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PENANG MENU

16.11.2026 *Monday*

Nourish Chae



Baked boneless chicken breast pasired with Japchae sauce served with brown rice
Brown Onion . Japanese Cucumber . Shiitake Mushroom . Yellow Capsicum . Purple Cabbage . Carrot

459kcal 44g 26g 21g

17.11.2026 *Tuesday*

Japanese Curry Perch



Japanese Curry perch fillet with Herbs Spiral Pasta
Lettuce . Capsicum . Broccoli . Cauliflower . Brinjal . English Parsley

566kcal 57\g 31g 24g

18.11.2026 *Wednesday*

Ayam Percik Delight



Oven baked chicken breast with ayam percik sauce with brown rice
Cabbage . Mushroom . Carrot . French Bean . Cherry Tomato . Purple Cabbage . Coriander

413kcal 42g 28g 17g

19.11.2026 *Thursday*

Zen Salmon



Baked Salmon with Brown rice
Boiled Egg (1 whole). Romaine Lettuce . Broccoli . Japanese Cucumber . Shiitake Mushroom . Cherry Tomato . Purple Cabbage

462kcal 50g 24g 19g

20.11.2026 *Friday*

Black Pepper Chicken with Roasted Pumpkin



Black pepper chicken breast served with herbs roasted pumpkin cubes
Green Coral Lettuce . Broccoli . Cauliflower . Carrot . Capsicum . Purple Cabbage

420kcal 29g 24g 27g

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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

16.11.2026 *Monday*

Honey Soy Garlic Chicken Poke Bowl

Chicken Breast Cubes served with Basmati Rice, sweet tamago cubes, golden roasted sweet potato, salads, broccoli,crisp cucumber, fresh red cabbage, pop of house-picked onion and Honey-soy garlic sauce.



17.11.2026 *Tuesday*

Lemongrass Chicken salad

Lemongrass pandan baked chicken served with Herbs baked potatoes, curry leaf flavored chickpeas, broccoli, cherry tomatoes, olives, salad, hard boiled egg and home-made thai sauce.



18.11.2026 *Wednesday*

Nyonya Baked Dory with Brown Rice

Nyonya baked dory served with nyonya sauce, omelette, stir-fried green leafy veggies, carrot floss and brown rice.



19.11.2026 *Thursday*

Aglio Olio Chicken Spaghetti

Spaghetti with sauteed minced garlic, olive oil, button mushroom, shiitake mushroom, spinach, broccoli and chicken breast cubes.



20.11.2026 *Friday*

Fusion Tuna Kimchi with Brown Rice

Tuna fish served with brown rice, fried egg, kimchi, carrot, cucumber, purple cabbage, shimeji mushroom, corn kernel, seaweed flakes, sesame seed, lettuce and spring onion.



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