

PENANG MENU



25.05.2026 *Monday*

Chicken in Bean Paste with Brown Rice

Baked boneless chicken breast cubes in sweet savory bean paste (contains peanuts)
Brown Rice . Cucumber . Brinjal . Mushroom . Carrot . Purple Cabbage . Cherry Tomato .
Coriander . Sesame

 468kcal  50g  29g  17g



26.05.2026 *Tuesday*

Gochujang Perch Fish with Pasta

Gochujang perch fish with pasta (contains sesame oil, garlic, soy sauce)
Lettuce . Cabbage . Mushroom . French Bean . Capsicum . Scallion . Sesame

 593kcal  63g  32g  31g



27.05.2026 *Wednesday*

Public Holiday: Hari Raya Haji



28.05.2026 *Thursday*

Nam Jim Perch

Baked perch fish in Thai spicy NamJim sauce served with brown rice
Cucumber . Brinjal . Sweet Pea . Baby Corn . Capsicum . Cherry Tomato . Red Onion

 401kcal  45g  26g  13g






29.05.2026 *Friday*

Creamy Tomato Chicken with Pasta

Chicken breast cooked in creamy tomato sauce (contains dairy) served with herbs
Lettuce . Broccoli . Cauliflower . Carrot . Capsicum . Purple Cabbage

 620kcal  55g  33g  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



25.05.2026 Monday

Pesto Shrimp with Fettuccine

Pesto shrimp served with fettuccine, purple cabbage, chukka wakame, lettuce, cherry tomato, shiitake mushroom, carrot, sunflower seed, pumpkin seed, edamame kernel, and zesty pesto sauce.

**presented in lunch box



26.05.2026 Tuesday

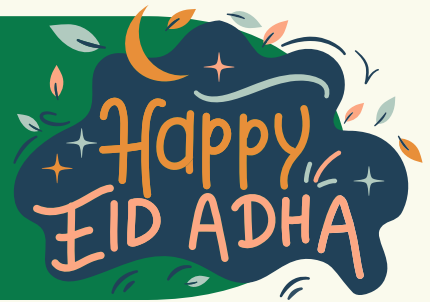
Peri Peri Chicken with Brown Rice

Peri-peri chicken chop, served with brown rice, broccoli, boiled egg, almonds, salad, cherry tomato cut and home-made peri sauce.



27.05.2026 Wednesday

Public Holiday: Hari Raya Haji



28.05.2026 Thursday

Steamed Herbs Tilapia with Potato

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





29.05.2026 Friday

Teriyaki Salmon - Brown Rice

Teriyaki salmon, served with brown rice, baked broccoli, purple cabbage, edamame kernel, steamed carrot and teriyaki sauce

**presented in lunch box



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