



LUNCH MENU



	MONDAY 29-Apr-2019	TUESDAY 30-Apr-2019	WEDNESDAY 01-May-2019	THURSDAY 02-May-2019	FRIDAY 03-May-2019
SOUP OF THE DAY	CHICKEN WITH BALL SOUP	MINESTORNE SOUP	L A B O U R D A Y	VEGE WITH CHICKEN TOMYAM	RASSAM SOUP
HOT DISH	HUNGARIAN CHICKEN PILAF RICE SKEWER MIX VEGETABLE GARLIC BREAD *****	BEEF RENDANG WITH POTATOES YELLOW RICE ACAR MENTAH VEGETABLE BEGEDIL *****		DRY MORROCAN LAMB MORROCAN RICE GRILLED PUMPKIN WITH EGGPLANT FALTBREADS *****	CRISPY SESAME CHICKEN FRIED MEE HOON CHINESE STYLE SAUTEED MIXED VEGETABLE CRACKERS *****
LUNCH SET	MAMAK ROJAK (EGGS,ASSORTED OF VEGETABLE, YELLOW MEE,PEANUT SAUCE)	DRY PINEAPPLE PAJERI STIR FRY SPINACH RED DHALL CURRY WHITE RICE		VEGETARIAN QUESADILLA WITH BEAN ONION RING TOMATO CORIANDER SALSA	BABY CORN MASSALA KADAI MUSHROOM AND PEAS DHALL w EGGPLANT COCONUT CURRY STEAMED RICE
VEGETARIAN					
HOT MEALS	CHEEZY ROASTED BEEF WRAP ZETSTY CHEEZY CHICKEN PIZZAS	HOMEMADE CHICKEN BURGER TUNA EXTREME PIZZAS		CHICKEN MURTABAK WITH CHEESE BEEF SENSATION PIZZAS	ROTI JOHN BEEF WITH CHEESE PEPERONI CHICKEN PIZZA
NOODLE BAR	RAMEN NOODLE SOUP 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 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 ...)	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 ...)
PASTA BAR	TUNA MACARONI AU GRATIN 2 CHOICES OF BREAD (WHOLEMEAL BATAARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN AND PEPPERONI BEEF SLICED)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND CHICKEN BALL) (SPAGHETTI PASTA) 2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TERIYAKI BEEF AND CHICKEN TOAST SLICED)		SHEPHERD'S PIE CHICKEN 2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BLACK PEPPER CHICKEN AND TUNA MAYONAISE)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND BEEF BOLOGNISE) (TAGLIATELLE PASTA) 2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEAT BALL AND TURKEY TOAST SLICED)
SANDWICH BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)		4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (CHICKEN RENDANG) 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 SLICED TOAST) 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 (ROASTED 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...)

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 06-May-2019	TUESDAY 07-May-2019	WEDNESDAY 08-May-2019	THURSDAY 09-May-2019	FRIDAY 10-May-2019
SOUP OF THE DAY	CREAMY BROCCOLI SOUP	CHICKEN WITH POTATO HERB SOUP	CARROT SOUP WITH BREAD	WHITE CHICKEN TOMYAM	MUSHROOM SOUP
LUNCH SET	HOMEMADE KFC STYLE FRIED CHICKEN WING MASHED POTATOES COLESLAW SALAD CORN ON COB *****	PAN FRIED FISH IN SOY SAUCE EGG WITH VEGE FRIED RICE STIR FRY MIX VEGETABLE TAUHU IN SWEET N SOUR *****	BEEF STROGANOFF CORN RICE BROCCOLI WITH RED PEPPER CHEESE BREAD *****	NASI AYAM PENYET SET (RICE,CHICKEN,TEMPE,TAUHU,VEGE) (SAMBAL,SOUP,CRACKERS) *****	PAN FRIED FISH WITH CREAMY MUSTARD SAUCE FRIED HOMEMADE WEDGES BUTTER MIXED VEGETABLE CHILLY CORN CERNEL *****
VEGETARIAN	CHETTINAD PUMPKIN CURRY RADDISH & CARROT MASSALA ONION RAITA WITH CORIANDER CORIANDER RICE	VEGETARIAN FRIED MEE HOON SPRING ROLL VEGETARIAN BUTTER CAULIFLOWER w CHERRY CRACKERS	TOFU RENDANG RED VEGETABLE DHALCHA ACAR RAMPAI JASMINE RICE	DHALL CUTLET BUTTER PANEER HOMEMADE CHAPATTI VEGETABLE w POTATO CURRIED	VEGETABLE TANDOORI CHOLE MASSALA DHALL AND SPINACH CURRY WHITE RICE
HOT MEALS	BEEF WITH VEGE ROTI JOHN FLAMING CHICKEN PIZZA	HOMEMADE TURKEY SLICED TURNOVER PEPERONI BEEF PIZZA	CHICKEN SAUSAGE BUN WITH CHEESE MEAT MANIA PIZZAS (BEEF)	HOMEMADE BEEF BURGER MARGHERITA PIZZAS	CHICKEN ROTI JOHN DELUXE CHEESE PIZZAS
NOODLE BAR	NYONYA CURRY NOODLE SOUP YELLOW MEE MAGGIE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	WANTAN MEE NOODLE SOUP 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	LAKSA UTARA 6 CHOICES OF CONDIMENTS/VEGETABLES (SHREDDED CHICKEN,BOIL EGG,PINEAPPLE,ONION,CUCUMBER,LIME)	WHITE TOMYAM NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (BEEF IN RED SAUCE AND CHEESE SAUCE) (LINGUINE PASTA) 2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SLICED SALAMI)	ITALIAN BAKED CHICEKN LASAGNA 2 CHOICES OF BREAD (CIABATA AND TURKISH BREAD) 2 CHOICES OF FILLING (BLACK PEPPER BEEF AND EGG MAYONNAISE)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND CHICKEN BOLOGNISE) (SPAGHETTI PASTA) 2 CHOICES OF BREAD (PANINI AND ARTISAN GRAIN) 2 CHOICES OF FILLING (TERIYAKI CHICKEN AND SMOKED SALMON)	TUNA MAC AND CHEESE 2 CHOICES OF BREAD (GRAIN CIABATTA AND FRENCH BAGUETTE) 2 CHOICES OF FILLING (BEEF RENDANG AND TUNA MAYONNAISE)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (BEEF MEATBALL AND CREAMY SAUCE) (TAGLIATELLE PASTA) 2 CHOICES OF BREAD (MUESLI BREAD AND PANINI) 2 CHOICES OF FILLING (CHICKEN BALL I AND TURKEY TOAST SLICE)
SANDWICH BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (SMOKED SALMON) 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 (RADDISH,MUSHROOM,BEANSPROUT) 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 (GREEN BEANS,RED PEPPER,MUSHROOM) 1 CHOICE OF MEAT (PEPERONI 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 (GRILLED BSTREACKY BEEF) 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 (SLICED CHICKEN) 2 CHOICES OF CONDIMENTS (GREEN PICKLES,APPLE SLICES) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)

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
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Most of the food is palm oil free





LUNCH MENU



	MONDAY 13-May-2019	TUESDAY 14-May-2019	WEDNESDAY 15-May-2019	THURSDAY 16-May-2019	FRIDAY 17-May-2019
SOUP OF THE DAY	CREAMY PUMPKIN SOUP	CHICKEN WITH BALL SOUP	MINESTORNE SOUP	VEGE WITH CHICKEN TOMYAM	WESTERN SOUP
LUNCH SET	BLACK PEPPER CHICKEN w PEPPER CHINESE FRIED RICE PAK CHOY IN GINGER SAUCE FRIED TAUHU IN SWEET SOUR SC	MARINATED ROASTED BEEF STEAK BAKED MASHED POTATOES GRILLED EGGPLANT WITH PUMPKIN BROWN SAUCE / SOFT BUN *****	(KOREA PROMOTION) STICKY KOREAN CHICKEN KIMCHI FRIED RICE HOBAK BOKKEUM (STIR FRIED ZUCHINI) KOREAN TOFU AND VEGETABLE SOUP *****	MUTTON GOULASH WITH VEGE BUTTER HERB RICE SEASONAL MIXED VEGETABLE SLICED OF BREAD STICK *****	SWEET AND SOUR FISH FILLET FRIED MEE HOON CHINESE STYLE SAUTEED CARROT WITH KAILAN CRACKERS *****
VEGETARIAN	BEET ROOT MASSALA YELLOW CHOLE CURRY STIR FRIED OKRA JASMINE RICE	DRY TAUHU SAMBAL SAUTEED CABBAGE WITH SEED MIXED VEGETABLE CURRY WHITE RICE	VEGETABLE WITH BEAN CURRY PUMPKIN WITH POTATO CUTLET DRY PAJERI PINEAPPLE TOMATO RICE	VEGETABLE TANDOORI CHOLE MASSALA DHALL AND SPINACH CURRY WHITE RICE	PALAK PANEER COCONUT SABZ (VEGETABLE) CHICKEN SAMBAL GHEE RICE
HOT MEALS	ROLL UP CHICKEN WITH PEAS & CHEESE MUSHROOM CHICKEN DELIGHT PIZZAS	CHEEZY BEEF WRAP ZETSTY CHEEZY CHICKEN PIZZAS	HOMEMADE CHICKEN BURGER TUNA EXTREME PIZZAS	BEEF MURTABAK WITH CHEESE CHICKEN SENSATION PIZZAS	MUSHROOM CHICKEN PIE VEGIE GALORE PIZZAS
NOODLE BAR	CURRY NOODLE SOUP YELLOW MEE MAGGIE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	RAMEN NOODLE SOUP 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 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 ...)	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 ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (SALMON TOMATO BASIL AND PRIMAVERA) (PENNE PASTA) 2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SLICED SALAMI) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	CHICEKN LASAGNA 2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN AND PEPPERONI BEEF SLICED) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND CHICKEN BALL) (LINGUINE PASTA) 2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TERIYAKI BEEF AND CHICKEN TOAST SLICED) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	SHEPHERD'S PIE BEEF 2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BLACK PEPPER CHICKEN AND STREAKY BEEF SLICE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHICKEN BOLOGNISSE AND MUSHROOM) (SPAGHETTI PASTA) 2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (PAPRIKA BEEF AND TUKEY TOAST SLICE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
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 (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (CHICKEN RENDANG) 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 SLICED) 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 (ROSEMARY 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...)

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 20-May-2019	TUESDAY 21-May-2019	WEDNESDAY 22-May-2019	THURSDAY 23-May-2019	FRIDAY 24-May-2019
SOUP OF THE DAY					
LUNCH SET					
VEGETARIAN					
HOT MEALS					
NOODLE BAR					
PASTA BAR					
SANDWICH BAR					
SALAD BAR					
HOT DISH				THAI CHICKEN TOMYAM	INDIAN TOMATO SOUP
				BEEF IN COCONUT GRAVY JASMINE RICE STIR FRIED LONG BEAN WITH CARROT VEGETABLE BEGEDIL *****	BUTTERED FISH FILLET FRENCH FRIES COLESLAW CORN ON COB TATAR SAUCE *****
				VEGETABLE WITH COCONUT GRAVY MIXED BEAN MASSALA FRIED RADDISH WHITE RICE	NAAN BREAD ALU GOBI VEGETABLE CURRY CUCUMBER W ONION RAITA
				TURKEY WITH CHEESE TURNOVERS SUPREME CHICKEN PIZZA	HOMEMADE CHICKEN SAUSAGE BUN BEEF PIZZAS
				UDON MEE NOODLE SOUP	WHITE TOMYAM NOODLE SOUP KUJAY TEOW MEE HOON
				6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
				ITALIAN CHICKEN LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND CHICKEN IN RED SAUCE) (TORTIGLIONI TRICOLORE)
				2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG, TUNA MAYONNAISE)	2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEAT BALL AND TURKEY TOAST SLICED)
				4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
				4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (FRENCH BEANS, RED PEPPER, SWEETCORN) 1 CHOICE OF MEAT (GRILLED FISH) 2 CHOICES OF CONDIMENTS (SESAME SEEDS, PICKLE)	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (CAULIFLOWER, RED CABBAGE, EDAMAME BEANS) 1 CHOICE OF MEAT (CHICKEN TANDOORI) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT, BASIL)
				2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)	2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)

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Most of the food is palm oil free





LUNCH MENU



	MONDAY 10-Jun-2019	TUESDAY 11-Jun-2019	WEDNESDAY 12-Jun-2019	THURSDAY 13-Jun-2019	FRIDAY 14-Jun-2019
SOUP OF THE DAY	CORN SOUP	HERB CHICKEN WITH POTATO SOUP	PUMPKIN SOUP WITH BREAD	WHITE CHICKEN TOMYAM GOONG	MUSHROOM SOUP
LUNCH SET	BLACK PEPPER BEEF ORIENTAL FRIED RICE STIR FRIED KAILAN MINI OMELETTE	ROASTED CHICKEN DRUMSTICK HOMEMADE WEDGES SAUTE ZUCCHINI WITH CARROT HOMEMADE MINI BUN / SAUCE	MUTTON DHALCHA DHAL RICE STIR FRY CABBAGE WITH SEED POTATO CUTLET	FRIED CHICKEN CHOP BAKED MASHED POTATOES BUTTER CAULIFLOWER w CHERRY CORN ON COB / SAUCE	GINGER AND SCALLION FISH FILLET JASMINE RICE STIR FRIED MIX VEGETABLE w TAUFU CRACKERS
VEGETARIAN	*****	*****	*****	*****	*****
HOT MEALS	FRIED DHALL CHUTNEY WHITE RADDISH CURRY DRY KURMA MASSALA VEGETABLE JASMINE RICE	VEGETABLE DHALCHA TOFU RENDANG CHOLE MASALA STEAM RICE	FRIED VEGETARIAN MEE HOON HOMEMADE CURRY PUFF TEMPURA MIXED VEGETABLE CRACKERS	VEGETARIAN CHILLI CORN CARNE TORTILLA CHIPS VEGETARIAN CHIMICHANGA	VEGETARIAN MUTTON CURRY STIR FRY CABBAGE WITH TURMERIC KADAI PANEER AND TOFU CORN RICE
HOT MEALS	BURRITO BEEF WRAP THE CLASSIC HAWAIIAN CHICKEN PIZZAS	HOMEMADE BEEF MURTABAK FARM HOUSE PIZZAS (TURKEY)	HOMEMADE CHICKEN BURGER ROASTED GARLIC CHICKEN PIZZAS	ROASTED BEEF WRAP WITH CHEESE PEPERONI CHICKEN PIZZA	ROASTED CHICEKN WITH VEGE TACOS BEEF CHEEZY PIZZA
NOODLE BAR	NYONYA CURRY NOODLE SOUP YELLOW MEE MAGGIE	WANTAN MEE NOODLE SOUP	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW	MEE HOON SOUP UTARA MEE HOON KUEW TEOW	WHITE TOMYAM NOODLE SOUP KUAY TEOW MEE HOON
NOODLE BAR	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHICKEN CUBE CARBONARA AND TOMATO) (MACCARONI PASTA)	BAKED ITALIAN BEEF LASAGNA	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (MUSHROOM AND CHICKEN BALL) (LINGUINE PASTA)	BEEF CANELLONI	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (PESTO AND NAPOLITANA BEEF BOLOGNISE) (PASTA SPAGHETTI)
PASTA BAR	2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (TANDOORI CHICKEN AND SLICED SALAMI)	2 CHOICES OF BREAD (CIABATA AND TURKISH BREAD) 2 CHOICES OF FILLING (BLACK PEPPER BEEF AND EGG MAYONNAISE)	2 CHOICES OF BREAD (PANINI AND ARTISAN GRAIN) 2 CHOICES OF FILLING (TERIYAKI CHICKEN AND SMOKED SALMON)	2 CHOICES OF BREAD (GRAIN CIABATTA AND FRENCH BAGUETTE) 2 CHOICES OF FILLING (BEEF RENDANG AND TUNA MAYONNAISE)	2 CHOICES OF BREAD (MUESLI BREAD AND PANINI) 2 CHOICES OF FILLING (CHICKEN BALL I AND TURKEY TOAST SLICE)
SANDWICH BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW BROCCOLI, YELLOW PEPPER, CHICKPEAS) 1 CHOICE OF MEAT (PAPRIKA 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 (GRILLED BEEF SLICED) 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 BEEF) 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 (TOAST TURKEY) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,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 (FRENCH BEANS,RED PEPPER,SWEETCORN) 1 CHOICE OF MEAT (GRILLED CHICKEN) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)

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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 17-Jun-2019	TUESDAY 18-Jun-2019	WEDNESDAY 19-Jun-2019	THURSDAY 20-Jun-2019	FRIDAY 21-Jun-2019
SOUP OF THE DAY	MINISTRONE SOUP	VEGETABLE WITH CHICKEN CUBE SOUP	WESTERN SOUP	THAI CHICKEN TOMYAM	ABC SOUP
HOT DISH	SIMMERED BEEF WITH GINGER SAUTEED BEAN SPROUT WITH CHIVES JASMINE RICE JAPANESE TAUHU IN SAUCE	CHICKEN SCHNITZEL BAKED MASHED POTATOES SEASONAL VEGETABLE SAUCE / HOMEMADE BUN	(AMERICAN PROMOTION) BUFFALO CHICKEN WING SAFRON RICE SOUTH AMERICAN SQUASH & VEGETABLE CHILI CON CARNE	LAMB TAGINE BUTTER COUS COUS ROASTED MIX PEPPER WITH ASPARAGUS GARLIC BREAD STICK	BEEF PAPIRIK WITH VEGE JASMINE RICE STIR FRIED LONG CABBAGE WITH SHITAKI CRACKERS
VEGETARIAN	***** BABY CORN MASALA KADAI PEAS AND MUSHROOM DHALL CURRY WHITE RICE	***** VEGETABLE WITH BEAN CURRY PUMPKIN WITH POTATO CUTLET DRY PAIERI PINEAPPLE TOMATO RICE	***** VEGETARIAN ENCHILADAS TOMATO & PEPPER SALSA BUTTER CAULIFLOWER w CHERRY CORN ON COB	***** BEET ROOT MASSALA CHOLE CURRY STIR FRIED OKRA JASMINE RICE	***** DRY TAUHU SAMBAL SAUTEED CABBAGE WITH SEED VEGETABLE CURRY WHITE RICE
LUNCH SET	VEGETARIAN CHEEZY WRAP SMOKY CHICKEN AND CHICK PIZZAS	CHICKEN MUSHROOM PIE SALAMI BEEF PIZZA	BEEF CHEEZY WRAP ISLAND TUNA SUPREME PIZZAS	TURKEY WITH CHEESE TURNOVERS SUPREME CHICKEN PIZZA	BEEF ROTI JOHN CHICKEN TANDOORI PIZZAS
NOODLE BAR	NYONYA CURRY NOODLE SOUP YELLOW MEE MAGGIE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	BANDUNG NOODLE SOUP YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CHICKEN HERB NOODLE SOUP MEE HOON YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	WHITE TOMYAM NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (SALMON BALL IN TOMATO SC AND CHEESE) (TORTIGLIONI TRICOLORE PASTA) 2 CHOICES OF BREAD (GRAIN PANINI AND WHITE BREAD) 2 CHOICES OF FILLING (MORROCON BEEF AND EGG MAYONNAISE)	BAKED TUNA AU GRATIN 2 CHOICES OF BREAD (WHOLEMEAL BATAARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (PESTO CHICKEN AND PEPPERONI BEEF SLICED)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND BEEF BOLOGNISE) (SPAGHETTI PASTA) 2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (TERIYAKI BEEF AND CHICKEN TOAST SLICED)	ITALIAN CHICEKN LASAGNA 2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (BLACK PEPPER CHICKEN AND STREAKY BEEF SLICE)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CARBONARA AND TOMATO CHICKEN BALL) (LINGUINE PASTA) 2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (PAPRIKA BEEF AND TULKEY TOAST SLICE)
SANDWICH BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN 1 CHOICE OF MEAT (ROASTED BEEF) 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 1 CHOICE OF MEAT (TUNA) 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 1 CHOICE OF MEAT (ROASTED 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 1 CHOICE OF MEAT (BOILED EGG) 2 CHOICES OF CONDIMENTS (SESAME SEEDS,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 1 CHOICE OF MEAT (CHICKEN TERIYAKI) 2 CHOICES OF CONDIMENTS (ORANGE SEGMENT,BASIL) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)

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LUNCH MENU



	MONDAY 24-Jun-2019	TUESDAY 25-Jun-2019	WEDNESDAY 26-Jun-2019	THURSDAY 27-Jun-2019	FRIDAY 28-Jun-2019
SOUP OF THE DAY	CREAMY POTATO SOUP	CHICKEN WITH POTATO SOUP	CREAMY CAULIFLOWER WITH BREAD	MILK CHICKEN TOMYAM GOONG	FISH BALL WITH VEGE SOUP
LUNCH SET	MUTTON KURMA WITH POTATO GHEE RICE STIR FRY MIXED VEGETABLE PAPADOM	HOMEMADE KFC STYLE FRIED CHICKEN WING MASHED POTATOES COLESLAW SALAD CORN ON COB	BEEF TERIYAKI JAPANESE RICE SOFT TAUFU IN SOY SAUCE TENPAN-YAKI MIX VEGETABLE	MORROCAN GRILLED FISH FILLET PILAF RICE SEASONAL VEGETABLE TOMATO SAUCE / STICK BREAD	CHICKEN KONG PO CHINESE FRIED RICE PAK CHOY IN GINGER SAUCE EGG FOOD YOUNG
VEGETARIAN	***** JASMINE RICE KADAI PANEER AND TOFU FRIED LONG BHINDI PAKODA TOMATO AND LEEK RAITA	***** VEGETABLE TANDOORI CHOLE MASSALA DHALL AND SPINACH CURRY WHITE RICE	***** VEGETABLE BRIYANI CAULIFLOWER RICE BALL IN COCONUT GRAVY STIR FRIED FRENCH BEAN VEGETABLE TIKKA MASSALA	***** BAIGAN KURMA MASSALA TARKA DHALL CARROT RAITA WITH ONION & CORIANDER WHITE RICE	***** OKRA MASSALA VEGETABLE KURMA SPICY CORIANDER CHUTNEY PUALO RICE
HOT MEALS	ROAST BEEF & CHEDDAR ROLL UP SMOKY CHICKEN HAM & CHICK PIZZAS	HOMEMADE CHICKEN BURGER PEPERONI DELIGHT BEEF PIZZAS	CHICKEN HAM WITH CHEESE TURNOVERS TUNA EXTREME PIZZAS	BEEF WITH VEGE TACOS ALOHA CHICKEN PIZZAS	CHICKEN ROTI JOHN BEEF WITH VEGE PIZZA
NOODLE BAR	NYONYA CURRY NOODLE SOUP YELLOW MEE MAGGIE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	LAKSA SINGAPORE (USE SPAGHETTI) 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 ...)	HAILAM NOODLE SOUP KUAY TEOW YELLOW MEE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	WHITE TOMYAM NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHICKEN BOLOGNISE CONCASE AND WHITE) (LINGUINE PASTA) 2 CHOICES OF BREAD (PANINI AND BROWN BAGUETTE) 2 CHOICES OF FILLING (ROASTED CHICKEN AND TUNA MAYONNAISE) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	ITALIAN BEEF LASAGNA 2 CHOICES OF BREAD (CIABATA AND TURKISH BREAD) 2 CHOICES OF FILLING (MARINATED BEEF AND SMOKED CHICKEN TOAST) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (WHITE SAUCE AND CHICKEN BALL) (TAGLIATELLE PASTA) 2 CHOICES OF BREAD (PANINI AND ARTISAN GRAIN) 2 CHOICES OF FILLING (GREEKI CHICKEN AND SMOKED SALMON) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	BAKED MASHED POTATOES CHICKEN LASAGNA 2 CHOICES OF BREAD (GRAIN CIABATTA AND FRENCH BAGUETTE) 2 CHOICES OF FILLING (BEEF KUSHIYAKI AND PEPPERONI SLICED CHICKEN) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (BEEF BOLOGNISE AND MUSHROOM) (PASTA SPAGHETTI) 2 CHOICES OF BREAD (MULTISEED BREAD AND PANINI) 2 CHOICES OF FILLING (ROSEMARY CHICKEN AND STREAKY BEEF) 4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (TERIYAKI 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 (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 (PAPRIKA 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...)

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LUNCH MENU



	MONDAY 01-Jul-2019	TUESDAY 02-Jul-2019	WEDNESDAY 03-Jul-2019	THURSDAY 04-Jul-2019	FRIDAY 05-Jul-2019
SOUP OF THE DAY	CREAMY GREEN PEAS SOUP	POTATO WITH CHICKEN SOUP	PUMPKIN SOUP WITH BREAD	RED CHICKEN TOMYAM SOUP	CLEAR VEGETABLE SOUP (ABC)
LUNCH SET	GRILLED CHICKEN CHOP MASHED POTATOES WESTERN VEGETABLE CORN / CHICKEN GRAVY *****	STEAMED CREAM DORY WITH LIGHT SOY SAUCE WHITE RICE STIR FRY KAILAN WITH CARROT EGG FOO YOONG *****	IRISH BEEF STEW PILAF RICE SAUTEED ZUCHINI WITH CARROT SLICED BREAD *****	CHICKEN RICE SET (RICE,CHICKEN,SOUP & SAUCE) SWEET AND SOUR JAPANESE TAUFU STIR FRY MIX VEGE *****	BEEF IN RED SAUCE JASMINE RICE SAUTEED VEGE WITH CARROT CRACKERS *****
VEGETARIAN	ALOO AND PANEER APCHEDI STIR FRY SPINACH WITH CARROT TAUFU SAMBAL CORN RICE	DAHI ALOO CURRY FRIED BABY BITTER GOURD STIR FRY LADY FINGER CAULIFLOWER RICE	VEGETABLE BRIYANI CHOLE ALOO CHAAT VEGETARIAN CHICKEN SAMBAL JASMINE RICE	MAMAK ROJAK SET BOILED EGG,ASSORTED OF VEGETABLE YELOOW MEE,PEANUT SAUCE,TAUFU	PALAK PANEER COCONUT SABZI (VEGETABLE) LASOONI DAL TADKA GHEE RICE
HOT MEALS	CHEEZY BEEF SLICED WRAP CHICKEN PEPPERONI DELIGHT PIZZAS	ROLL UP CHICKEN WITH PEAS & CHEESE MUSHROOM CHICKEN DELIGHT PIZZAS	HOMEMADE CHICKEN BURGER WITH CHEESE TUNA WITH PEPPER & ONION PIZZA	BEEF MUSHROOM PIE CHICKEN DELIGHT PIZZAS	CHICKEN TACOS WITH CHEESE BEEF SALAMI DELIGHT PIZZAS
NOODLE BAR	PENANG CURRY NOODLE SOUP YELLOW MEE MAGGIE 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	UDON MEE NOODLE SOUP 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	CANTONESE NOODLE SOUP YEE MEE KUAY TEOW 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	MEE REBUS 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)	WHITE TOMYAM NOODLE SOUP KUAY TEOW MEE HOON 6 CHOICES OF CONDIMENTS/VEGETABLES (FISH BALL, FISH CAKE, CARROT, GARLIC, SHREDDED CHICKEN, BEANSPROUT, SPRING ONION, SAWI ...)
PASTA BAR	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (SALMON BALL AND CARBONARA SAUCE) (TORTIGLIONI TRICOLORE) 2 CHOICES OF BREAD (GRAIN PANINI AND GOURMET BREAD) 2 CHOICES OF FILLING (BAKED HERB BEEF AND CRAB MAYONNAISE)	ITALIAN CHICKEN LASAGNA 2 CHOICES OF BREAD (WHOLEMEAL BATARD BREAD AND CIABATTA) 2 CHOICES OF FILLING (STREAKY BEEF SLICED AND CORDONATION CHICKEN)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (SPANISH CHICKEN BOLOGNISE AND CARBONARA (PASTA SPAGHETTI) 2 CHOICES OF BREAD (PANINI AND LAUGEN SANDWICH) 2 CHOICES OF FILLING (SMOKED CHICKEN SLICED AND BEEF ROASTED)	CLASSIC TUNA MAC AND CHEESE 2 CHOICES OF BREAD (GRAIN CIABATTA AND MULTI SEED BREAD) 2 CHOICES OF FILLING (CHICKEN RENDANG AND TUNA MAYONNAISE)	PASTA (PENNE, SPAGHETTI, TAGLIATELLE, LASAGNA, FUSILLI, ELBOW, LINGUINI...) 2 CHOICES OF SAUCE (CHEESE AND ARRABIATA SAUCE w CHICKEN BALL) (LINGUINE PASTA) 2 CHOICES OF BREAD (RUSTICO BAGUETTE AND PANINI) 2 CHOICES OF FILLING (BEEF MEAT BALL AND TURKEY TOAST SLICED)
SANDWICH BAR	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)	4 CHOICES OF CONDIMENTS / VEGETABLES (SALAD, TOMATO, ONION, CUCUMBER, CHEESE ...)
SALAD BAR	4 CLASSICS VEGETABLES (LETTUCE, CARROT, TOMATO, CUCUMBER) 3 CHOICES OF SPECIAL VEGETABLE/PROTEIN (RAW MUSHROOM, BEANSPROUT, SPINACH LEAVES) 1 CHOICE OF MEAT (PAPRIKA 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 (BOILED EGG) 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 (TUNA) 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 CHICKEN) 2 CHOICES OF CONDIMENTS (SESAME SEEDS, PICKLE) 2 CHOICES OF DRESSING (VINEGAR, BLUE CHEESE, FRENCH DRESSING, BALSAMIC, LEMON, BASIL, ITALIAN, ONE THOUSAND ISLAND...)

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

