



LUNCH MENU



	MONDAY 01-Jan-2018	TUESDAY 02-Jan-2018	WEDNESDAY 03-Jan-2018	THURSDAY 04-Jan-2018	FRIDAY 05-Jan-2018
SOUP OF THE DAY				CAULIFLOWER SOUP	INDIAN TOMATO SOUP
LUNCH SET				BEEF STROGANOFF BAKED HERB CAJUN POTATOES BROCCOLI WITH CHERRY CHEESE BREAD	CHINESE FRIED KONG'PO CHICKEN STIR FRIED KAILAN TAUHU IN SWEET N SOUR SAUCE
VEGETARIAN				VEGE PULAO RICE KADAI PANEER AND TOFU FRIED LONG BHINDI PAKODA TOMATO AND LEEK RAITA	MAMAK ROJAK SET (YELLOW MEE, ASSORTED OF VEGETABLE, BOILD EGG, PEANUT SAUCE)
HOT MEALS				CHICKEN BURGER TUNA PIZZAS	CROQUE MONSIEUR BBQ CHICKEN PIZZAS
SALAD BAR				4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS, CHEESE, KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES, GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER, RED CABBAGE, EDAMAME BEANS) 1 CHOICE OF MEAT (GRILLED FISH) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT, BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR				CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND TOMATO BUSE)
SANDWICH BAR				2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (CHICKEN MEATBALL IN TOMATO CONCASE AND BACON)
NOODLE BAR				4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HERB NOODLE SOUP MEE HOON YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

Information & Privilege:
All the food served are Halal
Menu may change according to food supply seasons

SHF Healthy Food Guidelines
No added salt in cooking
We reduce saturated fat in our production
We bake, grill and steam rather than fry
We reduce the sugar content and artificial coloring in our production
All our food is MSG (monosodium glutamate) free
Most of the food is palm oil free





LUNCH MENU



	MONDAY 08-Jan-2018	TUESDAY 09-Jan-2018	WEDNESDAY 10-Jan-2018	THURSDAY 11-Jan-2018	FRIDAY 12-Jan-2018
SOUP OF THE DAY	CHICKEN TOMYAM	MUSHROOM SOUP	VEGETABLE EGG DROP	PUMPKIN SOUP	CREAMY POTATO
LUNCH SET	OLD TOWN BAKED CHICKEN MUSHROOM BUTTER RICE SEASONAL VEGETABLE/BREAD CHICKEN BROWN SAUCE	GREEN BEEF CURRY WITH POTATO JASMINE RICE STIR FRIED LONG BEAN WITH CARROT CRACKERS	CHICKEN BEREMPAH NASI LEMAK CONDIMENT WITH 2 TYPE OF SAUCE FRIED TAUHU	DRY MUTTON MASSALA WITH POTATOES GHEE RICE CURRIED CHICK PEAS WITH VEGETABLE PAPADOM CRACKERS	BUTTERED FISH FILLET FRENCH FRIES COLESLAW CORN ON COB
VEGETARIAN	JASMINE RICE MATTA PANEER BUTTER PUMPKIN VEGETABLE GHEE ROAST	MURTABAK WITH VEGETABLES VEGETABLE KURMA POTATO VARUVAL	CHILLI NOODLES VEGETABLE SPRING ROLL 1 TYPE OF VEGETABLE	ALOO AND PANEER PACHEDI STIR FRIED CABBAGE WITH DHALL CHOLE CURRY MASSALA NAN BREAD	GHEE RICE ALOO GHOBI JEERA FRENCH BEANS WITH YELLOW PASTE RAJMA CURRY
HOT MEALS	CHICKENCHEEZY WRAP BBQ CHICKEN DELIGHT PIZZAS	TACOS HAWAIIAN SUPREME CHICKEN PIZZAS	CHICKEN HOT DOG VIRTUOUS VEGE PIZZAS	BEEF BURGER HOT CHEESY CHICKEN PIZZAS	CHICKEN ROTI JOHN PEPPERONI DELIGHT BEEF PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO AND CHEESE SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (BEEF BOLOGNISE AND CREAMY SAUCE)	BEEF CANELLONI	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND ARRABIATA)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	CHICKEN NOODLE SOUP MEE HOON KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPOUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPOUT, SPRING ONION, SAWI ...)	TOMYAM GOONG NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPOUT, SPRING ONION, SAWI ...)	ASSAM LAKSA NOODLE LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN, BOIL EGG, PINEAPPLE, ONION, CUCUMBER, LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPOUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 15-Jan-2018	TUESDAY 16-Jan-2018	WEDNESDAY 17-Jan-2018	THURSDAY 18-Jan-2018	FRIDAY 19-Jan-2018
SOUP OF THE DAY	CHICKEN WITH POTATO SOUP	CARROT SOUP	CHICKEN WITH FISH BALL TOMYAM	CREAMY BROCCOLI	VEGETABLE CLEAR SOUP
LUNCH SET	MARINATED ROASTED BEEF STEAK MASHED POTATOES GRILLED EGGPLANT WITH PUMPKIN BROWN SAUCE / CORN	AYAM MASAK MERAH TOMATO RICE ACAR MENTAH POTATOES BEGEDIL	SWEET AND SOUR FISH FILLET ORIENTAL FRIED RICE STIR FRIED KAILAN TAUHU IN GINGER SAUCE	BEEF PAPRIK WITH VEGE JASMINE RICE STIR FRIED LONG CABBAGE WITH SHITAKI CRACKERS	ROSEMARY CHICKEN ROASTED POTATOES CREAMY MIXED VEGETABLE HOMEMADE BREAD
VEGETARIAN	CABBAGE MANCHURIAN RAJMA CURRY WITH PUMPKIN ALOO GHOBI RICE	LEEK AND POTATO FRITATA BEAN AND VEGETABLE STEW CORN CHIPS	BEEF ROOT MASSALA CHOLE CURRY STIR FRIED OKRA JASMINE RICE	EGGPLANT AND ZUCCHINI TAGINE BREAD MIDDLE EAST POTATO AND CHICKPEAS	TOFU RENDANG VEGETABLE DHALLCHA ACAR RAMPAI GHEE RICE
HOT MEALS	BEEF CHEEZY WRAP THE CLASSIC HAWAIIAN CHICKEN PIZZAS	TACOS FARM HOUSE PIZZAS (TURKEY)	CHICKEN HOT DOG MEAT MANIA PIZZAS (BEEF)	BEEF BURGER MARGHERITA PIZZAS	CHICKEN ROTI JOHN DELUXE CHEESE PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CELERY,CHICK PEAS,EGGS) 1 CHOICE OF MEAT (GARLIC CHICKEN) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (BLACK BEANS,CORN,BROCCOLI) 1 CHOICE OF MEAT (SMOKED SALMON) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENTS,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (GREEN BEANS,RED PEPPER,MUSHROOM) 1 CHOICE OF MEAT (TERIYAKI BEEF) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,YELLOW PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (TUNA) 2 CHOICES OF CONDIMENTS (QUINOA,GREEN OLIVES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS,RED PEPPER,SWEETCORN) 1 CHOICE OF MEAT (CHICKEN HAM) 2 CHOICES OF CONDIMENTS (GREEN PICKLES,APPLE SLICES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO BASIL AND PRIMAVERA SAUCE)	BEEF LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND CHICKEN BOLOGNISE)	CHICKEN CANELLONI	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (PESTO AND ALFREDO SAUCE)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA COLESLAW AND BACON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN,TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (ROASTED BEEF,CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CORONATION CHICKEN,EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF SALAMI,PAPRIKA CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	BANDUNG NOODLE SOUP YELLOW MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	UDON NOODLE SOUP UDON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	LAKSA UTARA LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 22-Jan-2018	TUESDAY 23-Jan-2018	WEDNESDAY 24-Jan-2018	THURSDAY 25-Jan-2018	FRIDAY 26-Jan-2018
SOUP OF THE DAY	HERB CHICKEN SOUP	CREAMY CORN SOUP	WHITE CHICKEN TOMYAM	MINISTRONE SOUP	POTATO AND VEGE SOUP
HOT DISH	GRILLED LAMB CHOP BAKED HERB POTATOES CORN ON COB / SAUCE SEASONAL VEGETABLE	FRIED HERB CHICKEN COCONUT RICE AND CONDIMENT FRIED TEMPE	BEEF IN COCONUT GRAVY JASMINE RICE STIR FRIED LONG BEAN WITH CARROT VEGETABLE BEGEDIL	BLACK PEPPER CHICKEN CHINESE FRIED RICE STIR FRIED CHINESE CABBAGE FRIED TAIHU IN SWEET SOUR SC	FISH AND CHIP COLESLAW CORN ON COB
LUNCH SET	CABBAGE KOORA VEGETARIAN KURMA RAITA CARROT AND ONION PULAO RICE	MAMAK ROJAK (EGGS,ASSORTED OF VEGETABLE,YELLOW MEE,PEANUT SAUCE)	BABY CORN MASSALA KADAI MUSHROOM AND PEAS DHALL CURRY BRIYANI RICE	VEGETABLE TAGINE PUMPKIN BECHAMEL LASAGNA BREAD	BAIGAN KURMA MASSALA INFUSED WITH FUSSION PESTO TARKA DHALL CARROT RAITA WITH ONION & CORIANDER RICE
HOT MEALS	VEGETARIAN CHEEZY WRAP SMOKY BEEF & CHICK PIZZAS	TACOS ZETSTY CHEEZY CHICKEN PIZZAS	CHICKEN HOT DOG TUNA EXTREME PIZZAS	BEEF BURGER CHICKEN SENSATION PIZZAS	CHICKEN ROTI JOHN VEGIE GALORE PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (ROASTED BEEF) 2 CHOICES OF CONDIMENTS (CORIANDER, CROUTONS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (SHREDDED CHICKEN) 2 CHOICES OF CONDIMENTS (QUINOA, ORANGE SEGMENTS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS,RED PEPPER,SWEETCORN) 1 CHOICE OF MEAT (TURKEY HAM) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (TERIYAKI CHICKEN) 2 CHOICES OF CONDIMENTS (JALAPENOS,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER,RED CABBAGE,EDAMAME BEANS) 1 CHOICE OF MEAT (MEAT BEEF SALAMI) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CONCASE AND WHITE SAUCE)	BEEF LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND CHICKEN MEAT BALL)	BEEF MOUSSAKA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (NAPOLITANA AND MUSHROOM)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CHICKEN NOODLE SOUP MEE HOON KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) TOMYAM GOONG NOODLE SOUP YELLOW MEE MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 29-Jan-2018	TUESDAY 30-Jan-2018	WEDNESDAY 31-Jan-2018	THURSDAY 01-Feb-2018	FRIDAY 02-Feb-2018
SOUP OF THE DAY	CAULIFLOWER SOUP	CHICKEN SOUP			CLEAR VEGETABLE SOUP
LUNCH SET	GRILLED CHICKEN CHOP MASHED POTATOES WESTERN VEGETABLE CORN / CHICKEN GRAVY	BLACK PEPPER BEEF CHINESE FRIED RICE TAUHU IN SWEET N SOUR SAUCE STIR FRIED CHINESE CABBAGE			BUTTERED FISH FILLET FRENCH FRIES COLESLAW CORN ON COB
VEGETARIAN	OKRA MASSALA VEGETABLE KURMA SPICY CORIANDER CHUTNEY MINT RICE	EGGPLANT PARMIGIANA BAKED PASTA CROUTON SALAD			BOTTLE GOURD WITH MUSTARD SEED CAULIFLOWER 65 CHOILE CURRIED / PAPADOM BRIYANI RICE
HOT MEALS	BEEF CHEEZY WRAP SUPER SUPREME CHICKEN PIZZAS	CHICKEN HOT DOG ISLAND TUNA PIZZAS			BEEF BURGER CHICKEN WITH PINEAPPLE PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES, GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES, GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)			4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER, RED CABBAGE, EDAMAME BEANS) 1 CHOICE OF MEAT (GRILLED FISH) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT, BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND TOMATO CONCASE)	CLASSIC CHICKEN LASAGNA			PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHEESE AND CHICKEN BOLOGNISE)
SANDWICH BAR	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)			2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (CHICKEN MEATBALL IN TOMATO CONCASE AND BACON)
NOODLE BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)			4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HERB NOODLE SOUP MEE HOON YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

Information & Privilege:

All the food served are Halal
Menu may change according to food supply seasons

SHF Healthy Food Guidelines

No added salt in cooking
We reduce saturated fat in our production
We bake, grill and steam rather than fry
We reduce the sugar content and artificial coloring in our production
All our food is MSG (monosodium glutamate) free
Most of the food is palm oil free





LUNCH MENU



	MONDAY 05-Feb-2018	TUESDAY 06-Feb-2018	WEDNESDAY 07-Feb-2018	THURSDAY 08-Feb-2018	FRIDAY 09-Feb-2018
SOUP OF THE DAY	CHICKEN TOMYAM	MUSHROOM SOUP	CHICKEN SOUP	PUMPKIN SOUP	CREAMY POTATO
LUNCH SET	ROASTED WHOLE CHICKEN HOMEMADE POTATO WEDGES ROASTED BRINJOL WITH PUMPKIN CHICKEN GRAVY/GARLIC BREAD	CLASSIC BEEF RENDANG WITH POTATO YELLOW RICE ACAR MENTAH POTATO BEGEDIL	IRISH LAMB STEW CHAMPS POTATOES ROASTED GREEN BEANS WITH CHERRY HOMEMADE BUN	CHICKEN RICE SET SWEET AND SOUR JAPANESE TAUFU STIR FRIED BEAN SPROUT	INDIAN FISH CURRY WITH OKRA JASMINE RICE STIR FRIED OKRA WITH CARROT PAPADOM CRACKERS
VEGETARIAN HOT DISH	TARKA DHALL STUFFED ZUCCHINI TIKKA WITH CHOLE GHEE RICE	BAKED PASTA EGGPLANT AND ZUCCHINI RATATOUILLE GARLIC BREAD	VEGETARIAN QUESADILLA WITH BEAN SPICY MEXICON TOMATO RICE TOMATO CORIANDER SALSA	VEGETARIAN FAJITAS CHILLI CORN CORNE FRENCH BEAN STEW	PUMPKIN BALL CURRY BUTTER TOFU STIR FRIED SPINACH CHILI CORIANDER RICE
HOT MEALS	CHICKEN CHEEZY WRAP BEEF PEPPERONI DELIGHT PIZZAS	TACOS MUSHROOM CHICKEN DELIGHT PIZZAS	CHICKEN HOT DOG VIRTUOUS VEGE PIZZAS	BEEF BURGER CHICKEN DELIGHT PIZZAS	CHICKEN ROTI JOHN BEEF SALAMI DELIGHT PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (ROASTED BEEF) 2 CHOICES OF CONDIMENTS (CORIANDER, CROUTONS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (SHREDDED CHICKEN) 2 CHOICES OF CONDIMENTS (QUINOA, ORANGE SEGMENTS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SPINACH,CHEESE,YELLOW PEPPER) 1 CHOICE OF MEAT (TURKEY HAM) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (BITTER GOURD,EGGS,BEETROOT) 1 CHOICE OF MEAT (TERIYAKI CHICKEN) 2 CHOICES OF CONDIMENTS (JALAPENOS,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER,RED CABBAGE,EDAMAME BEANS) 1 CHOICE OF MEAT (MEAT BEEF SALAMI) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO AND CARBONARA SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHICKEN BOLOGNISE AND CREAMY SAUCE)	BEEF LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHEESE AND ARRABIATA)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	CHICKEN NOODLE SOUP MEE HOON KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	TOMYAM GOONG NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	ASSAM LAKSA NOODLE LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 19-Feb-2018	TUESDAY 20-Feb-2018	WEDNESDAY 21-Feb-2018	THURSDAY 22-Feb-2018	FRIDAY 23-Feb-2018
SOUP OF THE DAY	CHICKEN WITH POTATO SOUP	CARROT SOUP	CHICKEN WITH FISH BALL TOMYAM	CREAMY BROCCOLI	VEGETABLE CLEAR SOUP
LUNCH SET	MOROCCON GRILLED CHICKEN DATES RICE ROASTED CAULIFLOWER AND CARROT GARBANZO IN TOMATO SAUCE	BEEF KUSHIYAKI (JAPANESE BEEF SKEWER) JAPANESE RICE JAPANESE TAUFU IN SOY SAUCE MIXED VEGETABLE TEPPANYAKI	BEEF RENDANG WITH POTATO GHEE RICE ACAR RAMPAI PUMPKIN BEGEDIL	INDIAN CHICKEN 65 DHALL RICE CURRIED CHICKPEAS WITH VEGETABLE PAPADOM CRACKERS	FISH AND CHIP COLESLAW CORN ON COB TATAR SAUCE
VEGETARIAN	FRIED DHALL CHUTNEY WHITE RADDISH CURRY DRY KURMA MASSALA VEGETABLE JASMINE RICE	VEGETARIAN ENCHILADAS TOMATO & PEPPER SALSA SOUR CREAM BAKED POTATO CORN ON COB	CHETTINAD PUMPKIN CURRY RADDISH & CARROT MASSALA ONION RAITA WITH CORIANDER WHITE RICE	DHALL CUTLET BUTTER PANEER CHAPATTI CHOLE CURRIED	VEGETABLE TANDOORI CHOLE MASSALA DHALL AND SPINACH CURRY CORIANDER RICE
HOT MEALS	BEEF CHEEZY WRAP THE CLASSIC HAWAIIAN CHICKEN PIZZAS	TACOS FARM HOUSE PIZZAS (TURKEY)	CHICKEN HOT DOG ROASTED GARLIC CHICKEN PIZZAS	BEEF BURGER FLAMING CHICKEN PIZZAS	CHICKEN ROTI JOHN CHEEZY DELIGHT PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CELERY,CHICK PEAS,EGGS) 1 CHOICE OF MEAT (GARLIC CHICKEN) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (BLACK BEANS,CORN,BROCCOLI) 1 CHOICE OF MEAT (SMOKED SALMON) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENTS,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (GREEN BEANS,RED PEPPER,MUSHROOM) 1 CHOICE OF MEAT (TERIYAKI BEEF) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,YELLOW PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (TUNA) 2 CHOICES OF CONDIMENTS (QUINOA,GREEN OLIVES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS,RED PEPPER,SWEETCORN) 1 CHOICE OF MEAT (CHICKEN HAM) 2 CHOICES OF CONDIMENTS (GREEN PICKLES,APPLE SLICES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO BASIL AND PRIMAVERA SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND CHICKEN BOLOGNISE)	BEEF CANELLONI	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (PESTO AND ALFREDO SAUCE)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA COLESLAW AND BACON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN,TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (ROASTED BEEF,CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CORONATION CHICKEN,EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF SALAMI,PAPRIKA CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	BANDUNG NOODLE SOUP YELLOW MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	UDON NOODLE SOUP UDON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	LAKSA UTARA LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 26-Feb-2018	TUESDAY 27-Feb-2018	WEDNESDAY 28-Feb-2018	THURSDAY 01-Mar-2018	FRIDAY 02-Mar-2018
SOUP OF THE DAY	HERB CHICKEN SOUP	CREAMY CORN SOUP	WHITE CHICKEN TOMYAM	MINESTRONE SOUP	POTATO AND VEGE SOUP
LUNCH SET	CHICKEN SCHNITZEL BAKED MASHED POTATOES SEASONAL VEGETABLE SAUCE /STICK BREAD	MUTTON VARUVAL PULAO RICE STIR FRIED BRINJOL WITH OKRA DHALL WITH CHICKPEAS CUTLET	CLASSIC BEEF CASEROLLES FRENCH LOAF BREAD FRENCH BEAN WITH CARROT RED BEAN STEW	PANDAN CHICKEN BEREMPAP COCONUT RICE WITH CONDIMENT 2 TYPE OF SAUCE	BEEF IN SOY SAUCE JASMINE RICE STIR FRIED MIXED VEGETABLE CRACKERS
HOT MEALS	VEGETARIAN CHEEZY WRAP SMOKY CHICKEN & CHICK PIZZAS	TACOS PEPERONI DELIGHT CHICKEN PIZZAS	CHICKEN HOT DOG TUNA EXTREME PIZZAS	BEEF BURGER ALOHA CHICKEN PIZZAS	CHICKEN ROTI JOHN VEGGIE LOVER PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (ROASTED BEEF) 2 CHOICES OF CONDIMENTS (CORIANDER, CROUTONS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (SHREDDED CHICKEN) 2 CHOICES OF CONDIMENTS (QUINOA, ORANGE SEGMENTS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS, RED PEPPER, SWEET CORN) 1 CHOICE OF MEAT (TURKEY HAM) 2 CHOICES OF CONDIMENTS (BLACK OLIVES, BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS, CHEESE, KIDNEY BEANS) 1 CHOICE OF MEAT (TERIYAKI CHICKEN) 2 CHOICES OF CONDIMENTS (JALAPENOS, SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER, RED CABBAGE, EDAMAME BEANS) 1 CHOICE OF MEAT (MEAT BEEF SALAMI) 2 CHOICES OF CONDIMENTS (SESAME SEEDS, PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CONCASE AND WHITE SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND CHICKEN MEAT BALL)	BEEF MOUSSAKA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (NAPOLITANA AND MUSHROOM)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CHICKEN NOODLE SOUP MEE HOON KUJAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (WHOLEMEAL BATAARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) TOMYAM GOONG NOODLE SOUP YELLOW MEE MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 05-Mar-2018	TUESDAY 06-Mar-2018	WEDNESDAY 07-Mar-2018	THURSDAY 08-Mar-2018	FRIDAY 09-Mar-2018
SOUP OF THE DAY	PUMPKIN SOUP	CHICKEN SOUP	CAULIFLOWER SOUP	TOMYAM CHICKEN SOUP	RASSAM SOUP
LUNCH SET	OLD TOWN BAKED CHICKEN MUSHROOM BUTTER RICE SEASONAL VEGETABLE/BREAD CHICKEN BROWN SAUCE	GREEN BEEF CURRY WITH POTATO JASMINE RICE STIR FRIED LONG BEAN WITH CARROT CRACKERS	CHICKEN BEREMPAH NASI LEMAK CONDIMENT WITH 2 TYPE OF SAUCE FRIED TAUHU	DRY MUTTON MASSALA WITH POTATOES GHEE RICE CURRIED CHICK PEAS WITH VEGETABLE PAPADOM CRACKERS	BUTTERED FISH FILLET FRENCH FRIES COLESLAW CORN ON COB
VEGETARIAN	CARROT AND SWEET POTATO MASSALA DHALL CURRIED CUCUMBER RAITA WHITE RICE	VEGAN SHEPHERD PIE VEGETARIAN BEAN STEW CHEF SALAD	VEGETABLE DHALCHA GAJAR AALOO MATAR SABZI FRIED GOBI PAKORA MINT RICE	TORTILLA WRAP (CABBAGE,BEAN,PEPPER,CHEESE) ONION RING BUTTER CORN	TARKA DHAL JEERA PUMPKIN RICE BAIGAN KURMA MASSALA INFUSED WITH FUSSION PESTO CARROT RITA WITH ONION & CORIANDER
HOT MEALS	BEEF CHEEZY WRAP THE CLASSIC TUNA PIZZAS	TACOS CHICKEN ROYALE PIZZAS	CHICKEN HOT DOG CHEESY VEGE PIZZAS	BEEF BURGER FARM HOUSE PIZZAS (TURKEY)	BEEF ROTI JOHN MARGHERITTA PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES,GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES,GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES,GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (ROASTED CHICKEN) 2 CHOICES OF CONDIMENTS (APPLE SLICES,GREEN PICKLES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER,RED CABBAGE,EDAMAME BEANS) 1 CHOICE OF MEAT (GRILLED FISHI) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND TOMATO BUSE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND BEEF BOLOGNESE)	CHICKEN MOUSSAKA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (WHITE SAUCE AND ARRABIATA)
SANDWICH BAR	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TURKEY)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (CHICKEN MEATBALL IN TOMATO CONCASE AND BACON)
NOODLE BAR	HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	HERB NOODLE SOUP MEE HOON YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

Information & Privilege:
 All the food served are Halal
 Menu may change according to food supply seasons

SHF Healthy Food Guidelines
 No added salt in cooking
 We reduce saturated fat in our production
 We bake, grill and steam rather than fry
 We reduce the sugar content and artificial coloring in our production
 All our food is MSG (monosodium glutamate) free
 Most of the food is palm oil free





LUNCH MENU



	MONDAY 12-Mar-2018	TUESDAY 13-Mar-2018	WEDNESDAY 14-Mar-2018	THURSDAY 15-Mar-2018	FRIDAY 16-Mar-2018
SOUP OF THE DAY	CHICKEN TOMYAM	MUSHROOM SOUP	VEGETABLE EGG DROP	PUMPKIN SOUP	CREAMY POTATO
LUNCH SET	MARINATED ROASTED BEEF STEAK MASHED POTATOES GRILLED EGGPLANT WITH PUMPKIN BROWN SAUCE / CORN	AYAM MASAK MERAH TOMATO RICE ACAR MENTAH POTATOES BEGEDIL	SWEET AND SOUR FISH FILLET ORIENTAL FRIED RICE STIR FRIED KAILAN TAUHU IN GINGER SAUCE	BEEF PAPIRK WITH VEGE JASMINE RICE STIR FRIED LONG CABBAGE WITH SHITAKI CRACKERS	ROSEMARY CHICKEN ROASTED POTATOES CREAMY MIXED VEGETABLE HOMEMADE BREAD
VEGETARIAN	VEGETABLE DHALL CURRIED STIR FRIED OKRA WITH BRINJOL POTATOES CUTLET DHALL RICE	GADO GADO SET D MIXED VEGETABLE,PEANUT SAUCE,YELLOW MEE ,EGG)	PUMPKIN WITH RADDISH CURRY CHOLE TIKKA JULIENNE TOMATO & ONION RAITA WHITE RICE / PAPADOM	MUSHROOM AND BROCCOLI QUICHE ONION RING BUTTER MIXED VEGETABLE	PALAK PANEER COCONUT SABZI (VEGETABLE) LASOONI DAL TADKA GHEE RICE
HOT MEALS	CHICKEN CHEEZY WRAP TUNA EXTREME PIZZAS	TACOS MEAT MANIA PIZZAS (CHICKEN)	CHICKEN HOT DOG VEGE GALORE PIZZAS	BEEF BURGER CHICKEN SUPREME PIZZAS	CHICKEN ROTI JOHN CHEESE BURST PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (ROASTED BEEF) 2 CHOICES OF CONDIMENTS (CORIANDER, CROUTONS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (SHREDDED CHICKEN) 2 CHOICES OF CONDIMENTS (QUINOA, ORANGE SEGMENTS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SPINACH,CHEESE,YELLOW PEPPER) 1 CHOICE OF MEAT (TURKEY HAM) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (BITTER GOURD,EGGS,BEETROOT) 1 CHOICE OF MEAT (TERIYAKI CHICKEN) 2 CHOICES OF CONDIMENTS (JALAPENOS,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER,RED CABBAGE,EDAMAME BEANS) 1 CHOICE OF MEAT (MEAT BEEF SALAMI) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO AND CHEESE SAUCE)	BEEF LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHICKEN BALL AND CREAMY SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND TOMATO BUSE)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATAARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	CHICKEN NOODLE SOUP MEE HOON KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	TOMYAM GOONG NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	ASSAM LAKSA NOODLE LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 19-Mar-2018	TUESDAY 20-Mar-2018	WEDNESDAY 21-Mar-2018	THURSDAY 22-Mar-2018	FRIDAY 23-Mar-2018
SOUP OF THE DAY	CHICKEN WITH POTATO SOUP	CARROT SOUP	CHICKEN WITH FISH BALL TOMYAM	CREAMY BROCCOLI	VEGETABLE CLEAR SOUP
LUNCH SET	GRILLED LAMB CHOP BAKED HERB POTATOES CORN ON COB / SAUCE SEASONAL VEGETABLE	FRIED HERB CHICKEN COCONUT RICE AND CONDIMENT FRIED TEMPE	BEEF IN COCONUT GRAVY JASMINE RICE STIR FRIED LONG BEAN WITH CARROT VEGETABLE BEGEDIL	BLACK PEPPER CHICKEN CHINESE FRIED RICE STIR FRIED CHINESE CABBAGE FRIED TAUHU IN SWEET SOUR SC	FISH AND CHIP COLESLAW CORN ON COB
VEGETARIAN	GHEE RICE ALOO GHOBHI JEERA FRENCH BEANS WITH YELLOW PASTE RAJMA CURRY	ALOO PACHEDI WITH PEAS CHICKPEAS DHALL CURRIED VEGETABLE VARUVAL PURI	BEEF ROOT MASSALA CHOLE CURRY STIR FRIED OKRA WHITE RICE	PANEER TIKKA KATHI ROLL TOMATO AND ONION SALS TARKA DHALL	BABY CORN MASSALA KADAI MUSHROOM AND PEAS DHALL CURRY BRIYANI RICE
HOT MEALS	BEEF CHEEZY WRAP ISLAND TUNA SUPREME PIZZAS	TACOS SUPREME BEEF PIZZAS	CHICKEN HOT DOG CHICKEN TANDOORI PIZZAS	BEEF BURGER MARGHERITA PIZZAS	CHICKEN ROTI JOHN GRILLED CHEESE PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CELERY,CHICK PEAS,EGGS) 1 CHOICE OF MEAT (GARLIC CHICKEN) 2 CHOICES OF CONDIMENTS (BLACK OLIVES,SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (BLACK BEANS,CORN,BROCCOLI) 1 CHOICE OF MEAT (SMOKED SALMON) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENTS,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (GREEN BEANS,RED PEPPER,MUSHROOM) 1 CHOICE OF MEAT (TERIYAKI BEEF) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,YELLOW PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS,CHEESE,KIDNEY BEANS) 1 CHOICE OF MEAT (TUNA) 2 CHOICES OF CONDIMENTS (QUINOA,GREEN OLIVES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS,RED PEPPER,SWEETCORN) 1 CHOICE OF MEAT (CHICKEN HAM) 2 CHOICES OF CONDIMENTS (GREEN PICKLES,APPLE SLICES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (TOMATO BASIL AND PRIMAVERA SAUCE)	BEEF CANELLONI	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND CHICKEN BOLOGNISE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (RED SAUCE AND ALFREDO SAUCE)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA COLESLAW AND BACON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN,TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (ROASTED BEEF,CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CORONATION CHICKEN,EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF SALAMI,PAPRIKA CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
NOODLE BAR	BANDUNG NOODLE SOUP YELLOW MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	UDON NOODLE SOUP UDON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	LAKSA UTARA LAKSA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

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LUNCH MENU



	MONDAY 26-Mar-2018	TUESDAY 27-Mar-2018	WEDNESDAY 28-Mar-2018	THURSDAY 29-Mar-2018	FRIDAY 30-Mar-2018
SOUP OF THE DAY	HERB CHICKEN SOUP	CREAMY CORN SOUP	WHITE CHICKEN TOMYAM	MINISTRONE SOUP	POTATO AND VEGE SOUP
LUNCH SET	GRILLED CHICKEN CHOP BAKED MASHED POTATOES CAULIFLOWER WITH BROCCOLI AND CARROT BREAD / CHICKEN SAUCE	BLACK PEPPER BEEF ORIENTAL FRIED RICE STIR FRIED KAILAN MINI OMELETTE	HAINAN CHICKEN RICE SET STIR FRIED CHINESE CABBAGE WITH SHITAKI SWEET AND SOUR HARD TAUHU	MUTTON CURRY WITH POTATOES WHITE RICE STIR FRIED BRINJOL WITH CARROT PAPADOM CRACKERS	SWEET AND SOUR FISH FILLET CHINESE FRIED RICE VEGETABLE OF THE DAY CRACKERS
HOT DISH	VEGE PULAO RICE KADAI PANEER AND TOFU FRIED LONG BHINDI PAKODA TOMATO AND LEEK RAITA	HOMEMADE ALOO PARATHA TARKA DHALL GREEN DHALL KHEEMA RAITA	VEGETABLE BRIYANI CAULIFLOWER RICE BALL IN COCONUT GRAVY STIR FRIED FRENCH BEAN VEGETABLE TIKKA MASSALA	VEGETARIAN TACOS TOMATO WITH PEPPER & ONION SALSA ONION RING	VEGETABLE WITH COCONUT GRAVY TOFU SAMBAL MIXED BEAN MASSALA WHITE RICE
HOT MEALS	VEGETARIAN CHEEZY WRAP ITALIAN BEEF PIZZAS	TACOS SMOKY CHICKEN AND CHICK PIZZAS	CHICKEN HOT DOG TUNA EXTREME PIZZAS	BEEF BURGER VIRTUOUS VEGE PIZZAS	CHICKEN ROTI JOHN CHEESE & CHEERY PIZZAS
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (ROASTED BEEF) 2 CHOICES OF CONDIMENTS (CORIANDER, CROUTONS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (SHREDDED CHICKEN) 2 CHOICES OF CONDIMENTS (QUINOA, ORANGE SEGMENTS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS, RED PEPPER, SWEET CORN) 1 CHOICE OF MEAT (TURKEY HAM) 2 CHOICES OF CONDIMENTS (BLACK OLIVES, BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (SWEET PEAS, CHEESE, KIDNEY BEANS) 1 CHOICE OF MEAT (TERIYAKI CHICKEN) 2 CHOICES OF CONDIMENTS (JALAPENOS, SUNFLOWER SEEDS) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER, RED CABBAGE, EDAMAME BEANS) 1 CHOICE OF MEAT (MEAT BEEF SALAMI) 2 CHOICES OF CONDIMENTS (SESAME SEEDS, PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CONCASE AND CHEESE SAUCE)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND BEEF MEAT BALL)	CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (NAPOLITANA AND MUSHROOM)
SANDWICH BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TUNA MAYONNAISE AND ROASTED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CHICKEN NOODLE SOUP MEE HOON KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (WHOLEMEAL BATAARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (BEEF BACON AND EGG MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CURRY NOODLE SOUP MAGGI YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) TOMYAM GOONG NOODLE SOUP YELLOW MEE MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BEEF RENDANG AND CHICKEN HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEATBALL IN TOMATO CONCASE AND TURKEY HAM) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...) HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)

Information & Privilege:
All the food served are Halal
Menu may change according to food supply seasons

SHF Healthy Food Guidelines
No added salt in cooking
We reduce saturated fat in our production
We bake, grill and steam rather than fry
We reduce the sugar content and artificial coloring in our production
All our food is MSG (monosodium glutamate) free
Most of the food is palm oil free

