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PENANG MENU

02.11.2026 *Monday*

BBQ Chicken with Brown Rice

Boneless chicken breast cubes served with brown rice
Cabbage . Mushroom . Sweet Pea . Carrot . Purple Cabbage . Cherry Tomato . Shredded Seaweed . White Sesame Seed

403kcal | 42g | 21g | 13g



03.11.2026 *Tuesday*

Spicy SiChuan Perch with Spaghetti

Sichuan perch fish with Spaghetti
Shimeji Mushroom . Green Capsicum. Cauliflower . Brown Onion . Brinjal

459kcal | 44g | 26g | 21g



04.11.2026 *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



05.11.2026 *Thursday*

Arroz Frito

Portuguese perch fish with brown rice
Cherry Tomato . Purple Cabbage . Long Bean . Japanese Cucumber . Brown Onion . Coriander

459kcal | 44g | 26g | 21g



06.11.2026 *Friday*

Piri Piri Chicken with Potato Wedges

Boneless chicken breast in Piri Piri sauce served with herbs potato wedges
Lettuce . Cucumber . Capsicum . Cauliflower . Purple Cabbage . Cherry Tomato . Coriander

446kcal | 38g | 26g | 23g



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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

02.11.2026 *Monday*

Chipotle Chicken

Chipotle chicken Chop served with brown rice, purple cabbage, cherry tomato, red onion, lettuce, wakame, edamame, seaweed flakes and sesame seeds.
**presented in lunch box



03.11.2026 *Tuesday*

Ponzu Soba Mackerel

Baked Mackerel fish served with soba noodles, hard boiled egg, corn kernel, broccoli, chuka wakame, salad, shimeji mushroom, purple cabbage, ponzu sauce and sesame seed.
**presented in lunch box



04.11.2026 *Wednesday*

Kimchi Soba Noodles

Soba noodles served with kimchi chicken with mushrooms, boiled egg, zucchini floss, carrot floss, shimeji mushroom, shiitake mushroom, kimchi, spring onion and white sesame.



05.11.2026 *Thursday*

Herbal Chicken with Ginger Basmathi Rice

Goji-Yuzhu herbal chicken whole leg, basmathi rice, hong-kong kailan, YuZhu, gojiberry, red date, shiitake mushroom, ginger, soy sauce, garlic, sesame oil, soy-braised tofu, spring



06.11.2026 *Friday*

Blackened Thai Tilapia with Vermicelli

Blackened tilapia served with vermicelli noodles, Thai raw salad (cucumber), carrot, peanuts, shallots, anchovies, cherry tomato, cashew nuts, basil leaves, fried onion, fried garlic, red chili, lime and Thai chili sauce.
**presented in lunch box



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