













WEEK 1		TUESDAY 1st Oct 2019	WEDNESDAY 2nd Oct 2019	THURSDAY 3rd Oct 2019	FRIDAY 4th Oct 2019
MORNING SNACK (RM3.00)		YONG CHAO FRIED RICE	TURKEY HAM OMELETTE	CHOCOLATE BROWNIES	FRESH CUT FRUIT
<b>BREAKFAST MENU</b> Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)
		YONG CHOW FRIED RICE (RM3.00)	CANTONESE FRIED RICE (RM3.00)	NASI GORENG KAMPUNG (RM3.00)	NASI LEMAK W. CONDIMENTS (RM3.00)
		FRIED TOM YAM RICE NOODLES (RM3.00)	MEE GORENG MAMAK (RM3.00)	BRAISED YEE MEE (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)
		PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE FRIED CHICKEN (RM4.00)
		CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	PREMIUM BREAKFAST SAUSAGES (RM4.00)	CHEESE TOASTIES (RM4.00)	FRENCH TOAST WITH SALTED CARAMEL (RM4.00)
		SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)
		TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
		PLAIN OMELETTE (RM3.00)	TURKEY HAM OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)
ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)		
SUPER SOUP RM5.00		CREAM OF TOMATO SOUP w. CHEESY BREAD	CLEAR VEGETABLE SOUP w. GARLIC BREAD	CREAM OF CARROT SOUP w. SOFT BUN	SEAFOOD CHOWDER w. CROUTON
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)		ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, CHICKEN BOLOGNAISE OR VEGETARIAN TOMATO SAUCE	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00		PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: MEAT LOVER PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	PEPPERONI PIZZA OR BBQ CHICKEN PIZZA OR PIZZA OF THE DAY: MARGEHRITA PIZZA
FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM		<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)
LIVE PANINI & SANDWICH BAR RM8.00		3 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	4 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	5 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	6 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES
WESTERN SET MEAL LUNCH (RM9.00)		OVEN BAKED FISH PENNE PASTA SALAD SAUTEED FRENCH BEANS	GRILLED FISH w. CITRUS SAUCE ROASTED MIXED POTATOES CORN SALAD	HUNGARIAN BEEF GOULASH ROASTED POTATOES SAUTEED GARDEN VEGETABLES	BAKED CHICKEN BREAST GARLIC MASH POTATOES STEAMED CARROTS & CAULIFLOWER
ASIAN SET MEAL LUNCH (RM9.00)		SALTED EGGYOLK CHICKEN JASMINE RICE SAUTEED CABBAGE STEAMED CAULIFLOWER	ORIENTAL ROASTED CHICKEN JASMINE RICE SAUTEED MIX VEGETABLE STIR FRY SPINACH	SWEET SOUR FISH JASMINE RICE SAUTEED KAI LAN STEAMED EGG	KOREAN POPCORN CHICKEN KIMCHI FRIED RICE SAUTEED PAK CHOI
VEGETARIAN SET MEAL LUNCH (RM8.50)		SAUTEED TOFU w. BELL PEPPERS PASTA PENNE SALAD SAUTEED FRENCH BEANS	TEMPEH w. GLASSNOODLES JASMINE RICE SAUTEED MIX VEGETABLE STIR FRY SPINACH	TOFU BERGEDIL JASMINE RICE DRY PUMPKIN CURRY SAUTEED KAI LAN	STIR FRIED TOFU w. VEGETABLES JASMINE RICE SAUTEED PAK CHOI STEAMED CAULIFLOWER
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00		TOM YAM w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, TOMATO, CELERY	CANTONESE NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	CURRY LAKSA w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	CHICKEN DUMPLING NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, CHICKEN DUMPLING
ALWAYS SERVING		<b>ASSORTED MIXED SEASONAL FRUITS (RM4.00)</b> <b>DAIRY PRODUCTS: 100% FRESH MILK (PLAIN, STRAWBERRY, CHOCOLATE) YOGURT CUP, YOGURT DRINK (RM3.50)</b> <b>100% FRUIT JUICES (NO SUGAR ADDED) (RM3.50)</b> <b>GRAB &amp; GO : ASSORTED SANDWICHES &amp; WRAPS, PRE-PACKED SALADS CHOICES (RM5.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>			

WEEK 2	MONDAY 07th Oct 2019	TUESDAY 08th Oct 2019	WEDNESDAY 09th Oct 2019	THURSDAY 10th Oct 2019	FRIDAY 11th Oct 2019
<b>MORNING SNACK (RM3.00)</b>	SAUSAGE BUN	EGG & SOY SAUCE FRIED RICE	MINI CHOCOLATE ROLL	NASI GORENG KAMPUNG	FRENCH TOAST WITH SALTED CARAMEL
<b>BREAKFAST MENU</b> Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	CROISSANT (RM4.00)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)
	FRIED RICE w FISH BALL (RM3.00)	YONG CHAO FRIED RICE (RM3.00)	CANTONESSE FRIED RICE (RM3.00)	NASI GORENG KAMPUNG (RM3.00)	NASI LEMAK W. CONDIMENTS (RM3.00)
	FRIED VIT NOODLES (RM3.00)	FRIED TOM YAM RICE NOODLES (RM3.00)	MEE GORENG MAMAK (RM3.00)	BRAISED YEE MEE (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)
	PREMIUM BREAKFAST SAUSAGES (RM2.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE FRIED CHICKEN (RM4.00)
	BREAKFAST BURRITO (RM4.00)	CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	PREMIUM BREAKFAST SAUSAGES (RM2.00)	CHEESE TOASTIES (RM4.00)	FRENCH TOAST WITH SALTED CARAMEL (RM4.00)
	SCRAMBLED EGGS (RM2.50)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)
	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	TURKEY HAM OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)
	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)
<b>SUPER SOUP RM5.00</b>	CREAM OF POTATO SOUP w. GARLIC BREAD	ASIAN CHICKEN SOUP w. FISH CAKE	CREAM OF SWEET CORN SOUP w. CROUTONS	CLEAR ASIAN MUSHROOM SOUP	CREAM OF PUMPKIN SOUP w GARLIC BREAD
<b>PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)</b>	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, CHICKEN BOLOGNAISE OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETAIRAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
<b>BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00</b>	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: HAWAII PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: MEAT LOVER PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	PEPPERONI PIZZA OR BBQ CHICKEN PIZZA OR PIZZA OF THE DAY: MARGHERITA PIZZA
<b>FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM</b>	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)
<b>LIVE PANINI &amp; SANDWICH BAR RM8.00</b>	2 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	3 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	4 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	5 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	6 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES
<b>WESTERN SET MEAL LUNCH (RM9.00)</b>	CHEEZY BAKED CHICKEN ITALIAN RICE PILAF SAUTEED VEGETABLES	FISH BAKED W HERB AND CREAM SAUCE PENNE CREAMY SAUTEED VEGETABLES	THYME ROASTED CHICKEN RICE PILAF SAUTEED ZUCCHINI w. CHERRY TOMATOES	HERB CRUSTED CHICKEN ROASTED POTATOES SAUTEED GARDEN VEGETABLES	BAKED BBQ CHICKEN GARLIC MASH POTATOES STEAMED BROCCOLI & CAULIFLOWER
<b>ASIAN SET MEAL LUNCH (RM9.00)</b>	NESTUM FISH JASMIN RICE STIR FRIED BEANSPROUT EGG FOO YONG	OYAKODON (Japanese style chicken and egg ricebowl)	STEAMED FISH w. SOY SAUCE JASMIN RICE SAUTEED CHIVE & BEAN SPROUT STEAMED BROCCOLI	BEEF TERIYAKI JASMIN RICE SAUTEED KAI LAN STIR FRIED EGG	AYAM GORENG BEREMPAH JASMIN RICE STIR FRIED SPINACH SAUTEED PAK CHOI
<b>VEGETARIAN SET MEAL LUNCH (RM8.50)</b>	SAUTEED VEGETABLE JASMIN RICE STIR FRIED BEANSPROUT EGG FOO YONG	CHICKPEA MASALA JASMIN RICE SAUTEED CABBAGE PAPPADAM	SESAME TOFU JASMIN RICE SAUTEED CHIVE & BEAN SPROUT STEAMED BROCCOLI	TERIYAKI TOFU ROASTED POTATOES SAUTEED GARDEN VEGETABLES	DRY PUMPKIN CURRY JASMIN RICE STIR FRIED SPINACH SAUTEED PAK CHOI
<b>LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00</b>	FISH BALL NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	TOM YAM w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, TOMATO, CELERY	CANTONESE NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	CURRY LAKSA w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	CHICKEN DUMPLING NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, CHICKEN DUMPLING
<b>ALWAYS SERVING</b>		<b>ASSORTED MIXED SEASONAL FRUITS (RM4.00)</b> <b>DAIRY PRODUCTS: 100% FRESH MILK (PLAIN, STRAWBERRY, CHOCOLATE) YOGURT CUP, YOGURT DRINK (RM3.50)</b> <b>100% FRUIT JUICES (NO SUGAR ADDED) (RM3.50)</b> <b>GRAB &amp; GO : ASSORTED SANDWICHES &amp; WRAPS, PRE-PACKED SALADS CHOICES (RM5.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>			

WEEK 3	MONDAY 14th Oct 2019	TUESDAY 15th Oct 2019	WEDNESDAY 16th Oct 2019	THURSDAY 17th Oct 2019	FRIDAY 18th Oct 2019
MORNING SNACK (RM3.00) 					
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday 					
SUPER SOUP RM5.00 					
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00) 					
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00 					
FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM 					
LIVE PANINI & SANDWICH BAR RM8.00 					
WESTERN SET MEAL LUNCH (RM9.00) 					
ASIAN SET MEAL LUNCH (RM9.00) 					
VEGETARIAN SET MEAL LUNCH (RM8.50) 					
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00 					
ALWAYS SERVING 	<p><b>Term Break</b></p> <p><b>Term Break</b></p> <p><b>Term Break</b></p> <p><b>Term Break</b></p> <p><b>Term Break</b></p>				
	<p>ASSORTED MIXED SEASONAL FRUITS (RM4.00)            DAIRY PRODUCTS: 100% FRESH MILK (PLAIN, STRAWBERRY, CHOCOLATE) YOGURT CUP, YOGURT DRINK (RM3.50)            100% FRUIT JUICES (NO SUGAR ADDED) (RM3.50)            GRAB &amp; GO : ASSORTED SANDWICHES &amp; WRAPS, PRE-PACKED SALADS CHOICES (RMS.00)            BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</p>				

\*Cezars Kitchen uses only Halal certified chicken & all suppliers are Halal certified

\*Cezars Kitchen does not use pork or nuts in our recipes

\*MSG FREE Kitchen

WEEK 4	MONDAY Oct 2019 21st	TUESDAY Oct 2019 22th	WEDNESDAY 23th Oct 2019	THURSDAY 2019 24th Oct	FRIDAY Oct 2019 25th
<b>MORNING SNACK (RM3.00)</b>	BREAKFAST CHOCOLATE SCONES	FRUIT YOGHURT	BREAD AND BUTTER PUDDING	CRYSTAL PEAR	APPLE STRUDEL
<b>BREAKFAST MENU</b> Protein Power, Freshly Baked,Dairy, Asian, Western Cooked Fresh everyday	CROISSANT (RM4.00)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)
	FRIED RICE w FISH BALL (RM3.00)	YONG CHAO FRIED RICE (RM3.00)	CANTONESSE FRIED RICE (RM3.00)	NASI GORENG KAMPUNG (RM3.00)	NASI LEMAK W. CONDIMENTS (RM3.00)
	FRIED VIT NOODLES (RM3.00)	FRIED TOM YAM RICE NOODLES (RM3.00)	MEE GORENG MAMAK (RM3.00)	BRAISED YEE MEE (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)
	PREMIUM BREAKFAST SAUSAGES (RM2.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE FRIED CHICKEN (RM4.00)
	BREAKFAST BURRITO (RM4.00)	CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	PREMIUM BREAKFAST SAUSAGES (RM2.00)	CHEESE TOASTIES (RM4.00)	FRENCH TOAST WITH SALTED CARAMEL (RM4.00)
	SCRAMBLED EGGS (RM2.50)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)
	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	TURKEY HAM OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)
ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	
<b>SUPER SOUP RM5.00</b>	FRENCH ONION SOUP w. CHEESE CROUTONS	LENTIL SOUP w. CROUTONS	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CAULIFLOWER & CORN CHOWDER w. CROUTONS	CREAM OF TOMATO SOUP w. CHEESY BREAD
<b>PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)</b>	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, CHICKEN BOLOGNAISE OR VEGETARIAN TOMATO SAUCE	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETAIRAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
<b>BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00</b>	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: HAWAII PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: MEAT LOVER PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	PEPPERONI PIZZA OR BBQ CHICKEN PIZZA OR PIZZA OF THE DAY: MARGHERITA PIZZA
<b>FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM</b>					
	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	3 TYPES OF LETTUCE (ICE BERG, ROMAINE, BUTTERHEAD) 4 TYPES OF VEGETABLES (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) 2 TYPES OF BEANS (KIDNEY BEANS, CHICKPEA, BLACKBEAN) 2 TYPES OF PROTEIN (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) 2 CHOICES OF DRESSING (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)
<b>LIVE PANINI &amp; SANDWICH BAR RM8.00</b>					
2 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	3 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	4 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	5 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	6 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	
<b>WESTERN SET MEAL LUNCH (RM9.00)</b>	CHICKEN SCHNITZEL MASH POTATOES MIXED VEGETABLES CHUNKY TOMATO SAUCE	ORANGE BAKED CHICKEN PARSLEY PILAF RICE GARDEN SALAD	BEEF MEATBALLS SPIRAL PASTA TOMATO SAUCE	DILL BAKED FISH CHEESY MASH POTATOES GRILLED SUMMER VEGETABLES	CHICKEN ALA KING RICE PILAF ROASTED EGGPLANT & ZUCCHINI
<b>ASIAN SET MEAL LUNCH (RM9.00)</b>	BEEF RENDANG JASMINE RICE SAUTEED CABBAGE TELUR DADAR	THAI STEAMED FISH JASMINE RICE STIR FRY MIX VEGETABLES SOFT TOFU	ROASTED CHICKEN CHICKEN RICE LETTUCE, CUCUMBER TOMATOES STIR BEAN SPROUT	CHICKEN KATSU JASMINE RICE JAPANESE VEGETABLE CURRY	BUTTERMILK FISH JASMINE RICE SAUTEED SPINACH CABBAGE w. SESAME DRESSING
<b>VEGETARIAN SET MEAL LUNCH (RM8.50)</b>	EGGPLANT PAJERI JASMINE RICE SAUTEED KANG KUNG TELUR DADAR	THAI STYLE TOFU SAUTEED SPINACH MIX VEGETABLE	TOFU w. TOMATO SAUCE SPIRAL PASTA TOMATO & CORN	BRAISED TOFU w. BEANCURD SKIN JASMINE RICE SAUTEED CABBAGE STIR FRIED PAK CHOI	FRIED TEMPEH VEGETARIAN FRIED RICE SAUTEED SPINACH EGGPLANT SAMBAL
<b>LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00</b>	FISH BALL NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	TOM YAM w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, TOMATO, CELERY	CANTONESE NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	CURRY LAKSA w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	CHICKEN DUMPLING NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, CHICKEN DUMPLING
<b>ALWAYS SERVING</b>		<b>ASSORTED MIXED SEASONAL FRUITS (RM4.00)</b> <b>DAIRY PRODUCTS: 100% FRESH MILK (PLAIN, STRAWBERRY, CHOCOLATE) YOGURT CUP, YOGURT DRINK (RM3.50)</b> <b>100% FRUIT JUICES (NO SUGAR ADDED) (RM3.50)</b> <b>GRAB &amp; GO : ASSORTED SANDWICHES &amp; WRAPS, PRE-PACKED SALADS CHOICES (RMS.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>			

WEEK 5	MONDAY 28th Oct 2019	TUESDAY 29th Oct 2019	WEDNESDAY 30th Oct 2019	THURSDAY 31th Oct 2019	
<b>MORNING SNACK (RM3.00)</b>  <b>BREAKFAST MENU</b> Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	FRIED RAMEN NOODLES	MINI STEAMED PAU	EGG & MAYO SANDWICH	ASSORTED FRUIT BOWL	
	CROISSANT (RM4.00)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	
	FRIED RICE w FISH BALL (RM3.00)	EGG & SOY SAUCE FRIED RICE (RM3.00)	CHINESE FRIED RICE (RM3.00)	NASI GORENG KAMPUNG (RM3.00)	
	FRIED VIT NOODLES (RM3.00)	BRAISED YEE MEE (RM3.00)	MEE GORENG MAMAK (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)	
	PREMIUM BREAKFAST SAUSAGES (RM2.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI w. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	
	BREAKFAST BURRITO (RM4.00)	CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	PREMIUM BREAKFAST SAUSAGES (RM2.00)	CHEESE TOASTIES (RM4.00)	
	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	
	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	
	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	TURKEY HAM OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	
ASST. CEREALS w.MILK (RM4.00)	ASST. CEREALS w.MILK (RM4.00)	ASST. CEREALS w.MILK (RM4.00)	ASST. CEREALS w.MILK (RM4.00)		
<b>SUPER SOUP RM5.00</b>	CREAM OF VEGETABLE SOUP w. GARLIC BREAD	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CREAM OF PUMPKIN SOUP w GARLIC BREAD	CAULIFLOWER & CORN CHOWDER w. CROUTONS	
<b>PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)</b>	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, CHICKEN BOLOGNAISE OR VEGETARIAN TOMATO SAUCE	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETARIAN TOMATO SAUCE	
<b>BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00</b>	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CHICKEN MEET ball PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: MEAT LOVER PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	
<b>FRESH SALAD BAR SMALL BOWL RM6/ PREMIUM BOWL 10RM</b>	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	<b>3 TYPES OF LETTUCE</b> (ICE BERG, ROMAINE, BUTTERHEAD) <b>4 TYPES OF VEGETABLES</b> (CHERRY TOMATO, CARROTS, CUCUMBER, SWEET CORN, FRENCH BEANS, GREEN PEAS, RED PEPPER, GREEN PEPPER) <b>2 TYPES OF BEANS</b> (KIDNEY BEANS, CHICKPEA, BLACKBEAN) <b>2 TYPES OF PROTEIN</b> (BOILED EGGS, CHILLED TOFU, TURKEY HAM, MATURE CHEDDAR CHEESE, ROASTED CHICKEN, TUNA) <b>2 CHOICES OF DRESSING</b> (FRENCH DRESSING, HONEY MUSTARD DRESSING, SESAME DRESSING, CAESAR DRESSING)	
<b>LIVE PANINI &amp; SANDWICH BAR RM8.00</b>	2 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	3 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	4 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	5 CHOICE OF BREAD (PANINI OR TORTILLA) 3 TYPES OF DAILY PROTEIN (ROASTED CHICKEN, CRISPY CHICKEN, BOILED EGGS) 6 CHOICE OF FARM FRESH VEGETABLES (RED ONION, TOMATO, LETTUCE, CUCUMBER, SWEET CORN, BLACK OLIVES) CHOICES OF SAUCES	
<b>WESTERN SET MEAL LUNCH (RM9.00)</b>	CHICKEN BURGER w. FRIES CONDIMENTS	BAKED CHICKEN w. CHICKEN GRAVY ROASTED HERB POTATOES STEAMED VEGETABLES	IRISH BEEF STEW GARLIC RICE PILAF SATUEED ZUCCHINI	PARMESAN BAKED FISH LYONNASIE POTATOES BAKED VEGETABLES	
<b>ASIAN SET MEAL LUNCH (RM9.00)</b>	AYAM PENYET JASMINE RICE CABBAGE, LONGBEAN & SAMBAL TEMPEH	SWEET & SOUR FISH JASMINE RICE STIR FRY MIX VEGETABLES STEAMED SOFT TOFU	BUTTERMILK CHICKEN JASMINE RICE SAUTEED BITTERGOURD STIR FRIED BEANS/PROUTS	HAINANESE CHICKEN CHOP JASMINE RICE TOMATO & CORN GRAVY STIR FRIED PAK CHOI	
<b>VEGETARIAN SET MEAL LUNCH (RM8.50)</b>	VEGETARIAN TOFU BURGER w. FRIES CONDIMENTS	SWEET & SOUR TOFU JASMINE RICE SAUTEED SPINACH STIR FRIED MIX VEGETABLE	VEGETABLE & TOFU STEW JASMINE RICE GARLIC RICE PILAF SATUEED ZUCCHINI	EGGPLANT w. LONGBEAN SAUCE JASMINE RICE SAUTEED CABBAGE STIR FRIED PAK CHOI	
<b>LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00</b>	FISH BALL NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	TOM YAM w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, TOMATO, CELERY	CANTONESE NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	CURRY LAKSA w. RICE NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	
<b>ALWAYS SERVING</b>	<b>ASSORTED MIXED SEASONAL FRUITS (RM4.00)</b> <b>DAIRY PRODUCTS: 100% FRESH MILK (PLAIN, STRAWBERRY, CHOCOLATE) YOGURT CUP, YOGURT DRINK (RM3.50)</b> <b>100% FRUIT JUICES (NO SUGAR ADDED) (RM3.50)</b> <b>GRAB &amp; GO : ASSORTED SANDWICHES &amp; WRAPS, PRE-PACKED SALADS CHOICES (RMS.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>				