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PENANG MENU

09.11.2026 *Monday*

Public Holiday: Deepavali



10.11.2026 *Tuesday*

Traditional Asam Pasta with Perch Fish

Baked Perch Fish with Spaghetti Pasta
Cabbage . Japanese Cucumber . Long Bean . Okra . Brinjal

573kcal | 60g | 33g | 19g



11.11.2026 *Wednesday*

Nasi Lemak with Brown Rice

Baked turmeric boneless chicken breast cubes served with Brown Rice
Lettuce . Cauliflower . Long Bean . Carrot . Japanese Cucumber

433kcal | 40g | 27g | 18g



12.11.2026 *Thursday*

Tandoori Fish with Brown Rice

Oven baked tandoori perch fish with brown rice
Lettuce . Tumeric Cabbage . Broccoli . Cucumber . Cherry Tomato

453kcal | 47g | 27g | 17g



13.11.2026 *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

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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



09.11.2026 *Monday*



Public Holiday: Happy Deepavali

10.11.2026 *Tuesday*



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 red onion, raw bell pepper cube, coriander, Crunchy Peanuts), and spring onion.

11.11.2026 *Wednesday*



Herbs Crusted Fish with Baked Pumpkin

Herbed crusted fish, served with salads, boiled eggs, cherry tomatoes, steamed broccoli, lemon and cinnamon coated-baked pumpkin, almond.

12.11.2026 *Thursday*



Teriyaki Salmon - Brown Rice

Teriyaki salmon, served with brown rice, broccoli, purple cabbage, edamame kernel, steamed carrot, green spring onion, sesame seed and teriyaki sauce.

13.11.2026 *Friday*



Hickory Barbeque Whole Leg Chicken

Chicken whole leg, orange, salads, potato, cherry tomatoes, broccoli, pumpkin seed, and mushroom sauce.
**presented in lunch box

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