

PENANG MENU



29.06.2026 Monday

Riau Chicken

Baked chicken breast in chili, tomato, bean paste sauce with brown rice

Brown Onion . Cucumber .Mushroom . Capsicum . Carrot . Coriander . Sesame Seed

458kcal 41g 29g 21g



30.06.2026 Tuesday

Arroz Frito

Portuguese -flavoured brown rice with perch fish

Onion . Cabbage . Okra . Cucumber . Purple Cabbage . Cherry Tomato . Coriander .

Bunga Kantan

459kcal 44g 26g 21g



01.07.2026 Wednesday

Cajun Chicken with Pasta

Cajun boneless chicken breast served with herbs pasta

Lettuce . Mushroom . Cauliflower . Long Bean . Carrot . English Parsley

536kcal 59g 33g 18g



02.07.2026 Thursday

D'Salmon-Brown Rice

Cooked miso salmon served with brown rice

Boiled Egg . Lettuce . Broccoli . Mushroom . French Bean . Corn Kernel . Purple Cabbage .

Cherry Tomato/Radish

507kcal 44g 24g 26g



03.07.2026 Friday

Baked Herbs Chicken with Sweet Potatoes

Baked herbs chicken breast with roasted sweet potatoes

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

Parsley 429kcal 34g 24g 22g



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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

29.06.2026 *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 peanut, red onion, raw bell pepper cube, coriander), and spring onion.



30.06.2026 *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.



01.07.2026 *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).



02.07.2026 *Thursday*

Miso Mackerel with Brown Rice

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



03.07.2026 *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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