

PREPAID LUNCH MENU 2019

WEEK ONE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Nasi Lemak Special Chicken, Nut, Anchovies, Vegetable	Mixed Rice Rice, Sweet & Sour Fish sautee vegetable	Tomato Rice with Ayam masak Merah Rice, Chicken, Vegetables, Papadom	Chef Special Chicken Rice Rice, Chicken, Vegetable, Soup	Roti Canai With Curry Chicken, Potato
	OR	OR	OR	OR	OR
	Pasta Chicken Bolognese	Pasta Alfredo With Chicken Ham	Fried Bihun Siam	Penne Napolitano	Rice, Curry Chicken, & Dhalcar
DESSERT & SNACK	Cup Cakes & Wedge, Apple	Banana Cake & Fruit	Butter Cake & Fruit	Chocolate Brownies	Pop Corn & Fruit
DRINK	Orange Juice	Water	Ice Lemon Tea	Water	Fruit Juice

WEEK TWO					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pasta Bolognese Spaghetti, Mince Chicken, Vegetables	Tomato Rice with Soya Chicken Rice, Chicken, Vegetable	Fish Fillet With Napolitano Sauce Fish, Mashed Potato, Salad	Rosemary Grill Chicken Set Chicken, Potato, Sautee Vegetables	Fish & Chip Fish, French Fries & Coleslaw Salad
	OR	OR	OR	OR	OR
	Rice, Chicken & Sautee Vegetables	Farfalle Carbonara With Mushroom	Rice With Pandan Chicken & Sautee Vegetables	Nasi Briyani With Ayam Masak Merah	Rice, Chicken With Gravy & Sautee Vegetables
DESSERT & SNACK	Cookies & Fruit	Sliced Cake & Fruit	Cheese Tart & Fruit	Banana Cake & Fruit	Cookies & Fruit
DRINK	Water	Fruit Juice	Cordial	Water	Milo

WEEK THREE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Sesame Chicken Bento Rice, Chicken, Vegetables	Pandan Nasi Lemak Rice, Chicken, Cucumber	Stewed Potato Chicken With Jasmine Rice & Vegetables Rice, Chicken, Vegetables	Cantonese Noodles Noodle, Chicken, Fish Cake & Vegetables	Chicken Quesadillas Tortilla, Chicken, French Fries, Salad
	OR	OR	OR	OR	OR
	Penang Koay Teow Noodle, Chicken, Fish Cake	Pasta Carbonara Spaghetti, Chicken Ham	Baked Penne Penne, Chicken & Mushroom	Mixed Rice Rice, Chicken & Vegetables	Fried Bihun Siam Noodle, Chicken, Fish Cake
DESSERT & SNACK	Cup Cakes & Fruit	Sliced Cake & Fruit	Chocolate Brownies & Fruit	Yougurt & Fruit	Pop Corn & Fruit
DRINK	Water	Milo	Black Currant Juice	Water	Fruit Juice

WEEK FOUR					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Nasi Briyani with Chef Soya Chicken Rice, Chicken, Vegetables, Papadom	Chef Wanton Noodle Noodle, Chicken, Vegetable	Baked Pasta Short Pasta, Chicken, Mushroom, Bell Pepper	Hainanese Chicken Rice Rice, Chicken, Fish Ball Vegetable Soup	Roti Canai Special Roti Canai, Chicken & Dhall
	OR	OR	OR	OR	OR
	Chef Fried Noodle Noodle, Chicken, Vegetables	Mixed Rice Rice, Chicken, Vegetables	Butter Rice With Chef Pandan Chicken Rice, Chicken, Vegetables	Pasta Napolitano Pasta, Chicken, Mushroom	Fried Rice, Fish & Vegetables Rice, Fish & Vegetables
DESSERT & SNACK	Swiss Roll & Fruit	Banana Cake & Fruit	Mini Tartlet & Fruit	Butter Cake & Fruit	Sausage Danish & Fruit
DRINK	Orange Skuas	Water	Ice Lemon Tea	Water	Milo