakame, cherry tomato, salad, seaweed flakes, brown rice and roasted sesame miso sauce.

****presented in lunch box*



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