
























WEEK 1	MONDAY 01 JULY 2019	TUESDAY 02 JULY 2019	WEDNESDAY 03 JULY 2019	THURSDAY 04 JULY 2019	FRIDAY 05 JULY 2019	
PRE-ORDER SNACK (RM3.00)		BANANA BREAKFAST MUFFIN	MINI CHOCOLATE ROLL	WOK FRIED RAMEN	CHOCOLATE SCONES	CHICKEN HAM SANDWICH, PREMIUM FRUITS, VITAGEN
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT, KAMPUNG FRIED RICE, WOK FRIED MEE W BEANSPROUTS, BREAKFAST CHICKEN NOODLE SOUP, PREMIUM BREAKFAST SAUSAGES, CHAPATI WITH DHAL GRAVY OR CHICKEN CURRY, SUNNY SIDE UP EGG, HASH BROWN, VEGETABLE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, EGG FRIED RICE, FRIED MEE GORENG BASAH, BREAKFAST FISH BALL SOUP, PREMIUM TURKEY HAM SLICES, CHEESE AND CHICKEN HAM TOASTIES, SCRAMBLED EGGS, TATER TOTS, TOMATO OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, VEGETARIAN FRIED RICE, WOK FRIED RAMEN, BAKED BEANS, PREMIUM BREAKFAST SAUSAGES, ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY, SUNNY SIDE UP EGG, HASH BROWN, PLAIN OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, NASI LEMAK W. CONDIMENTS, FRIED BEE HOON, CHICKEN HAM QUESADILLAS, HOMEMADE FRIED CHICKEN DURMSTICK, CHEESE & MARMALADE TOASTIES, SCRAMBLED EGG, TATER TOTS, CHEESE OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, CHINESE FRIED RICE, FRIED KWAY TEOW NOODLES, PREMIUM TURKEY SLICE, RICE PORRIDGE W. CONDIMENTS, FRENCH TOAST W. MAPLE SYRUP, SUNNY SIDE UP EGG, BAKED BEANS, MUSHROOM OMELETTE, ASSORTED CEREALS W. MILK
WESTERN SET MEAL LUNCH (RM8.70)		PAN FRY FISH W. LEMON BUTTER SAUCE MASHED POTATO BUTTERED CORN & LETTUCE	CAJUN CHICKEN ROASTED POTATO WEDGES STEAMED CARROT AND GREEN BEANS	FISH AND CHIPS COLESLAW	BAKED OREGANO CHICKEN AU JUS TOSSED PASTA SAUTEED FRENCH BEANS & CAULIFLOWER	ROAST FISH W. LEMON HONEY SAUCE BAKED POTATOES GRILLED ZUCCHINI
ASIAN SET MEAL LUNCH (RM8.70)		SALTED EGG CHICKEN JASMINE RICE STIR FRY CHINESE CABBAGE & CARROT	MILD FISH CURRY JASMINE RICE INDIAN STYLE SPINACH	GINGER CHICKEN JASMINE RICE STIR FRY CABBAGE & CARROTS	SWEET & SOUR FISH JASMINE RICE FRIED KAILAN	TOMATO CHICKEN (AYAM MASAK TOMATO) TOMATO RICE ACAR RAMPAI
VEGETARIAN SET MEAL LUNCH (RM8.50)		BAKED MIX ROOT VEGETABLE JASMINE RICE STIR FRIED CHINESE CABBAGE & CARROTS	FRIED TAPIOCA W. ONIONS AND GARLIC JASMINE RICE INDIAN STYLE SPINACH	SOFT TOFU W. SOY SAUCE JASMINE RICE STIR FRY CABBAGE, CARROTS W. SOY SAUCE	STIR FRY TOFU W. VEGETABLE JASMINE RICE STIR FRY KAILAN	CHINESE STYLE EGG BEANCURD JASMINE RICE CHOY SUM W. OYSTER SAUCE
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) ASSORTED NOODLE SOUPS (RM5.00) and SOUP OF THE DAY (RM5.00)				

WEEK 2	MONDAY 08 JULY 2019	TUESDAY 09 JULY 2019	WEDNESDAY 10 JULY 2019	THURSDAY 11 JULY 2019	FRIDAY 12 JULY 2019	
PRE-ORDER SNACK (RM3.00)		OAT COOKIES	BANANA BREAKFAST MUFFIN	YONG CHOW FRIED RICE	CUSTARD CREAM BUN	CROISSANT EGG SANDWICH, PREMIUM FRUITS & VITAGEN
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT, KAMPUNG FRIED RICE, WOK FRIED MEE W BEANSPROUTS, BREAKFAST CHICKEN NOODLE SOUP, PREMIUM BREAKFAST SAUSAGES, CHAPATI WITH DHAL GRAVY OR CHICKEN CURRY, SCRAMBLED EGG, HASH BROWN, VEGETABLE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, EGG FRIED RICE, FRIED MAMAK NOODLES, BREAKFAST FISH BALL SOUP, PREMIUM TURKEY HAM SLICES, CHEESE AND CHICKEN HAM TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, TOMATO OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, YONG CHOW FRIED RICE, WOK FRIED RAMEN, BAKED BEANS, PREMIUM BREAKFAST SAUSAGES, ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY, SCRAMBLED EGGS, HASH BROWN, PLAIN OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, NASI LEMAK W. CONDIMENTS, FRIED BEE HOON, BREAKFAST BURRITO, HOMEMADE FRIED CHICKEN DURMSTICK, CHEESE & ORANGE TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, CHEESE OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, CHINESE FRIED RICE, FRIED KWAY TEOW NOODLES, PREMIUM BREAKFAST SAUSAGES, RICE PORRIDGE W. CONDIMENTS, FRENCH TOAST W. MAPLE SYRUP, SCRAMBLED EGG, BAKED BEANS, MUSHROOM OMELETTE, ASSORTED CEREALS W. MILK
WESTERN SET MEAL LUNCH (RM8.70)		CHICKEN CACCIATORE HERB RICE FRESH GARDEN SALAD	CLASSIC CHICKEN CHOP W. GARLIC SAUCE BAKED POTATO GRILLED CARROTS	FISH AND CHIPS COLESLAW	BAKED CHICKEN W. CILANTRO PESTO MASHED POTATO SEASONED VEGETABLES	BAKED FISH MARINARA TOSSED PASTA STEAMED CARROT & PEA
ASIAN SET MEAL LUNCH (RM8.70)		STEAMED CHICKEN JASMINE RICE STIR FRY BEANSPROUTS	TUMERIC FRIED FISH W. CHILLI GRAVY JASMINE RICE STIR FRY KAILAN	SPICED CHICKEN STEAMED RICE INDIAN MIX VEGETABLES	ROAST CHICKEN CHICKEN RICE CONDIMENTS W. CUCUCUMBER SALAD	BREADED CHICKEN BIRYANI RICE ACAR TIMUN & PAPADOM
VEGETARIAN SET MEAL LUNCH (RM8.50)		STEAMED TOFU W. SOY SAUCE JASMINE RICE FRY BEANSPROUTS	STIR FRY OYSTER MUSHROOM & SOFT TOFU JASMINE RICE STIR FRY KAILAN	POTATO VARUVAL JASMINE RICE INDIAN VEGETERIAN SPINACH CURRY	TOFU W. VEGETABLE IN TAUCHU SAUCE JASMINE RICE STIR FRY VEGETABLES	STIR FRIED INDIAN CAULIFLOWER JASMINE RICE STIR FRY CABBAGE
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) ASSORTED NOODLE SOUPS (RM5.00) and SOUP OF THE DAY (RM5.00)				

WEEK 3	MONDAY 15 JULY 2019	TUESDAY 16 JULY 2019	WEDNESDAY 17 JULY 2019	THURSDAY 18 JULY 2019	FRIDAY 19 JULY 2019	
PRE-ORDER SNACK (RM3.00)		CHEESE & SUGAR TWIST BREAD	EGG SANDWICH	NASI GORENG KAMPUNG	BREAKFAST OAT COOKIES	TUNA PUFF, PREMIUM FRUITS ,VITAGEN
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT, LONG BEAN FRIED RICE, WOK FRIED NOODLES, BREAKFAST BURRITO, PREMIUM BREAKFAST SAUSAGE, SCRAMBLED EGG, HASH BROWN, VEGETABLE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, EGG & SOY SAUCE FRIED RICE, FRIED TOM YAM NOODLES, PREMIUM TURKEY HAM SLICES, CHEESE & CHICKEN HAM TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, CHEESE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, PINEAPPLE FRIED RICE, WOK FRIED LOU SHU FUN, ROTI CANAI W. DHAL GRAVY OR CHICKEN CURRY, PREMIUM BREAKFAST SAUSAGE, SCRAMBLED EGGS, PLAIN OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, NASI LEMAK W. CONDIMENTS, BRAISED YEE MEE, HOMEMADE FRIED CHICKEN DRUMSTICK, CHEESE TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, CHEESE OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, KAMPUNG FRIED RICE, FRIED KWAY TEOW NOODLES, PREMIUM CHICKEN HAM SLICE, FRENCH TOAST W. SYRUP MIX, SCRAMBLED EGG, BAKED BEANS, MUSHROOM OMELETTE, ASSORTED CEREALS W. MILK
WESTERN SET MEAL LUNCH (RM8.70)		PAN FRY PAPRIKA FISH WITH BREAD PANINI MIX SALAD	ROASTED CHICKEN W. ORANGE SAUCE HERB RICE GRILLED MEDLEY VEGETABLES	FRY FISH AND CHIPS w COLESLAW	CHICKEN LASAGNE FOCACCIA GARDEN SALAD	MEXICAN ROAST FISH BAKED POTATOES SAUTEED MIXED VEGETABLES
ASIAN SET MEAL LUNCH (RM8.70)		CHICKEN RENDANG JASMINE RICE VEGETABLE STIR-FRY	SWEET & SOUR FISH JASMINE RICE SAUTEED KAILAN	KORMA CHICKEN JASMINE RICE SAUTEED MIX VEGETABLES	IKAN MASAK KICAP(FISH IN SOY SAUCE) JASMINE RICE STIR FRY BEANSPROUTS	CHICKEN W. LEMON SAUCE JASMINE RICE SAUTEED KAI LAN
VEGETARIAN SET MEAL LUNCH (RM8.50)		STEAMED TOFU w. SOY SAUCE JASMINE RICE VEGETABLE STIR-FRY	SWEET & SOUR TOFU JASMINE RICE SAUTEED KAILAN	VEGETABLE CURRY w. TOFU JASMINE RICE SAUTEED MIX VEGETABLES	BRAISED EGG w. TOFU JASMINE RICE STIR FRY BEANSPROUTS	HOMEMADE TOFU BURGER CONDIMENTS FRIES
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) ASSORTED NOODLE SOUPS (RM5.00) and SOUP OF THE DAY (RM5.00)				

WEEK 4	MONDAY 22 JULY 2019	TUESDAY 23 JULY 2019	WEDNESDAY 24 JULY 2019	THURSDAY 25 JULY 2019	FRIDAY 26 JULY 2019	
PRE-ORDER SNACK (RM3.00)		MINI STEAMED PAU	VANILLA COOKIES	KAYA BREAD	MINI CHOCOLATE ROLL	PINEAPPLE FRIED RICE, PREMIUM FRUITS ,VITAGEN
BREAKFAST MENU Protein Power, Freshly Baked,Dairy, Asian, Western Cooked Fresh everyday		CROISSANT, LONG BEAN FRIED RICE, WOK FRIED NOODLES, ROTI CANAI W. DHAL GRAVY & CHICKEN CURRY, PREMIUM CHICKEN HAM SLICE, SCRAMBLED EGG, HASH BROWN, VEGETABLE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, EGG & SOY SAUCE FRIED RICE, FRIED MAMAK NOODLES, PREMIUM TURKEY HAM SLICES, CHEESE & CHICKEN HAM TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, TOMATO OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, YONG CHOW FRIED RICE, WOK FRIED RAMEN, CHAPATI W. DHAL GRAVY OR CHICKEN CURRY, PREMIUM BREAKFAST SAUSAGE, SCRAMBLED EGGS, PLAIN OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, NASI LEMAK W. CONDIMENTS, FRIED BEE HOON, HOMEMADE FRIED CHICKEN DRUMSTICK, CHEESE & STRAWBERRY TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, CHEESE OMELETTE, ASSORTED CEREALS W. MILK	CROISSANT, PINEAPPLE FRIED RICE, FRIED KWAY TEOW NOODLES, PREMIUM TURKEY HAM SLICE, FRENCH TOAST W. SALTED CARAMEL, SCRAMBLED EGG, BAKED BEANS, MUSHROOM OMELETTE, ASSORTED CEREALS W. MILK
WESTERN SET MEAL LUNCH (RM8.70)		WEST AFRICAN CHICKEN BUTTER RICE GRILL VEGETABLES	CHICKEN BURGER W. CONDIMENTS SLAW BAKED FRIES	FISH & CHIPS COLESLAW TARTAR SAUCE	BAKED HERBAL CHICKEN MASHED POTATO SAUTEED ZUCCHINI	STEAM BAKE ORANGE FISH TOSSED PASTA SAUTEED CAPSICUM & CARROT
ASIAN SET MEAL LUNCH (RM8.70)		BLACKBEAN PASTE CHICKEN FRAGRANT RICE FRY BEANSPROUTS & CHIVES	LEMONGRASS THAI FRIED FISH JASMINE RICE STIR FRIED CABBAGE & CARROT W. CHILI	SOUTHERN CHICKEN CURRY JASMINE RICE STIR FRY MIX VEGETABLES	LEMON FISH JASMINE RICE SESAME SEASONAL VEGETABLES	CHICKEN IN RED GRAVY (AYAM MASAK MERAH) NASI MINYAK ACAR JELATAH
VEGETARIAN SET MEAL LUNCH (RM8.50)		SOFT TOFU IN CHINESE SAUCE JASMINE RICE STIR FRY BEANSPROUTS & CHIVES	STEAM EGG TOFU JASMINE RICE STIR FRIED CABBAGE AND CARROT W CHILLI	FRIED BEANCURD W. CHILI PASTE JASMINE RICE STIR FRY MIX VEGETABLES	STIR FRY SOY SAUCE TOFU W. CARROT JASMINE RICE CHINESE MIX VEGETABLES W. SESAME	VEGETABLES MASALA W. TOFU JASMINE RICE STIR FRY KAILAN
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) ASSORTED NOODLE SOUPS (RM5.00) and SOUP OF THE DAY (RM5.00)				

WEEK 5		MONDAY 29 JULY 2019	TUESDAY 30 JULY 2019		
PRE-ORDER SNACK		MINI STEAMED PAU	RAISIN COOKIES		
BREAKFAST MENU Protein Power, Freshly Baked, Dairy, Asian, Western Cooked Fresh everyday		CROISSANT, LONG BEAN FRIED RICE, WOK FRIED NOODLES, ROTI CANAI W. DHAL GRAVY & CHICKEN CURRY, PREMIUM CHICKEN HAM SLICE, SCRAMBLED EGG, HASH BROWN, VEGETABLE OMELETTE, ASSORTED CEREAL W. MILK	CROISSANT, EGG & SOY SAUCE FRIED RICE, FRIED MAMAK NOODLES, PREMIUM TURKEY HAM SLICES, CHEESE & CHICKEN HAM TOASTIES, SUNNY SIDE UP EGG, TATER TOTS, TOMATO OMELETTE, ASSORTED CEREAL W. MILK		
WESTERN SET MEAL LUNCH (RM8.70)		BREADCRUMBS CHICKEN CORN KERNEL & SALAD RICE PILAF	CHICKEN BURGER W. CONDIMENTS COLESLAW SLICED POTATOES		
ASIAN SET MEAL LUNCH (RM8.70)		TOMATO CHICKEN 'MASAK LEMAK' BEANSPROUTS & KUCAI FRAGRANT RICE	THAI STEAM FISH W. CORIANDER STIR FRIED CABBAGE AND CARROT W CHILI JASMINE RICE		
VEGETARIAN SET MEAL LUNCH (RM8.50)		SOFT TOFU IN CHINESE SAUCE 'MASAK LEMAK' BEANSPROUTS & KUCAI JASMINE RICE	STEAM EGG TOFU 'ALA THAI ' STIR FRIED CABBAGE AND CARROT W CHILI JASMINE RICE		
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) ASSORTED NOODLE SOUPS (RM5.00) and SOUP OF THE DAY (RM5.00)			