

PENANG MENU



18.05.2026 *Monday*

BBQ Chicken with Brown Rice

BBQ boneless chicken breast cubes served with brown rice

Cabbage . Sweet Pea . Mushroom . Carrot . Purple Cabbage . Cherry Tomato .

Shredded Seaweed . Sesame

 403kcal  42g  21g  13g



19.05.2026 *Tuesday*

Honey Sriracha Salmon

Baked salmon with brown rice

Boiled Egg . Mushroom . Cucumber . Lettuce . Purple Cabbage . French Bean . Black

Sesame

 462kcal  50g  24g  19g



20.05.2026 *Wednesday*

Chicken Skewer with Rendang Rice

Black pepper chicken breast skewer served with rendang-flavoured brown rice

Lettuce . Mushroom . Broccoli . Baby Corn . Capsicum . Raisin/Scallion/Radish

 418kcal  37g  27g  18g



21.05.2026 *Thursday*

Tang & Spice Fish

Perch fish cooked in traditional asam served with brown rice

Cabbage . Cucumber . Long Bean . Okra . Brinjal . Coriander . Red Chili . Black Sesame

 504kcal  48g  27g  27g



22.05.2026 *Friday*




Chicken Meatball with Herbs Pasta

Homemade meatball from chicken breast served with herbs pasta

Lettuce . Broccoli . Cauliflower . Capsicum . Purple Cabbage . Cherry Tomato

 504kcal  57g  35g  15g



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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

18.05.2026 Monday

Ponzu Soba Mackerel

Mackerel fillet served with soba noodles, boiled egg, corn kernel, broccoli, chuka wakame, lettuce, shimeji mushroom, purple cabbage and ponzu sauce.

**presented in lunch box



19.05.2026 Tuesday

Paprika Honey Chicken

Roasted paprika honey chicken breast, served with spiral pasta, lettuce, broccoli, bellpepper, boiled egg, omelette slices, homemade pesto sauce.



20.05.2026 Wednesday

Katsu Curry Chicken

Crust baked chicken breast, served with Japanese curry, potatoes, carrot, onion, salad, cherry tomato and brown rice.



21.05.2026 Thursday

Asam Mackerel- Brown Rice

Oven baked saba mackerel fish marinated with asam, served with brinjal, ladies' fingers, long beans, tomato, brown rice, almond.



22.05.2026 Friday

Teriyaki Nourish Bowl

Teriyaki chicken thigh served with brown rice, edamame, cherry tomato, corn, shredded onion, salad, sunflower seed, pumpkin seed, omelette, seaweeds, teriyaki sauce.

**presented in lunch box



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