





















WEEK 4	MONDAY 19th Aug 2019	TUESDAY 20th Aug 2019	WEDNESDAY 21st Aug 2019	THURSDAY 22nd Aug 2019	FRIDAY 23rd Aug 2019
MORNING SNACK (RM3.00)	 BREAKFAST CHOCOLATE SCONES	FRESH BAKED BANANA CUPCAKES	CHINESE FRIED RICE	CHOCOLATE BROWNIES	APPLE STRUDEL
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	 CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)
	 GARLIC FRIED RICE (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)	STIR FRIED LOU SHI FUN NOODLES (RM3.00)	BRAISED YEE MEE (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)
	 PREMIUM BREAKFAST SAUSAGES (RM2.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI w. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE FRIED CHICKEN 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)	VEGETABLE OMELETTE (RM3.00)	CHEESE 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	 CREAM OF CHICKEN SOUP w. GARLIC BREAD	POTATO & LEEK SOUP w. DINNER ROLLS	TOMATO & BASIL SOUP w. CROUTONS	WILD MUSHROOM SOUP w. GARLIC BREAD	MINISTRONE SOUP w. FOCACCIA
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)	 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
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00	 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 MUSHROOM PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR VEGETABLE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	PEPPERONI PIZZA OR BBQ CHICKEN PIZZA OR PIZZA OF THE DAY: MARGHERITA 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	 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
WESTERN SET MEAL LUNCH (RM9.00)	 CHICKEN SCHNITZEL MASH POTATOES MIXED VEGETABLES CHUNKY TOMATO SAUCE	GRILLED GREEK CHICKEN ROASTED PUMPKIN STEAMED VEGETABLES	HOMEMADE CHICKEN BURGER w. CONDIMENTS POTATO AU GRATIN	CITRUS HONEY BAKED FISH CHEESY MASH POTATOES GRILLED SUMMER VEGETABLES	ROSEMARY CHICKEN ROASTED POTATOES CREAMED MUSHROOM
ASIAN SET MEAL LUNCH (RM9.00)	 BUTTERMILK CHICKEN JASMINE RICE STIR FRY BEANS/SPROUT EGG w. LONG BEAN	SESAME CHICKEN JASMINE RICE STIR FRY MIX VEGETABLES STEAMED SOFT TOFU	ROASTED CHICKEN CHICKEN RICE LETTUCE, CUCUMBER TOMATOES STIR FRIED KAI LAN	TANDOORI CHICKEN w. CONDIMENTS BRYANI RICE SAUTEED CABBAGE PAPADDAM	TERIYAKI FISH JASMINE RICE SAUTEED SPINACH CABBAGE w. SESAME DRESSING
VEGETARIAN SET MEAL LUNCH (RM8.50)	 LONG BEAN w. EGGPLANT SAUCE JASMINE RICE STIR FRY BEANS/SPROUT EGG w. LONG BEAN	JAPANESE TOFU w. SILKEN EGG SAUCE JASMINE RICE STIR FRY MIX VEGETABLES BRAISED PUMPKIN	TEMPEH w. GLASS NOODLE JASMINE RICE STIR FRY PAK CHOI SAUTEED KAI LAN	TANDOORI TOFU BRYANI RICE SAUTEED CABBAGE PAPADDAM	PASTA w. VEGETARIAN SAUCE TOFU CUTLETS STIR FRY MIXED VEGETABLES
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00	 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
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 (RM5.00) BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)			

WEEK 5	MONDAY 26th Aug 2019	TUESDAY 27th Aug 2019	WEDNESDAY 28th Aug 2019	THURSDAY 29th Aug 2019	FRIDAY 30th Aug 2019
MORNING SNACK (RM3.00) BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday	FRIED RAMEN NOODLES	TUNA & VEGETABLE SANDWICH	KAYA WHIRL	CHOCOLATE BROWNIES	APPLE CRUMB CAKE
	CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)	CROISSANT (RM4.00)
	GARLIC FRIED RICE (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)	STIR FRIED LOU SHI FUN NOODLES (RM3.00)	BRAISED YEE MEE (RM3.00)	STIR FRIED KWAY TEOW (RM3.00)
	PREMIUM BREAKFAST SAUSAGES (RM2.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY (RM3.00)	PREMIUM TURKEY HAM SLICES (RM2.00)	MAMAK STYLE FRIED CHICKEN 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)	VEGETABLE OMELETTE (RM3.00)	CHEESE 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	CREAM OF VEGETABLE SOUP w. GARLIC BREAD	FRENCH ONION SOUP w. CHEESE CROUTONS	LENTIL SOUP w. CROUTONS	CREAM OF BROCCOLI SOUP w. GARLIC BREAD	CAULIFLOWER & CORN CHOWDER w. CROUTONS
PASTA AND LASAGNA (LASAGNA RM8.50) (PASTA RM8.00)	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
BEL-CIBO (HOMEMADE PIZZA ROUND) FULL SIZE RM10.00 HALF SIZE RM5.00	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 MUSHROOM PIZZA OR PIZZA OF THE DAY: GRILLED CHICKEN PIZZA	PEPPERONI PIZZA OR VEGETABLE PIZZA OR PIZZA OF THE DAY: SEAFOOD PIZZA	PEPPERONI PIZZA OR BBQ CHICKEN PIZZA OR PIZZA OF THE DAY: MARGHERITA 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	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
WESTERN SET MEAL LUNCH (RM9.00)	ROASTED CHICKEN FAJITAS CONDIMENTS SALSA RANCHERA & SOUR CREAM	BBQ CHICKEN RICE BOWL CORN, CHERRY TOMATO AND LETTUCE	GRILLED TUSCAN CHICKEN MAC & CHEESE SATUEED FARMER BEANS	PARMESAN CRUSTED FISH ROASTED POTATOES SAUTEED GARDEN VEGETABLES	ORANGE BAKED CHICKEN GARLIC MASH POTATOES STEAMED CARROTS & CAULIFLOWER
ASIAN SET MEAL LUNCH (RM9.00)	AYAM PENYET JASMINE RICE CABBAGE, LONGBEAN & SAMBAL TEMPEH	MILD CHICKEN CURRY w. POTATOES JASMINE RICE SAUTEED SPINACH ACAR	CHICKEN KATSU JASMINE RICE JAPANESE CURRY w. POTATOES, CARROTS & CELERY	SALTED EGGYOLK CHICKEN JASMINE RICE SAUTEED KAI LAN STEAMED EGG	AYAM MASAK LEMAK JASMINE RICE SAUTEED SAWI EGG SAMBAL
VEGETARIAN SET MEAL LUNCH (RM8.50)	MEXICAN TOFU FAJITAS CONDIMENTS SALSA RANCHERA & SOUR CREAM	VEGETABLE CURRY w. TOFU JASMINE RICE SAUTEED SPINACH ACAR	ALOO GOBI JASMINE RICE STIR FRIED BEANS/PROUTS VEGETABLE DHAL	SAUTEED TOMATO & EGG JASMINE RICE SAUTEED KAI LAN STEAMED EGG	STEAMED SOFT TOFU JASMIN RICE STIR FRY VEGETABLES SAUTEED LADIES FINGERS
LIVE NOODLE STATION SMALL RM5.00 REGULAR RM8.00	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
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 (RM5.00) BAKERY DEPARTMENT: ASSORTED HANDMADE LOW-SUGAR PASTRIES, ASSORTED FRESH ARTISAN BREADS (RM4.00)				