



Lunch Menu – January 2018

Week 1 & 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Asian Selection (served with steamed rice) RM5.30	Sweet and sour chicken & Stir fry broccoli	Lemon sauce fish & Garlic French beans	Shrimp paste fried chicken & Stir fry cabbage	Lemon chicken & stir fry bok choy	Ayam paprika & Sautéed pumpkin
Vegetarian (served with steamed rice) RM5.30	Stir fry broccoli & Omelette	Garlic French beans & Scrambled eggs with glass noodles	Sauteed cabbage & Steamed silky tofu with dark sauce	Stir fry bok choy & Tomato scrambled egg	Sauteed pumpkin & Braised potato & mushroom
From the Wok RM4.30	-	-	Koay Teow Soup	-	Char Hor Fun
Western RM7.30	Chicken meatball spaghetti	Grilled chicken with mashed potato and coleslaw	-	Fish and chips	-



Lunch Menu – January 2018

Week 2 & 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Asian Selection (served with steamed rice) RM5.30	Fried chicken & Stir fry cabbage	Soy sauce chicken & Sautéed spinach	Tempura batter fish fillet & Stir fry sawi	Tau cheong fish & Sauteed cauliflower & carrots	Roast chicken & Stir fry long beans with eggs
Vegetarian (served with steamed rice) RM5.30	Stir fry cabbage & Egg Kurma	Sauteed spinach & Steamed egg	Stir fry sawi & Baked beans egg	Sauteed cauliflower and carrots & Braised tofu	Long beans with eggs & Potato curry
From the Wok RM4.30	Wan Tan Mee		Cantonese Yee Mee		Fried noodles with sunny side up
Western RM7.30		BBQ chicken burger with wedges and salad		Chicken chop with fries and corn	