

PENANG MENU



30.03.2026 Monday

Peanut Chicken with Brinjal

Baked chicken breast cubes in satay peanut sauce with brown rice
Brinjal . Cabbage . Broccoli . French Bean . Cherry Tomato . Flaxseed

424kcal 42g 28g 16g



31.03.2026 Tuesday

Nyonya Perch Fish with Brown Rice

Cooked perch fish in Nyonya sauce served with brown rice
Lettuce . Onion . Sweet Pea . Cucumber . Cauliflower . Dessicated Coconut . Scallion

422kcal 40g 26g 16g



01.04.2026 Wednesday

Masala Pasta with Paprika Chicken

Paprika boneless chicken breast cubes served with masala pasta (contains nuts, dairy)
Onion . Mushroom . Broccoli . Cauliflower . Capsicum . Coriander . Black Sesame

603kcal 54g 33g 28g



02.04.2026 Thursday

Tomyum Perch Fish

Baked egg wash (contains milk) and perch fish cubes in cup served with brown rice
Onion . Tomato . Cabbage . Broccoli . Okra . Raisin . Sumac Powder

487kcal 45g 26g 22g



03.04.2026 Friday

Nasi Hujan Panas with Baked Chicken

Nasi hujan panas (brown rice with tumeric powder, beetroot powder, butterfly pea dried flower) with baked rendang chicken breast

Lettuce . Cucumber . Brinjal . Long Bean . Carrot

488kcal 43g 28g 24g



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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

30.03.2026 Monday

Hickory Barbeque Whole Leg Chicken

Chicken whole leg, orange, salads, potato, cherry tomatoes, broccoli, pumpkin seed, and mushroom sauce.



31.03.2026 Tuesday

Parsley Butterfish with Spaghetti

Oven-baked butterfish served with spaghetti (with garlic oil), grilled onions, grilled cherry tomatoes, spinach and homemade sour cream.



01.04.2026 Wednesday

Misoyaki Omu with Brown Rice

Misoyaki chicken chop, served with omelette, edamame, shimeji mushroom, salad, brown rice and homemade misoyaki sauce.



02.04.2026 Thursday

Steamed Herbs Tilapia with Potato Salad

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



03.04.2026 Friday

Za'atar Chicken with Broccoli Salad and Brown Rice

Grilled chicken breast marinated in za'atar spices served with brown rice, cherry tomato, broccoli, raisins, almonds, pumpkin seeds, red onion, mashed boiled egg and cilantro yogurt sauce.



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