

PENANG MENU

17.08.2026 *Monday*

Spicy Sichuan Chicken

Baked Sichuan chicken breast cubes served with brown rice

Onion . Cucumber . Carrot . Mushroom . Sweet Pea . Cherry Tomato . White Sesame

 403kcal  41g  28g  16g



18.08.2026 *Tuesday*

Tangy Piri Perch

Piri piri perch fillet with herbs macaroni pasta

Lettuce . Capsicum . Broccoli . Cauliflower . Brinjal . Alfalfa/English Parsley

 566kcal  57g  31g  24g



19.08.2026 *Wednesday*

Ajumma Chicken

Baked BBQ chicken breast with brown rice

Cucumber . Broccoli . Mushroom . Purple Cabbage . Corn Kernel . Walnuts .

Shredded Seaweed . White Sesame

 473kcal  43g  21g  20g



20.08.2026 *Thursday*

Turmeric Fish with Brown Rice

Baked turmeric perch fish served with brown rice

Lettuce . Okra . Chinese Cabbage . Capsicum . Carrot . Chickpeas . Scallion . Black Sesame

 436kcal  38g  26g  20g



21.08.2026 *Friday*

Mushroom Chicken with Pasta

Baked boneless chicken breast cubes in mushroom sauce served with herbs pasta

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

 583kcal  57g  33g  25g



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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

17.08.2026 Monday

Hickory Barbeque Whole Leg Chicken

Chicken whole leg, orange, salads, baked potato, cherry tomatoes, broccoli, pumpkin seed, and mushroom sauce.



18.08.2026 Tuesday

Tomato Dory with Spaghetti

Tomato dory in Napolitana sauce served with spaghetti and grilled zucchini, grilled carrot, edamame, cherry tomato, grilled mushroom, purple cabbage, salad, pumpkin seed, sunflower seed and sesame seed

***presented in lunch box*



19.08.2026 Wednesday

Bibimbap Chicken with Brown Rice

Chicken served with grilled zucchini, grilled carrot, edamame, cherry tomato, grilled mushroom, purple cabbage and salad, fried egg, brown rice and Bibimbap sauce.



20.08.2026 Thursday

Misoyaki Omu with Brown Rice

Misoyaki chicken chop, served with omelette, edamame, shimeji mushroom, salad, brown rice and homemade misoyaki sauce.



21.08.2026 Friday

Herbs-crusted Fish with Baked Pumpkin

Herbed crusted fish, served with salads, boiled eggs, cherry tomatoes, steamed broccoli, lemon and cinnamon coated-baked pumpkin, almond.



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