



## Lunch Menu – July 2018

### Week 1 & 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Asian Selection</b> (served with steamed rice)  RM5.30	Soy sauce chicken & Stir fry cabbage with glass noodles	Five spiced chicken & Stir fry French beans with carrots	Prawn fritter & Mixed Veggies	Teriyaki chicken & Steamed corn	Chicken chop with salad sauce & Stir fry jicama
<b>Vegetarian</b> (served with steamed rice)  RM5.30	Stir fry cabbage with glass noodles & Baked beans with eggs	Stir fry French beans with carrots & Spring Roll	Mixed Veggies & Claypot tofu	Steamed corn & Braised potato	Stir fry jicama & Omelette
<b>From the Wok</b> RM4.30	Fried yee mee		Tom yam noodles soup		
<b>Western</b> RM7.30		Chicken chop burger with wedges and coleslaw		Spaghetti marinara with fish fillet and garlic bread	Fish & Chips



## Lunch Menu – July 2018

### Week 2 & 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Asian Selection</b> (served with steamed rice)  RM5.30	Chicken wings & Stir fry kang kong (morning glory)	Tempura fish with Thai salad & Stir fry baby choy sum	Nestum fish fillet & Sauteed cauliflower and baby corn	Belachan fried chicken & Stir fry tofu and bean sprout	Honey roast chicken & Stir fry kailan with garlic
<b>Vegetarian</b> (served with steamed rice)  RM5.30	Stir fry kang kong (morning glory) & Tomato egg	Stir fry baby choy sum & Begedil (Potato cake)	Sauteed cauliflower and baby corn & Hash brown	Garlic long beans & Onion omelette	Stir fry kailan with garlic & Veggie cucur (fritter)
<b>From the Wok</b> RM4.30		Char Hor Fun		Fried bee hoon with sunny side up	
<b>Western</b> RM7.30	BBQ grilled chicken, mashed potatoes and salad		Macaroni carbonara with fish and salad		Hainanese chicken chop with wedges and salad