

PENANG MENU



08.06.2026 Monday

Rendang Chicken with Brown Rice

Baked boneless vegetarian rendang chicken breast cubes served with brown rice
cucumber . Mushroom . Carrot . Brinjal . Purple Cabbage . Cherry Tomato . Scallion.

Sesame Seed

488kcal 42g 28g 24g



09.06.2026 Tuesday

Port Bowl

Baked bolognese perch fillet served with brown rice

Lettuce . Broccoli . Mushroom . Capsicum . Corn Kernel . Cashew Nuts . Sumac Powder

427kcal 48g 26g 15g



10.06.2026 Wednesday

Ole Ole Bali

Baked boneless chicken breast in Golden Fragrance sauce served with pasta

Lettuce . Red Capsicum . Cauliflower . Broccoli . Brown Onion . Coriander

644kcal 62g 36g 28g



11.06.2026 Thursday

Perch Don

Baked perch fish in vegetarian marmite sauce served with brown rice

Egg (scrambled) . Brinjal . Chinese Cabbage . Cucumber . Broccoli . Scallion/Radish .

Sesame

454kcal 42g 26g 21g



12.06.2026 Friday

Baked Chicken with Macaroni

Baked boneless chicken breast in herbs & spices served with herbs macaroni pasta

Broccoli . Cauliflower . French Bean . Baby Corn . Carrot . Cherry Tomato English Parsley

603kcal 54g 32g 28g



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29, Jalan Perniagaan Vorteks 4, Pusat Perniagaan Vorteks Simpang Ampat, 14100 Pulau Pinang

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All pictures shown are for illustration purpose only.

Menu served may vary based on the medical condition and the ingredients availability. If you have a food allergy, please notify us.

KL MENU

08.06.2026 Monday

Napolitana Mushroom Chicken

Chicken breast cube , served with mushroom, zucchini, carrot, cherry tomato, lettuce, boiled egg, almond, fettuccine and napolitana sauce (tomatoes, onion, garlic, basil, olive oil, and salt and pepper).

**presented in lunch box



09.06.2026 Tuesday

Hiyashi Chuka Soba

Soba noodles served with shredded chicken, egg floss, king oyster mushroom, black fungus, white radish, cucumber, carrot, cherry tomato, seaweed, ponzu sauce and black sesame.



10.06.2026 Wednesday

Sesame Miso Mackerel with Brown Rice

Sesame miso mackerel served with tamago egg , edamame, okra, purple cabbage, wakame, cherry tomato, salad, seaweed flakes, brown rice and roasted sesame miso sauce.

***presented in lunch box



11.06.2026 Thursday

Mentai Tamago Salmon with Brown Rice

Grilled salmon served with brown rice, tamago, homemade mentai sauce, wakame, cherry tomatoes, olives, pickles, sesame seeds and salads.



12.06.2026 Friday

Chicken Meatloaf with Truffle Potatoes Balls

Chicken meatloaf (contains spices, herbs, chicken, breadcrumbs, vegetables) served with mashed potatoes balls (contains corn, carrots, onions, boiled eggs, spring onion, truffle oils), brown mushroom sauce, salad and western vegetables (bell pepper, broccoli).



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