

PENANG MENU

13.04.2026 *Monday*

Buttermilk Chicken with Brown Rice

Baked chicken breast cubes in buttermilk sauce served with brown rice

Cucumber . Long Bean . Carrot . Mushroom . Purple Cabbage . Curry Leaves . Red Chili

 452kcal  41g  28g  20g



14.04.2026 *Tuesday*

Curry Perch Fish with Brown Rice

Indian-style curry perch fish served with brown rice

Turmeric Cabbage (with mustard seed) . Brinjal . Capsicum . Okra . Lettuce . Coriander

 436kcal  37g  26g  20g



15.04.2026 *Wednesday*

Mushroom Chicken with Pasta

Baked boneless chicken breast cubes in mushroom sauce served with herbs pasta

Lettuce . Mushroom . Cauliflower . Broccoli . Carrot . Cherry Tomato . English Parsley

 583kcal  57g  33g  25g



16.04.2026 *Thursday*

Piri Piri Fish with Potato Wedges

Oven baked Piri Piri perch fish with herbs potato wedges

Cucumber . Capsicum . Brinjal . Cauliflower . Cherry Tomato . Alfalfa/Oregano Flakes

 442kcal  38g  24g  22g



17.04.2026 *Friday*




Sour Plum Chicken Meatball with Brown Rice

Chicken breast meatball drizzled with sour plum sauce served with brown rice

Lettuce . Cucumber . Broccoli . Capsicum . Baby Corn . Scallion . Sesame Seed

 474kcal  50g  28g  18g



 014-304 0711  www.homey.com.my  HOMEY 健康餐

 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.

ORDER NOW

KL MENU

13.04.2026 Monday

Napolitana Mushroom Chicken

Chicken breast cube, served with mushroom, zucchini, carrot, cherry tomato, lettuce, boiled egg, almond, fettuccine and napolitana sauce (tomatoes, onion, garlic, basil, olive oil, and salt and pepper).

**presented in lunch box



14.04.2026 Tuesday

Orange Sesame Chicken

Sesame honey chicken served with chinese cabbage & naipak, brown rice, fried egg, spring onion, sesame seeds and orange.



15.04.2026 Wednesday

Sesame Miso Mackerel with Brown Rice

Sesame miso mackerel served with edamame, purple cabbage, wakame, cherry tomato, salad, seaweed flakes, brown rice and roasted sesame miso sauce.

***presented in lunch box



16.04.2026 Thursday

Parmesan Stuffed Chicken

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



17.04.2026 Friday

Basil Chicken with Spaghetti

Pan-seared chicken thigh served with spaghetti, cherry tomatoes, shiitake mushrooms, asparagus, creamy basil cashew sauce (basil, cashews, olive oil, garlic, cheese, lemon) parmesan cheese & cashew nuts.

**presented in lunch box



014-304 0711 www.homey.com.my HOMEY 健康餐

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.

ORDER NOW