




WEEK 1	MONDAY 2nd SEP 2019	TUESDAY 3rd SEP 2019	WEDNESDAY 4th SEP 2019	THURSDAY 5th SEP 2019	FRIDAY 6th SEP 2019
<b>MORNING SNACK</b> (RM3.00)		CHOCOLATE ROLL	FRUIT YOGHURT	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)
		EGG & SOY SAUCE FRIED RICE (RM3.00)	CHINESE 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 DRUMSTICK (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)
		SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)
		TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
		TOMATO OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	MUHSROOM 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</b> RM5.00		CREAM OF CARROT SOUP W. SOFT BUN	SEAFOOD CHOWDER w. CROUTON	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CLEAR CHICKEN SOUP W VEGETABLE CRACKERS
<b>PASTA AND LASAGNA</b> (LASAGNA RM8.50) (PASTA RM8.00)		ITALIAN PASTA (LASAGNA, TAGLIATELLE, 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 (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
<b>BEL-CIBO</b> (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00		CHEESE AND CHICKEN HAM TOASTIES (RM5.00)	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</b> 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)
<b>LIVE PANINI &amp; SANDWICH BAR</b> 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
<b>WESTERN SET MEAL LUNCH</b> (RM9.00)		BBQ CHICKEN BUTTERED PENNE SAUTEED FRENCH BEANS	GRILLED FISH w. TOMATO SAUCE MAC & CHEESE GARDEN SALAD	HUNGARIAN BEEF GOULASH ROASTED POTATOES SAUTEED GARDEN VEGETABLES	ORANGE BAKED CHICKEN GARLIC MASH POTATOES STEAMED CARROTS & CAULIFLOWER
<b>ASIAN SET MEAL LUNCH</b> (RM9.00)		MILD FISH CURRY w. POTATOES JASMINE RICE SAUTEED LADIES FINGER ACAR	CHICKEN w. SOYA SAUCE JASMINE RICE SAUTEED CHINESE CABBAGE STIR FRY SPINACH	SWEET SOUR FISH JASMINE RICE SAUTEED KAI LAN STEAMED EGG	KOREAN CHICKEN WINGS KIMCHI FRIED RICE SAUTEED PAK CHOI
<b>VEGETARIAN SET MEAL LUNCH</b> (RM8.50)		MILD VEGETABLE CURRY JASMINE RICE SAUTEED LADIES FINGER ACAR	POTATOES MASALA JASMINE RICE SAUTEED CHINESE CABBAGE STIR FRY SPINACH	TOFU BERGEDIL JASMINE RICE DRY PUMPKIN CURRY SAUTEED KAI LAN	BRAISED BEANCURD SKIN w. TOFU JASMINE RICE SAUTEED PAK CHOI STEAMED CAULIFLOWER
<b>LIVE NOODLE STATION</b> 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
<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 2	MONDAY 09th SEP 2019	TUESDAY 10th SEP 2019	WEDNESDAY 11th SEP 2019	THURSDAY 12th SEP 2019	FRIDAY 13th SEP 2019
<b>MORNING SNACK</b> (RM3.00)		EGG & SOY SAUCE FRIED RICE	CHOCOLATE BANANA MUFFIN	NASI GORENG KAMPUNG	FRENCH TOAST WITH SALTED CARAMEL
<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)
		EGG & SOY SAUCE FRIED RICE (RM3.00)	CHINESE 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 DRUMSTICK (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)
		SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)
		TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
		TOMATO OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	MUHSROOM 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</b> RM5.00			CREAM OF CAULIFLOWER SOUP w. GARLIC BREAD	ASIAN CHICKEN SOUP w. FISH CAKE	SWEET CORN SOUP w. EGG DROP & CROUTONS
<b>PASTA AND LASAGNA</b> (LASAGNA RM8.50) (PASTA RM8.00)		ITALIAN PASTA (LASAGNA, TAGLIATELLE, 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 (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETAIRAN TOMATO SAUCE	ITALIAN PASTA (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
<b>BEL-CIBO</b> (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: MARGHERITA PIZZA
<b>FRESH SALAD BAR SMALL BOWL</b> 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)
<b>LIVE PANINI &amp; SANDWICH BAR</b> 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
<b>WESTERN SET MEAL LUNCH</b> (RM9.00)		FISH BAKED W HERB AND CREAM SAUCE PENNE AGLIO SAUTEED VEGETABLES	THYME ROASTED CHICKEN RICE PILAF SAUTEED ZUCCHINI w. CHERRY TOMATOES	HERB CRUSTED CHICKEN ROASTED POTATOES SAUTEED GARDEN VEGETABLES	BAKED BBQ CHICKEN WINGS GARLIC MASH POTATOES STEAMED BROCOLI & CAULIFLOWER
<b>ASIAN SET MEAL LUNCH</b> (RM9.00)		MILD CHICKEN KURMA w. POTATOES JASMINE RICE SAUTEED CABBAGE VEGETABLE CRACKERS	STEAMED FISH w. SOY SAUCE JASMINE RICE SAUTEED CHIVE & BEAN SPROUT STEAMED BROCCOLI	TERIYAKI BEEF JASMINE RICE SAUTEED KAJ LAN STIR FRIED EGG	AYAM GORENG BEREMPAH JASMINE RICE STIR FRIED SPINACH SAUTEED PAK CHOI

<b>VEGETARIAN SET MEAL LUNCH (RM8.50)</b>			CHICKPEA MASALA JASMINE RICE SAUTEED CABBAGE PAPPADAM	SESAME TOFU JASMINE RICE SAUTEED CHIVE & BEAN SPROUT STEAMED BROCCOLI	VEGETARIAN FAJITAS SHREDDED LETTUCE ROASTED POTATOES	PUMPKIN CURRY JASMINE RICE STIR FRIED SPINACH SAUTEED PAK CHOI
<b>LIVE NOODLE STATION          SMALL RM5.00          REGULAR RM8.00</b>			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>		<p style="text-align: center;"> <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> </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 3	MONDAY 16th SEP 2019	TUESDAY 17th SEP 2019	WEDNESDAY 18th SEP 2019	THURSDAY 19th SEP 2019	FRIDAY 20th SEP 2019
MORNING SNACK (RM3.00)		TUNA & VEGETABLE SANDWICH	CHINESE FRIED RICE	MOIST CHOCOLATE CAKE	STEAMED MINI PAU
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)	CROISSANT (RM3.50)
		EGG & SOY SAUCE FRIED RICE (RM3.00)	CHINESE 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 DRUMSTICK (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)
		SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)
		TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)
		TOMATO OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	MUHSROOM OMELETTE (RM3.00)
SUPER SOUP RM5.00		ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)	ASST. CEREALS W.MILK (RM4.00)
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)		FRENCH ONION SOUP w. CHEESE CROUTONS	LENTIL SOUP w. CROUTONS	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CAULIFLOWER & CORN CHOWDER w. CROUTONS
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00		ITALIAN PASTA (LASAGNA, TAGLIATELLE, 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 (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE
FRESH SALAD BAR SMALL BOWL RM6/PREMIUM BOWL 10RM		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
LIVE PANINI & SANDWICH BAR RM8.00		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 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
		BEEF SHEPHERDS PIE ROASTED SWEET POTATO GARDEN SALAD	CHEEZY BAKED RICE STEAMED CORN	CITRUS GRILLED FISH MASH POTATOES GRILLED PROVENCAL VEGETABLES	STICKY WINGS ROASTED NEW POTATOES COLESLAW
		SWEET & SOUR CHICKEN JASMINE RICE SAUTEED SPINACH STIR FRIED LONG BEAN	FISH KATSU JASMINE RICE JAPANESE CURRY w. POTATOES, CARROTS & CELERY	SALTED EGGYOLK CHICKEN JASMINE RICE SAUTEED KAI LAN STEAMED EGG	CHICKEN RENDANG JASMINE RICE SAUTEED SAWI MASAK LEMAK PUTIH KOBIS
VEGETARIAN SET MEAL LUNCH (RM8.50)		VEGETARIAN SHEPHERDS PIE ROASTED SWEET POTATO GARDEN SALAD	CAULIFLOWER FRITTERS JASMINE RICE JAPANESE CURRY	SAMBAL TEMPEH JASMINE RICE STIR FRY KAI LAN VEGETARIAN CRACKERS	SAYUR LODEH JASMINE RICE SAUTEED SAWI TEMPEH
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 (RMS.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>			

WEEK 5	MONDAY 23rd SEP 2019	TUESDAY 24th SEP 2019	WEDNESDAY 25th SEP 2019	THURSDAY 26th SEP 2019	FRIDAY 27th SEP 2019	
<b>MORNING SNACK (RM3.00)</b>	BREAKFAST CHOCOLATE SCONES	FRUIT YOGHURT	BREAD AND BUTTER PUDDING	FRESH CUT FRUIT	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)	EGG & SOY SAUCE FRIED RICE (RM3.00)	CHINESE 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 GRAY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE DRUMSTICK (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)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLED EGGS (RM2.50)	
	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	HASH BROWN (RM2.50)	TATER TOTS (RM2.50)	BAKED BEANS (RM2.00)	
	CHEESE OMELETTE (RM3.00)	TOMATO OMELETTE (RM3.00)	PLAIN OMELETTE (RM3.00)	CHEESE OMELETTE (RM3.00)	MUHSROOM 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 CHICKEN SOUP w. GARLIC BREAD	CREAM OF CARROT SOUP w. SOFT BUN	SEAFOOD CHOWDER w. CROUTON	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CLEAR CHICKEN SOUP w VEGETABLE CRACKERS	
<b>PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)</b>	ITALIAN PASTA (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (LASAGNA, TAGLIATELLE, 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 (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, TOMATO & MEATBALL OR VEGETARIAN TOMATO SAUCE	ITALIAN PASTA (LASAGNA, TAGLIATELLE, 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	GRILLED GREEK CHICEN ROASTED PUMPKIN STEAMED VEGETABLES	BEEF MEATBALLS SPIRAL PASTA MUSHROOM DEMI-GLACE TOMATO & CORN	CITRUS HONEY BAKED FISH CHEESY MASH POTATOES GRILLED SUMMER VEGETABLES	CHICKEN ALA KING RICE PILAF ROASTED EGGPLANT & ZUCCHINI
	<b>ASIAN SET MEAL LUNCH (RM9.00)</b>	MALAYSIAN LAMB CURRY JASMINE RICE SAUTEED KANG KUNG TELUR DADAR	CEREAL FISH JASMINE RICE STIR FRY MIX VEGETABLES STEAMED SOFT TOFU	ROASTED CHICKEN CHICKEN RICE LETTUCE, CUCUMBER TOMATOES STIR BEAN SPROUT	AYAM GORENG KUNYIT JASMINE RICE TEMPEH GORENG JAWA STIR FRIED PAK CHOI	TERIYAKI FISH JASMINE RICE SAUTEED SPINACH CABBAGE w. SESAME DRESSING
<b>VEGETARIAN SET MEAL LUNCH (RM8.50)</b>	EGGPLANT PAIERI JASMINE RICE SAUTEED KANG KUNG TELUR DADAR	SWEET & SOUR TOFU JASMINE RICE SAUTEED SPINACH STIR FRIED MIX VEGETABLE	ALOO GOBI JASMINE RICE SAUTEED BITTERGOURD TOMATO & CUCUMBER RAITA	BRAISED TOFU w. BLACK FUNGUS JASMINE RICE SAUTEED CABBAGE STIR FRIED PAK CHOI	PADPRIK TOFU 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 (RM5.00)</b> <b>BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)</b>				

WEEK 6		MONDAY 30th SEP 2019			
<b>MORNING SNACK</b> (RM3.00)  <b>BREAKFAST MENU</b> Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	     	FRIED RAMEN NOODLES			
		CROISSANT (RM4.00)			
		FRIED RICE w FISH CAKE (RM3.00)			
		FRIED RAMEN NOODLES (RM3.00)			
		PREMIUM BREAKFAST SAUSAGES (RM2.00)			
		BREAKFAST BURRITO (RM4.00)			
		SCRAMBLED EGGS (RM2.50)			
		HASH BROWN (RM2.50)			
		CHEESE OMELETTE (RM3.00)			
ASST. CEREALS W. MILK (RM4.00)					
<b>SUPER SOUP</b> RM5.00		CREAM OF VEGETABLE SOUP w. GARLIC BREAD			
<b>PASTA AND LASAGNA</b> (LASAGNA RM8.50) (PASTA RM8.00)		ITALIAN PASTA (LASAGNA, TAGLIATELLE, SPAGHETTI, PENNE, FUSILLI, RIGATONI) 2 CHOICE OF SAUCE, SEMI ALFREDO OR VEGETARIAN TOMATO SAUCE			
<b>BEL-CIBO</b> (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00		PEPPERONI PIZZA OR CHEESE PIZZA OR PIZZA OF THE DAY: CHICKEN MEET ball PIZZA			
<b>FRESH SALAD BAR SMALL BOWL</b> 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>LIVE PANINI &amp; SANDWICH BAR</b> RM8.00		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			
<b>WESTERN SET MEAL LUNCH</b> (RM9.00)		GRILLED PESTO FISH LEMON PARSLEY HERB RICE RATATOUILLE			
<b>ASIAN SET MEAL LUNCH</b> (RM9.00)		AYAM PENYET JASMINE RICE CABBAGE, LONGBEAN & SAMBAL TEMPEH			
<b>VEGETARIAN SET MEAL LUNCH</b> (RM8.50)		VEGETABLE GRATIN LEMON PARSLEY HERB RICE RATATOUILLE			
<b>LIVE NOODLE STATION</b> SMALL RIMS.00 REGULAR RM8.00		FISH BALL NOODLE SOUP TOPPINGS: VEGETABLES, SPRING ONION, CARROTS, SHREDDED CHICKEN			
<b>ALWAYS SERVING</b>		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)			