

PENANG MENU



04.05.2026 Monday

Spicy Sichuan Chicken

Baked Sichuan chicken breast cubes served with brown rice

Onion . Cabbage . Cucumber . Carrot . Purple Cabbage . Cherry Tomato . Scallion

403kcal 41g 28g 16g



05.05.2026 Tuesday

Fruity Fish with Herbs Pasta

Fruity perch fish with herbs pasta

Lettuce . Mushroom . Broccoli . French Bean . Cherry Tomato . Oregano Flakes

489kcal 60g 31g 13g



06.05.2026 Wednesday

Chick'n Yum Thai Brown Rice

Baked tomyum boneless chicken breast cubes served with brown rice

Onion . Cauliflower . Long Bean . Carrot . Mushroom . Purple Cabbage . Bunga

Kantan

437kcal 44g 28g 17g



07.05.2026 Thursday

Baked Perch with Tan Tan Pasta

Pasta in Tan Tan sauce served with baked paprika herbs perch fish

Lettuce . Brinjal . Cauliflower . Bok Choy . Capsicum

559kcal 66g 33g 17g



08.05.2026 Friday

Chicken Tanin Don

Baked teriyaki chicken breast with brown rice

Egg . Mushroom . Broccoli . Cabbage . Onion . Carrot . Scallion

454kcal 44g 25g 20g



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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

04.05.2026 *Monday*

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), and spring onion.



05.05.2026 *Tuesday*

Fajita Chicken with Baked Pumpkin

Fajita Chicken baked with cheese, zucchini and bell peppers; served with baked pumpkin, salsa (tomato, cucumber, red onion, parsley), baked broccoli and walnut.



06.05.2026 *Wednesday*

Tuscan Chicken Fettuccine

Chicken breast (seasoned with oregano, salt, pepper, paprika), served with fettuccine, garlic butter French bean, cherry tomatoes, spinach, chili flakes and milk-based sauce (containing cheese).



07.05.2026 *Thursday*

Miso Mackerel with Brown Rice

Miso grilled saba mackerel served with onion eggs, teppan-veges, cherry tomato, homemade miso sauce and brown rice.



08.05.2026 *Friday*

Fusion Tuna Kimchi with Brown Rice

Tuna served with kimchi, brown rice, fried egg, kimchi, carrot, cucumber, purple cabbage, mushroom, corn kernel, seaweed flakes, sesame and lettuce.



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