

PENANG MENU

20.04.2026 Monday

Rendang Tok style-Chicken with Ginger Rice

Baked chicken breast cubes in curry powder, soy sauce served with ginger brown rice
Brinjal . Cucumber . Cabbage . Carrot . Mushroom . Scallion . Dessicated Coconut

401kcal 44g 28g 24g



21.04.2026 Tuesday

Green Pesto Pasta with Oregano Fish

Baked oregano perch fish served with green pesto (contains peanut & cheese) pasta
Lettuce . Broccoli . Cauliflower . French Bean . Capsicum . Cherry Tomato

576kcal 54g 31g 29g



22.04.2026 Wednesday

Bolognese Chicken with Brown Rice

Baked boneless chicken breast cubes in bolognese sauce served with brown rice
Lettuce . Cauliflower . Mushroom . Corn Kernel . Carrot . Purple Cabbage . White Sesame

413kcal 46g 28g 13g



23.04.2026 Thursday

Turmeric Fish with Brown Rice

Baked turmeric perch fish served with brown rice
Chinese Cabbage . Okra . Bok Choy . Capsicum . Carrot . Scallion . Black Sesame

436kcal 38g 26g 20g



24.04.2026 Friday

Black Pepper Chicken with Roasted Potato

Chicken breast in black pepper (contains dairy) sauce served with roasted potato
Lettuce . Cucumber . Broccoli . Capsicum . Cherry Tomato . Purple Cabbage . English Parsley

511kcal 41g 26g 29g



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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

20.04.2026 *Monday*

Smokey Whole Leg with Spaghetti

Smokey chicken whole leg, served with brinjal, capsicum, salad, spaghetti, egg, mushroom sauce, and pumpkin seed.



21.04.2026 *Tuesday*

Salmon Pumpkin Chowder

Grilled salmon with seasonal herb, served with grilled market vegetables (broccoli, capsicum, carrot), grilled cherry tomato, boiled egg, and pumpkin chowder.



22.04.2026 *Wednesday*

Lemongrass Chicken with Brown Rice

Pandan lemongrass chicken, served with brown rice, long bean, eggplant, red bell pepper, salad and home-made broth.



23.04.2026 *Thursday*

Butterfish with Potato Salad

Salt pepper baked butterfish served with boiled egg, baked potatoes, salads and market veggies (broccoli, cherry tomato, black olive), and citrus aioli sauce(contains lemon, mayonnaise, garlic).



24.04.2026 *Friday*

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 onion.



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