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PENANG MENU

30.11.2026 *Monday*

Kam Heong Chicken with Brown Rice

Kam Heong Chicken served with brown rice
Cabbage . Cucumber . Carrot . Broccoli . Cherry Tomato . Black Sesame

470kcal | 45g | 38g | 16g



01.12.2026 *Tuesday*

Ole Ole Bali Perch Fish with Spiral Pasta

Baked perch fish in fruity sauce served with Italian herbs Spiral Pasta
Lettuce . Red Capsicum . Cauliflower . Broccoli . Brown Onion . Walnut Halves

530kcal | 46g | 38g | 21g



02.12..2026 *Wednesday*

Korean Chicken with Macaroni Pasta

Baked boneless chicken breast in korean soy garlic sauce sauce served with Italian herbs macaroni pasta
Romaine Lettuce . Red Capsicum . Cauliflower . Broccoli . Brown Onion . Almond Slice

504kcal | 57g | 35g | 15g



03.12.2026 *Thursday*

Nyonya Tomyam Fish with Brown Rice

Perch perch fish in nyonya tomyam sauce served with brown rice
Lettuce . Onion . Cauliflower . Sweet Pea . Brinjal . Capsicum . Coriande

610kcal | 63g | 31g | 27g



04.12.2026 *Friday*

Green Pesto Chicken with Brown Rice

Baked Green Pesto chicken breast with brown rice
Cucumber . Broccoli . Mushroom . Purple Cabbage . Corn Kernel . Cherry Tomato . White Sesame

490kcal | 45g | 41g | 17g



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KL MENU

30.11.2026 *Monday*

Soybean Eggplant Chicken (Yu Xiang Ge Zi)

Minced Chicken served with Brown Rice, Eggplant, market vegetables, sunny egg and SiChuan Sauce.(pickled red pepper,garlic,ginger,scallions,salt,soy sauce and vinegar)



01.12.2026 *Tuesday*

Misoyaki Don with Chawanmushi

Chicken chop served with onion scrambled egg, chawanmushi (inside contains broccoli, edamame, carrot, brown rice, salad and Misoyaki sauce (drizzle over the chicken).



02.12..2026 *Wednesday*

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.



03.12.2026 *Thursday*

Spinach Chicken Cheesy Quesadilla

Crisp-folded tortillas are packed with tender grilled chicken served with refreshing side sald, handful crounton, cherry tomato, tossed, red onion, black olive and home-made tar tar sauce .



04.12.2026 *Friday*

Paprika Honey Chicken 🌶

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



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