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# PENANG MENU

## 05.10.2026 *Monday*

### Minced Bolognese Chicken with Pasta

Minced boneless chicken breast in bolognese sauce served with herbs spaghetti pasta
Broccoli . Mushroom . Capsicum . Bok Choy. Carrot . English Parsley

623kcal | 64g | 34g | 26g

## 06.10.2026 *Tuesday*

### Herbs Garlic Fish with Spiced Brown Rice

Baked herbs-garlic perch fish with flavoured (lemongrass, pandan leaves, ginger) brown rice
Lettuce . Cabbage . Broccoli . Purple Cabbage . Oregano Flakes

427kcal | 48g | 26g | 15g

## 07.10.2026 *Wednesday*

### 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

## 08.10.2026 *Thursday*

### Olisutchi

Baked perch fish fillet served with penne pasta in mushroom sauce
Lettuce . Onion . Cauliflower . Mushroom . French Bean . Cherry Tomato . Oregano Flakes

487kcal | 45g | 26g | 22g

## 09.10.2026 *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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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

## 05.10.2026 *Monday*

### Almond Crusted Barramundi with Pasta Salad

Baked Barramundi fish (ground almonds, parmesan cheese, and fresh cilantro), spiral pasta, sliced cucumber, diced red onion, sliced black olive, sliced cherry tomato, sliced steam carrot, small cuts steamed broccoli, diced tamago, cilantro pesto sauce (cilantro, walnuts, olive oil, parmesan cheese, lime juice, garlic)

## 06.10.2026 *Tuesday*

### Hainanese Chicken With Butter Rice

Tender steamed chicken with fragrant butter rice, fresh leafy vegetables, Fried Egg, spring onion and roasted peanuts, served with light soy and ginger sauce.

## 07.10.2026 *Wednesday*

### Steamed Herbs Tilapia with Potato

Steamed herbs tilapia served with baked potato, boiled egg, bell pepper, lady finger, sweet peas, broccoli, cauliflower, pumpkin seed, purple cabbage & carrot floss.

## 08.10.2026 *Thursday*

### Vietnamese Vermicelli

Lemongrass minced chicken served with vermicelli noodles, carrot floss, cucumber floss, tomato cherry, basil leaf, mint leaf, crushed peanut and Thai sauce.

## 09.10.2026 *Friday*

### Paprika Honey Chicken

Roasted paprika honey chicken breast, served with spiral pasta, lettuce, broccoli, bellpepper, boiled egg, omelette slices, homemade pesto sauce.

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