Homey
Powered By Dietitians & Nutritionists

PENANG MENU

23.11.2026 *Monday*

Mama Chicken with Macaroni Pasta

Mama's style milky boneless chicken breast served with Italian mixed herbs macaroni pasta
Lettuce . Mushroom . Broccoli. French Bean . Cherry Tomato . Pumpkin Seeds

598kcal | 43g | 32g | 26g



24.11.2026 *Tuesday*

Nam Jim Perch Fish with Brown Rice

Baked Perch in Thai spicy NamJim sauce served with brown rice
Cucumber . Cauliflower . Sweet Pea . Baby Corn . Capsicum . Cherry Tomato . Coriander

401kcal | 45g | 26g | 13g



25.11.2026 *Wednesday*

Nasi Ayam with Ginger Brown Rice

Baked chicken breast sesame oil and ginger brown rice
Green Coral Lettuce . Japanese Cucumber . Holland onion . Cherry tomato . Carrot . Coriander

460kcal | 45g | 38g | 15g

new menu

26.11.2026 *Thursday*

Kapitan Perch Fish with Brown Rice

Oven baked Kapitan perch fish fillet served with brown rice
Lettuce . Chinese Cabbage . Broccoli . Mushroom . Okra . Cherry Tomato . Almond Slice

450kcal | 40g | 45g | 13g



27.11.2026 *Friday*

Mushroom Chicken with Penne Pasta

Baked boneless chicken breast cubes in mushroom sauce served with Herbs penne pasta
Lettuce . Mushroom . Broccoli . French Bean . Capsicum . Cherry Tomato . Walnut Halves

583kcal | 57g | 33g | 25g



014-304 0711 www.homey.com.my HOMEY 健康餐
29, Jalan Perniagaan Vorteks 4, Pusat Perniagaan Vorteks Simpang Ampat, 14100 Pulau Pinang

ORDER NOW

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.

Homey
Powered By Dietitians & Nutritionists

KL MENU

23.11.2026 *Monday*

Za'atar Chicken with Broccoli Salad and Baked Roots

Grilled chicken breast marinated in zaatar spices served with baked roots, cherry tomato, broccoli, raisins. almonds, pumpkin seeds, red onion, mashed boiled egg and cilantro yogurt sauce.



24.11.2026 *Tuesday*

Parmesan Stuffed Chicken

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



25.11.2026 *Wednesday*

Sesame Miso Mackerel with Brown Rice

Sesame miso mackerel served with edamame, purple cabbage, wakame, cherry tomato, salad, tamago, oakra, seaweed flakes, brown rice and roasted sesame miso sauce.
***presented in lunch box



26.11.2026 *Thursday*

Kelantanese Nasi Kerabu - Butterfly Peas Rice

Butterfly Pea Rice served with Grilled Chicken Thigh, Bean Sprouts, Shredded Cabbage, Long Beans, Purple cabbage, Bunga Kantan, coconut flakes and sambal tumis.



27.11.2026 *Friday*

Air-fry Shrimp with Tzatziki Salad Bowl

Air-fry shrimp served with Garlic Butter Naan, hard-boiled egg, cucumber, cherry tomatoes, olive, capsium, chickpea and Home-made Tzatziki Sauce.



014-304 0711 www.homey.com.my HOMEY 健康餐
29, Jalan Perniagaan Vorteks 4, Pusat Perniagaan Vorteks Simpang Ampat, 14100 Pulau Pinang

ORDER NOW

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.