

PENANG MENU

13.07.2026 Monday

Portuguese Grill

Oven Portuguese chicken breast cubes served with brown rice

Onion . Cucumber . Mushroom . Carrot . Cherry Tomato . Scallion . Sesame Seed

406kcal 39g 27g 16g



14.07.2026 Tuesday

Perch with Sambal Balado

Baked perch fish fillet topped with spicy sambal balado served with brown rice

Lettuce . Cucumber . Brinjal . Long Bean . Capsicum . Purple Cabbage . Coriander

452kcal 38g 26g 22g



15.07.2026 Wednesday

Mama Chicken & The Spaghetti

Mama's style milky boneless chicken breast served with herbs spaghetti

Lettuce . Mushroom . Broccoli . French Bean . Cherry Tomato . English Parsley

598kcal 43g 32g 26g



16.07.2026 Thursday

Sesame Udon with Kong Pao Fish

Baked kung pao perch fish served with udon coated with sesame oil

Cabbage . Okra . Mushroom . Carrot . Scallion . Red Chili

632kcal 54g 32g 26g



17.07.2026 Friday

Aloha Garden Baked Chicken

Baked chicken breast fillet in Hawaiian sauce with brown rice

Lettuce . Cucumber . Cauliflower . Capsicum . Corn Kernel . Purple Cabbage

449kcal 44g 27g 19g



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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

13.07.2026 Monday

Smokey Whole Leg

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



14.07.2026 Tuesday

Paprika Honey Chicken

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



15.07.2026 Wednesday

Blackened Thai Tilapia with Vermicelli

Blackened tilapia served with vermicelli noodles, Thai raw salad (cucumber), carrot, peanuts, shallots, anchovies, cherry tomato, cashew nuts, basil leaves, fried onion, fried garlic, red chili, lime and Thai chili sauce.

**presented in lunch box



16.07.2026 Thursday

Shrimp Scampi

Shrimp served with spaghetti, zucchini, corn, cherry tomatoes, poached white radish, butter, lemon, salt, dried parsley (no black pepper).

*market vegetables (broccoli/ cauliflower)



17.07.2026 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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