



















WEEK 1		WEDNESDAY 1ST JAN 2020	THURSDAY 2ND JAN 2020	FRIDAY 3RD JAN 2020
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>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 & GO : ASSORTED SANDWICHES & WRAPS, PRE-PACKED SALADS CHOICES (RM5.00) 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 2	MONDAY 6TH JAN 2020	TUESDAY 7TH JAN 2020	WEDNESDAY 8TH JAN 2020	THURSDAY 9th JAN 2020	FRIDAY 10TH JAN 2020
MORNING SNACK (RM3.00)	 CHEESE SANDWICH	FRIED RICE w FISH BALL	SAVOURY BUN (RM3.00)	CHOCOLATE BANANA MUFFIN	HAM SANDWICH
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	 CROISSANT (RM3.50)	CROISSANT (RM4.00)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)
	EGG & SOYA FRIED RICE (RM3.00)	FRIED RICE w FISH BALL (RM3.00)	CHINESE FRIED RICE (RM3.00)	KAMPUNG FRIED RICE (RM3.00)	LONG BEAN FRIED RICE (RM3.00)
	FRIED RAMEN (RM3.00)	FRIED KUEY TEOW (RM3.00)	BRAISED YEE MEE (RM3.00)	CANTONESE FRIED NOODLE (RM3.00)	STIR FRIED MEE (RM3.00)
	PREMIUM BREAKFAST SAUSAGE (RM2.00)	PREMIUM BREAKFAST TURKEY HAM (RM2.00)	PREMIUM TURKEY SAUSAGE (RM2.00)	ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)
	SAUTEED CHERRY TOMATO (RM2.00)	TUNA TORTILLA (RM4.00)	CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	PREMIUM BREAKFAST SAUSAGES (RM2.00)	CHEESE TOASTIES (RM4.00)
	SCRAMBLED EGGS (RM2.00)	FRENCH TOAST (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLE EGG (RM2.00)	EGG FRITATA (RM2.50)
	BREAKFAST PIE (RM4.00)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)
	MUSHROOM OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	TURKEY SLICE OMELETTE (RM3.00)	VEGAN 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)	
SUPER SOUP RM5.00	 TOMATO & PEPPER SOUP	TOM YAM GONG	GREEN PEAS SOUP wBUN	SOUP PERIUK NELAYAN	PUMPKIN SOUP W/ CRUTONS
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)	 ITALIAN PASTA (SEMI ALFREDO OR TRADITIONAL TOMATO)	ITALIAN PASTA (SEMI ALFREDO OR TRADITIONAL TOMATO)	ITALIAN PASTA (BEEF BOLOGNESE OR SEMI ALFREDO)	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (MEATBALL PASTA OR EGGPLANT RAGOUT)
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00	 PEPPERONI PIZZA OR MARGHERITA PIZZA OR PIZZA OF THE DAY: TUNA PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: BBQ CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: MEAT LOVER PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SAUSAGE PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA
FRESH SALAD BAR SMALL BOWL RM6 PREMIUM BOWL RM 10	 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)
LIVE PANINI & SANDWICH BAR RM8.00	 2 CHOICES 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	2 CHOICES 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	2 CHOICES 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	2 CHOICES 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	2 CHOICES 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)	 ROAST BEEF W/PEPPER SAUCE CRANBERRY BUN SAUTEED CARROT & GREEN PEA	BAKED CORN CRUSTED FISH ROASTED SWEET POTATO STEAMED BROCOLI	ROASTED MUSTARD CHICKEN ROASTED POTATO WEDGES STEAMED VEGETABLE	FISH AND CHIP FRENCH RIES COLESLAW	BRAISED BRFF SOFT BUN CUBAN GRILLED PUMPKIN

ASIAN SET MEAL LUNCH (RM9.00) 	HAINANESE CHICKEN JASMINE RICE SAUTEED BROCOLI W/TOMATO	AYAM UNGKEP NASI MINYAK KAN KONG SAUTEED	KIMCHI TUNA BIBIMBAP JASMINE RICE BIBIMBAP CONDIMENT	DAGING MASAK KICAP JOHOR BERIYANI ACAR RAMPAI PAPADOM	SALTED EGG CHICKEN JASMINE RICE SAUTEED SIEW PAK CHOY EGG FOO YONG
VEGETARIAN SET MEAL LUNCH (RM8.50) 	BRAISED TOFU SKIN W/BLACK FUNGUS JASMINE RICE SAUTEED BROCOLI W/TOMATO EGGPLANT W/ TOFU SAUCE	TELUR MASAK MERAH JASMINE RICE KANG KONG SAUTEED TEMPE SOO HOON	KOREAN BBQ TOFU JASMINE RICE BIBIMBAP CONDIMENT	CHIC PEA MASALA JOHOR BERIYANI ACAR RAMPAI TEMPE GORENG KUNYIT	EGG FOO YONG JASMINE RICE SAUTEED SIEW PAK CHOY PUMPKIN SALTED EGG
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00 	MEE REBUS TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, CHICKEN DUMPLING	WA TAN HO TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	CURRY NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, FRIED SHALLOT,	BRAISED YEE MEE TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN	MEE HAILAM TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG
ALWAYS SERVING 	<p style="text-align: center;"> 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 & GO : ASSORTED SANDWICHES & WRAPS, PRE-PACKED SALADS CHOICES (RM5.00) BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00) </p>				















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

week3	MONDAY 13TH JAN 2020	TUESDAY 14TH JAN 2020	WEDNESDAY 15TH JAN 2020	THURSDAY 16TH JAN 2020	FRIDAY 17TH JAN 2020
MORNING SNACK (RM3.00)	SCONES	TUNA SANDWICH	LONG BEAN FRIED RICE	MIHUN SINGAPORE	HAM&CHEESE SANDWICH
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooled fresh everyday	CROISSANT (RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)
	EGG&SOYA SAUCE FRIED RICE (RM3.00)	KAMPUNG FRIED RICE (RM3.00)	LONG BEAN FRIED RICE (RM3.00)	MIX VEGE FRIED RICE (RM3.00)	CURRY FRIED RICE (RM3.00)
	STIR FRIED BIHUN (RM3.00)	FRIED RAMEN (RM3.00)	MEE GORENG MAMAK (RM3.00)	MIHUN SINGAPORE (RM3.00)	CHAR KUJY TEOW (RM3.00)
	PREMIUM BREAKFAST SAUSAGE (RM2.00)	PREMIUM TURKEY HAM (RM2.00)	BAKED BEANS (RM2.00)	PREMIUM BREAKFAST SAUSAGE (RM2.00)	AYAM GORENG REMPAH (RM2.00)
	CHEESE TOASTIES (RM4.00)	BREAKFAST TORTILA (RM4.00)	MUSHROOM TOASTIES (RM4.00)	KAYA & BANANA TOASTIES (RM4.00)	CHEESE SANDWICH (RM4.00)
	SCRAMBLE EGGS (RM2.50)	BAKED EGGS (RM2.50)	FRIED EGGS (RM2.00)	MEXICANA BAKED EGGS (RM2.00)	SCRAMBLE EGG (RM2.00)
	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	SAUTEED POTATO (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)
	VEGAN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	TOMATO OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	MUSHROOM 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)
SUPER SOUP RM5.00	CARROT SOUP W/ CRUTONS	TOM KHA KAI	POTATO&LEEK SOUP w.CRUTON	CHINESE CHICKEN SOUP	CREAMY BROCOLI SOUPw.SOFT BUN
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)	ITALIAN PASTA (MEATBALL PASTA OR TRADITIONAL TOMATO)	ITALIAN PASTA (SEMI AL FREDO OR TRADITIONAL TOMATO)	ITALIAN PASTA (BEEF BOLOGNESE OR SEMI ALFREDO)	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (MEATBALL PASTA OR EGGPLANT RAGOUT)
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: HAWAIIAN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: BBQ CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: TUNA MAYO PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CREAMY CHICKEN PIZZA
FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM	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)
LIVE PANINI & SANDWICH BAR RM8.00	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	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	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	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	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
WESTERN SET MEAL LUNCH (RM9.00)	PAN SEAR FISH SOFT BUN CUBAN GRILLED PUMPKIN	BEEF MUSHROOM PIE PUFF PASTRY GARDEN SALAD	GARLIC&HERB ROAST LAMB JACKET POTATO SAUTEED CARROT	CHICKEN DUBARRY PUMPKIN MASH GARLIC SAUTEED VEGETABLE	PAN SEAR SNAPPER BOILED HERB POTATO SAUTEED MUSHROOM
ASIAN SET MEAL LUNCH (RM9.00)	BUTTERMILK CHICKEN JASMINE RICE SAUTEED SIEW KAI LAN EGG FOO YONG	AYAM GORENG BEREMPAH JASMINE RICE VEGETABLE CURRY SAMBAL BELACAN	BALINESE CHICKEN JASMINE RICE LONGBEAN VEGETABLE CHIPS	SEABASS PAES JASMINE RICE LEMAK SAYUR TERUNG BERLADO	DAGING MASAK KICAP JASMINE RICE SAUTEED CABBAGE SAUTEED LADYFINGERS
VEGETARIAN SET MEAL LUNCH (RM8.50)	EGG FOO YONG JASMINE RICE SAUTEED SIEW PAK CHOY THAI CHICKPEA CURRY	CHEEZY BAKED AUBERGINE PUFF PASTRY VEGAN OLIO GARDEN SALAD	TOFU SAMBAL LONGBEAN SAUTEED JASMINE RICE VEGETABLE CHIPS	TAUHU SUMBAT JAMINE RICE LEMAK SAYUR TERUNG BERLADO	CHICK PEA THAI PANANG CURRY JASMINE RICE SAUTEED CABBAGE SAUTEED LADY FINGERS
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00	CANTONESE YEE MEE TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	CHICKEN NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	MEE BANDUNG TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	CURRY NOODLE S TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	DUMPLING NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG
ALWAYS SERVING	<p style="text-align: center;">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 & GO : ASSORTED SANDWICHES & WRAPS, PRE-PACKED SALADS CHOICES (RM5.00) BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</p>				

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*MSG FREE Kitchen

WEEK 4	MONDAY 20TH JAN 2020	TUESDAY 21ST JAN 2020	WEDNESDAY 22ND JAN 2020	THURSDAY 23RD JAN 2020	FRIDAY 24TH JAN 2020	
MORNING SNACK (RM3.00)	 EGG&SOYA SAUCE FRIED RICE	CHOCOLATE SCONES	LONG BEAN FRIED RICE	CHEESE SANDWICH	SWEET BUN	
BREAKFAST MENU Protein Power, Freshly Baked,Dairy, Asian, Western Cooked Fresh everyday	 CROISSANT (RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)	CROISSANT(RM3.50)	
	EGG&SOYA SAUCE FRIED RICE (RM3.00)	KAMPUNG FRIED RICE (RM3.00)	LONG BEAN FRIED RICE (RM3.00)	CHINESE FRIED RICE (RM3.00)	FRIED RICE FISHBALL (RM3.00)	
	 BRAISED YEE MEE (RM3.00)	FRIED RAMEN (RM3.00)	MEE GORENG KICAP (RM3.00)	FRIED BIHUN (RM3.00)	CHAR KUEY TEOW (RM3.00)	
	PREMIUM BREAKFAST SAUSAGE (RM2.00)	HAM SLICE (RM2.00)	BAKED BEANS (RM2.00)	PREMIUM BREAKFAST SAUSAGE (RM2.00)	ROTI CANAI wCONDIMENT (RM2.00)	
	 FRENCH TOAST (RM4.00)	PIZZA SUB (RM4.00)	FRENCH TOAST (RM4.00)	BREAKFAST QUESADILLAS (RM4.00)	CHEESE TOASTIES (RM4.00)	
	SCRAMBLE EGGS (RM2.50)	FRIED EGGS (RM2.50)	EGG SHAKSHUKA (RM2.00)	CHICKEN BREAKFAST CASSEROLL (RM3.00)	SCRAMBLE EGG (RM2.00)	
	BAKED CHERRY TOMATO (RM2.50)	HASH BROWN (RM2.50)	SAUTEED POTATO (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	
	HAM OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	TOMATO OMELETTE (RM3.00)	MUSHROOM 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)	
SUPER SOUP RMs.00	 EGG DROP SOUP(MEAT)	SEAFOOD CHOWDERw.CRUTTON	MAMAK LAMB SOUP	CARROT SOUP	MINISTRONE SOUPw.GARLIC BREAD	
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)	 ITALIAN PASTA (MEATBALL PASTA OR TRADISIONAL TOMATO)	ITALIAN PASTA (SEMI AL FREDO OR TRADISIONAL TOMATO)	ITALIAN PASTA (BEEF BOLOGNESE OR SEMI ALFREDO)	CEZARS BAKED PASTA DAY CHOICE OF CHICKEN LASAGNA OR VEGETABLES LASAGNA	ITALIAN PASTA (MEATBALL PASTA OR EGGPLANT RAGOUT)	
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RMs.00	 PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: HAWAIIAN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: BBQ CHICKEN PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: TUNA MAYO PIZZA	PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CREAMY CHICKEN PIZZA	
FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM	 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)	
	 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	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	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	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	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	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
	WESTERN SET MEAL LUNCH (RM9.00)	 GRILL CHEESE&CHICKEN SANDWICH FRENCH FRIES GARDEN SALAD	PAN SEAR SEABASS GREEN PEAS BUTTER RICE SAUTEED VEGETABLE	BEEF MEATLOAF BBQ MASH POTATO SAUTEED FRENCH BEAN	LAMB STROGANOFF SOFT ROLL ROASTED CARROT	ROASTED CHICKEN BOILED POTATO HERB SAUTEED VEGETABLE
	ASIAN SET MEAL LUNCH (RM9.00)	 CHICKEN CURRY JASMINE RICE SAUTEED KANGKONG CUCUMBER&SAMBAL BELACAN	LAMB ROGAN JOSH FLAT BREAD DRY CURRY VEGETABLE	PANKO CHICKEN KIMCHI FRIED RICE JAPCHE SAUTEED VEGETABLE	IKAN PERCIC JASMINE RICE EGGPLANT&TEMPE BERLADO LEMAK SANTAN KOBIS	CHICKEN KATSU GARLIC FRIED RICE JAPANESE SAUTEED VEGETABLE BEAN SPROUT&CHIVES
	VEGETARIAN SET MEAL LUNCH (RM8.50)	 TOFU PERATHAL JASMINE RICE SAUTEED KANKONG DALCHA SAYUR	PARMIGIANA TOFU GREEN PEAS BUTTER RICE SAUTEED VEGETABLE BAKED PUMPKIN	KOREAN KIMCHI OMELETTE KIMCHI FRIED RICE JAPCHE SAUTEED VEGETABLE	TEMPE JAWA JASMINE RICE TERUNG PAJERI LEMAK SANTAN KOBIS	MISO TOFU GARLIC FRIED RICE JAPANESE SAUTEED VEGETABLE BEAN SPROUT&CHIVES
	LIVE NOODLE STATION SMALL RMs.00 REGULAR RM8.00	 BIHUN SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	TOM YAM NOODLES TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	RAMEN SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	MEE HAILAM TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG	MEE CURRY TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN, BOILED EGG
ALWAYS SERVING		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 & GO : ASSORTED SANDWICHES & WRAPS, PRE-PACKED SALADS CHOICES (RMs.00) BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)				

*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 5						
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						

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