



Lunch Menu – Oct 2018
Week 1 & 3

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Rice Option A+B+C = RM6.30 B+C (Vegetarian) = RM4.30	A (pick one)	KFC style Fried Chicken Chicken Soup with Potatoes Hong Kong style Steamed Fish	Braised Tomato Chicken Chicken Lobak Hainanese Tempura Fish	Ayam Masak Charles Sesame Chicken Prawn Fritter	Chicken in Sweet Sauce Chicken curry Fish in Thai Sauce	Chicken Chop with Mushroom Sauce Teriyaki Chicken Fried Fish with Onion and Ginger
	B (pick one)	Stir Fry Vegetables Stir Fry Carrots with Baby Corn	Seow Bai Chai Stir Fry Cucumber (Snake Gourd)	Sautéed Kai Lan Vegetable Curry	Stir Fry Cabbage & Carrot Assorted Mushroom	Sautéed Petola Braised Garlic Mixed Vegetables
	C (pick one)	Sauteed Potato Wedges Sauteed Long Beans	Soy Sauce Tofu Stir Fry Oka	Scrambled Eggs with Baked Beans Claypot Japanese Tofu	Spring Roll Onion Omelette	Garlic Fried Tofu Telur Masak Kunyit
From the Wok (RM4.30)			Hailam Chicken Noodles		Chicken Curry Noodles	
Western (RM7.30)		Chicken Spaghetti Carbonara		Chicken Chop with Fries and Salad		Chicken Spaghetti Bolognese



Lunch Menu – Oct 2018
Week 2 & 4

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Rice Option A+B+C = RM6.30 B+C (Vegetarian) = RM4.30	A (pick one)	Chicken 65 Ayam Masak Kicap Ikan Masak Lemak	Steamed Chicken with Ginger and Mushroom Chicken with Plum Sauce Crispy Tempura Fish	Korean Chicken Chicken Stew Sweet and Sour Fish	Chicken Kapitan Stewed Garlic Chicken Tempura Prawn	Herbal Chicken Honey Chicken Fish with Cream Sauce
	B (pick one)	Stir Fry Spinach Deep Fried Bitter Gourd	Stir Fry Lettuce Braised Cauliflower	Stir Fry Kang Kung Chinese Cabbage with Garlic	Sautéed Pumpkin Acar	Mix Vegetables Stir fry Winter Melon
	C (pick one)	Foo Yong Egg Steamed Corn	Stewed Potato & Carrot Braised Tofu with Mushroom Sauce	Steamed Egg Sautéed Potato	Braised Sawi Papadum	Masala Potato Braised Egg in Soy Sauce
From the Wok (RM4.30)			Tomato and Chicken Stew Noodles		Homemade Koay Teow Soup	
Western (RM7.30)		Fish Aglio Olio		Fish and Chips		Chicken Pita with Chips