



## BREAKFAST MENU

	MONDAY 1-Oct-2018	TUESDAY 2-Oct-2018	WEDNESDAY 3 OCT 218	THURSDAY 4-Oct-2018	FRIDAY 5-Oct-2018
<b>EVERYDAY BREAKFAST</b>	<b>STAFF DAY</b>	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES PEACH, MIXED TROPICAL JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>		ROTI CANAI WITH DHAL	MEE HOON WITH EGG	MURTABAK PIE	NASI LEMAK
<b>WESTERN BREAKFAST</b>		TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	SCRAMBLED EGGS GRILLED SAUSAGES BAKED BEANS	TOAST BREAD CHICKEN HAM SUNNY SIDE EGGS	OMELETTE WITH VEGETABLES CHICKEN PATTIES SAUTEED SPINACH

### Information & Privilege:

All the foodS served are Halal  
Menu may change according to food supply seasons

### SHF Healthy Food Guidelines

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free  
We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free



	MONDAY 8-Oct-2018	TUESDAY 9-Oct-2018	WEDNESDAY 10-Oct- 2018	THURSDAY 11-Oct-2018	FRIDAY 12-Oct-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	FRIED RICE WITH EGG	ROTI CANAI WITH DHAL	FRIED EGG NOODLES	FRIED KUEY TEOW NOODLES	NASI LEMAK
<b>WESTERN BREAKFAST</b>	GRILLED TOMATOES FRENCH TOAST MUSHROOM MIXED VEGGIE	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM TOASTED BREAD SCRAMBLED EGG	BEEF BACON BAKED BEANS FRIED EGGS	VEGETABLE PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 15-Oct-2018	TUESDAY 16-Oct-2018	WEDNESDAY 17-Oct-2018	THURSDAY 18-Oct-2018	FRIDAY 19-Oct-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	MEE SIAM WITH TOFU	ROTI CANAI WITH DHAL	FRIED NOODLES WITH EGGS	VEGETARIAN FRIED RICE	NASI LEMAK
<b>WESTERN BREAKFAST</b>	GRILLED CHICKEN PATTIES BAKED BEANS FRIED EGGS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM TOASTED BREAD SCRAMBLED EGG	BEEF BACON BAKED BEANS POACHED EGG	VEGETABLE PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 22-Oct-2018	TUESDAY 23-Oct-2018	WEDNESDAY 24-Oct- 2018	THURSDAY 25-Oct-2018	FRIDAY 26-Oct-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	WANTAN MEE	ROTI CANAI WITH DHAL	EGG FRIED RICE	ROTI JALA WITH CURRY	NASI LEMAK
<b>WESTERN BREAKFAST</b>	COUNTRY STYLE CHICKEN BAKED BEANS OMELETTE	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM TOASTED BREAD SUNNY SIDE EGGS	BEEF BACON BAKED BEANS POACHED EGG	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 29-Oct-2018	TUESDAY 30-Oct-2018	WEDNESDAY 31-Oct- 2018	THURSDAY 1-Nov-2018	FRIDAY 2-Nov-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	MEE SIAM WITH TOFU	ROTI CANAI WITH DHAL	EGG FRIED RICE	ROTI JOHN-EGG BREAD	NASI LEMAK
<b>WESTERN BREAKFAST</b>	OMELETTE BAKED BEANS TOAST BREAD	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM TOASTED BREAD SUNNY SIDE EGGS	BEEF BACON BAKED BEANS POACHED EGG	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 5-Nov-2018	TUESDAY 6-Nov-2018	WEDNESDAY 7-Nov- 2018	THURSDAY 8-Nov-2018	FRIDAY 9 NOV 218
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	<b>DEEPAVALI PUBLIC HOLIDAY</b>	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	CHICKEN FRIED RICE		EGG FRIED RICE	VEGETARIAN FRIED RICE	NASI LEMAK
<b>WESTERN BREAKFAST</b>	FRENCH TOAST BAKED BEANS SAUTEED MUSHROOMS		GRILLED CHICKEN HAM TOASTED BREAD SUNNY SIDE EGGS	HASHBROWNS BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 12-Nov-2018	TUESDAY 13 NOV 218	WEDNESDAY 14-Nov- 2018	THURSDAY 15-Nov-2018	FRIDAY 16-Nov-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	CHICKEN FRIED RICE	ROTI CANAI WITH DHAL	FRIED KUEY TEOW WITH EGG	MEE GORENG NOODLES	NASI LEMAK
<b>WESTERN BREAKFAST</b>	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	BEEF BACON TOAST BREAD SUNNY SIDE EGGS	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 19-Nov-2018	TUESDAY 20-Nov-2018	WEDNESDAY 21-Nov- 2018	THURSDAY 22-Nov-2018	FRIDAY 23-Nov-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	<b>PROPHET MUHAMMAD BIRTHDAY PUBLIC HOLIDAY</b>	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	EGG FRIED RICE		MURTABAK WITH CURRY	MEE SIAM NOODLES	NASI LEMAK
<b>WESTERN BREAKFAST</b>	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS		MUSHROOM PORRIDGE BOILED EGG TOAST BREAD	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 26-Nov-2018	TUESDAY 27-Nov-2018	WEDNESDAY 28-Nov- 2018	THURSDAY 29-Nov-2018	FRIDAY 30-Nov-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	EGG FRIED RICE	ROTI CANAI WITH DHAL	CHICKEN FRIED RICE	MEE SIAM NOODLES	NASI LEMAK
<b>WESTERN BREAKFAST</b>	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM BOILED EGG TOAST BREAD	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 3-Dec-2018	TUESDAY 4-Dec-2018	WEDNESDAY 5-Dec-2018	THURSDAY 6-Dec-2018	FRIDAY 7-Dec-2018
<b>EVERYDAY BREAKFAST</b>	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
<b>ASIAN BREAKFAST</b>	EGG FRIED RICE	ROTI CANAI WITH DHAL	CHICKEN FRIED RICE	MEE SIAM NOODLES	NASI LEMAK
<b>WESTERN BREAKFAST</b>	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN HAM BOILED EGG TOAST BREAD	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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# LUNCH MENU

		MONDAY 01-Oct-2018	TUESDAY 02-Oct-2018	WEDNESDAY 03-Oct-2018	THURSDAY 04-Oct-2018	FRIDAY 05-Oct-2018
LUNCH SET	WESTERN	STAFF DAY	SPAGHETTI BEEF MEATBALLS WITH SALAD	GRILLED CHICKEN CHOP WEDGES MIXED GREENS	GRILLED FISH BAKED POTATO STEAMED BROCCOLI	LAMB STEW MASHED POTATO CARROTS MIX
	ASIAN		* LIVE PROMOTION * SAUTEED CHICKEN VEGETABLES RICE/FRIED RICE	LAMB CURRY VEGETABLES WHITE RICE	* LIVE PROMOTION * WANTAN NOODLES WITH SAUTEED CHICKEN VEGETABLES	FRIED RICE WITH CHICKEN AND EGGS
VEGETARIAN	AGLIO PENNE WITH MIXED GREENS AND GARLIC BREAD		FRIED RICE WITH TOFU AND VEGETABLES	CREAMY MUSHROOM PENNE SERVED WITH HERB BREAD AND TOMATO OLIVE SALAD	SAUTEED VEGETABLES TOFU BROWN RICE	
SALAD BAR			CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER, ICEBERG LETTUCE	CHOICE OF SWEET PEAS, CHEESE, RED KIDNEY BEANS, JALAPENOS, SUNFLOWER SEEDS, TURKEY HAM, CHERRY TOMATOES, ONION, CARROT, CUCUMBER, CORAL LETTUCE	CHOICE OF CAULIFLOWER, RED CABBAGE, EDAMAME BEANS, SESAME SEEDS, PICKLE, TERIYAKI CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE
			CHOICE OF BALSAMIC OR ITALIAN DRESSING	CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING	CHOICE OF MAYONNAISE OR ITALIAN DRESSING	CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING
PASTA BAR			TABBOULEH	COUS COUS SALAD	PASTA SALAD	CHICKEN SALAD
				CHOICE OF: TAGLIATELLE OR FUSILLI		CHOICE OF: SPAGHETTI OR ELBOW
SANDWICH BAR				CHOICE OF: PESTO OR CHEESY CHICKEN AND CHIVE SAUCE		CHOICE OF: ROASTED RED PEPPER CREAM OR BEEF BOLOGNESE SAUCE
			CHOICE OF PANINI OR BAGUETTE	CHOICE OF TORTILLA WRAP OR CIABATTA	CHOICE OF PANINI OR MULTI SEED BREAD	CHOICE OF TORTILLA WRAP OR BAGUETTE
SNACK BAR			CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF CORONATION CHICKEN OR CHEESE, TOMATO & ARUGULA FILLING CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF TANDOORI CHICKEN OR SMOKED SALMON, SPINACH & CREAM CHEESE FILLING CHOICE OF: ICERBEG LETTUCE, ONION, CUCUMBER, GRATED CARROT	CHOICE OF BEEF BOLOGNESE OR GRILLED MIXED VEGETABLES & NUT FREE PESTO FILLING CHOICE OF: ROMAINE LETTUCE, PICKLE, CHEESE, TOMATO
		EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	TUNA ROLLS / EGG ONIGIRI	EGG ROLLS / DEEP FRIED SALMON ONIGIRI	EBIKIO SUSHI / TERIYAKI CHICKEN ONIGIRI	
	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	
	SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL	SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA BREAD WITH HUMMUS SALAD SHAKER, TUNA PUFF	SAVOURY SPECIAL: BBQ CHICKEN PUFF, TOMATO AND OLIVE PIZZA, CHEESY WEDGES	SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, TOMATO STRUDLE		
	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	
	SWEET SPECIAL: CHOCOLATE CUSTARD TWIST, APPLE CRUMBLE	SWEET SPECIAL: APPLE AND CINNAMON COMB, CHEESECAKE PARFAIT	SWEET SPECIAL: CREME BRULEE, LEMON CAKE, CINNAMON SWIRL	SWEET SPECIAL: BLUEBERRY MUFFIN, RAISIN SCONE, CROISSANT & JAM		
	MANGO MOUSSE CAKE / FRUIT TART	BANANA & CHOCOLATE CAKE / FRUIT TART	BLUEBERRY CHEESECAKE / CHEESE TART	RED VELVET CAKE / CHOCOLATE & BANANA TART		

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# LUNCH MENU

		MONDAY 08-Oct-2018	TUESDAY 09-Oct-2018	WEDNESDAY 10-Oct-2018	THURSDAY 11-Oct-2018	FRIDAY 12-Oct-2018
LUNCH SET	WESTERN	FISH AND CHIPS WITH COLESLAW	BEEF LASAGNA WITH GARDEN SALAD	GRILLED CAJUN CHICKEN BURGER WITH COLESLAW	ROASTED BUTTER CHICKEN MIXED GREENS COUS COSU	MINCED BEEF WITH MIXED GREEN PEAS PITTA BREAD
	ASIAN	SWEET AND SOUR CHICKEN WITH VEGETABLES AND RICE	<b>* LIVE PROMOTION *</b> TEMPURA CHICKEN WITH EGG NOODLES AND VEGETABLES	SAUTEED GINGER BEEF WITH VEGETABLES STEAMED RICE	<b>* LIVE PROMOTION *</b> CHICKEN IN RED SAUCE VEGETABLES NOODLES/RICE	CANTONESE STYLE NOODLES WITH CHICKEN
	VEGETARIA	SPINACH MUSHROOM PIE PUMPKIN SOUP	VEGETABLE STEW WITH WHITE RICE	MURTABAK SERVED WITH CURRY AND CONDIMENTS	MEE SIAM NOODLES WITH VEGETABLES	MIXED BEANS WITH RICE
SALAD BAR		CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY TOMATOES, ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, CORAL LETTUCE	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE
		CHOICE OF BUTTERMILK RANCH OR THOUSAND ISLAND DRESSING	CHOICE OF VINAIGRETTE OR FRENCH DRESSING	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING	CHOICE OF BALSAMIC OR ITALIAN DRESSING	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING
PASTA BAR		CAESAR SALAD	EGGPLANT SALAD	MEXICAN SALAD	TABBOULEH	POTATO SALAD
		CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: LINGUINI OR RIGATONI		CHOICE OF: LINGUINI OR RIGATONI
SANDWICH BAR		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
		CHOICE OF PITA BREAD OR PANINI	CHOICE OF TORTILLA WRAP OR BAGUETTE	CHOICE OF WHOLEMEAL BREAD OR CIABATTA	CHOICE OF PANINI OR BAGUETTE	CHOICE OF WHOLEMEAL BREAD OR BAGEL
SNACK BAR		CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING	CHOICE OF BEEF BACON OR PESTO CHICKEN FILLING	CHOICE OF RENDANG CHICKEN OR ROAST BEEF FILLING	CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING	CHOICE OF TURKEY HAM OR TANDOORI CHICKEN
		CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
	TUNA SUSHI / EGG SUSHI ROLLS	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI		EBIKO SUSHI /TUNA ROLLS	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	CUCUMBER AND TUNA SUSHI / CUCUMBER ROLLS
	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE
	CLASSIC SPECIAL: CHICKEN WRAP, NACHOS WITH CHEESE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUM	SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA	SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE	SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP,	SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP,	SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL
	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN
	SWEET SPECIAL: RAISIN SCONE, CHOCOLATE CHIP COOKIE	SWEET SPECIAL: BANANA MUFFIN, LAMINGTON CAKE/CHEESE TART		SWEET SPECIAL: APPLE STRUDEL, CHOCOLATE MOUSSE	SWEET SPECIAL: CHOCOLATE CUSTARD TWIST, APPLE CRUMBLE	SWEET SPECIAL: CHOC CHIP SCONE, DRIED FRUIT & CUSTARD PASTRY
	CARROT CAKE / FRUIT TART		OREO CAKE / EGG TART		MANGO MOUSSE CAKE / FRUIT TART	STRAWBERRY MOUSSE CAKE / BANANA TART

#### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

#### SHF Healthy Food Guidelines

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free



## LUNCH MENU

		MONDAY 15-Oct-2018	TUESDAY 16-Oct-2018	WEDNESDAY 17-Oct-2018	THURSDAY 18-Oct-2018	FRIDAY 19-Oct-2018
LUNCH SET	WESTERN	HERB FISH FILLET WITH STEAMED BROCCOLI AND RICE	CREAMY CHICKEN MACCARONI HERB BREAD	BEEF KEBABS SALAD COUS COUS	ROASTED BBQ CHICKEN MASHED POTATO GRILLED VEGETABLES	BEEF ENCHILADAS SAUTEED CAPSICUMS MEXICAN RICE
	ASIAN	NASI LEMAK RICE WITH CHICKEN AND EGG	<b>* LIVE PROMOTION *</b> STEAMED FISH WITH GINGER SAUTEED VEGETABLES RICE/FRIED RICE	CHICKEN KURMA WITH VEGETABLES BRIYANI RICE	<b>* LIVE PROMOTION *</b> SWEET AND SOUR FISH WITH RICE/FRIED RICE	CHICKEN SATAY MEE HOON NOODLES
	VEGETARIAN	VEGETABLE FRITATTA WITH NOODLES	VEGETABLE ENCHILADAS WITH ONION SOUP	SAUTEED VEGETABLES WITH TOMATO RICE	WANTAN MEE WITH CLEAR VEGGIE SOUP	EGG CURRY WITH VEGETABLES AND RICE
SALAD BAR		CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY CHOICE OF BUTTERMILK RANCH OR THOUSAND ISLAND DRESSING CAESAR SALAD	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, CHOICE OF VINAIGRETTE OR FRENCH DRESSING	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED CHOICE OF BALSAMIC OR ITALIAN DRESSING	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING POTATO SALAD
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: LINGUINI OR RIGATONI		CHOICE OF: LINGUINI OR RIGATONI
SANDWICH BAR		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
		CHOICE OF PITA BREAD OR PANINI CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF TORTILLA WRAP OR BAGUETTE CHOICE OF BEEF BACON OR PESTO CHICKEN FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF WHOLEMEAL BREAD OR CIABATTA CHOICE OF RENDANG CHICKEN OR ROAST BEEF FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	CHOICE OF PANINI OR BAGUETTE CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF WHOLEMEAL BREAD OR BAGEL CHOICE OF TURKEY HAM OR TANDOORI CHICKEN CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
SNACK BAR		TUNA SUSHI / EGG SUSHI ROLLS	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI	EBIKO SUSHI /TUNA ROLLS	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	CUCUMBER AND TUNA SUSHI / CUCUMBER ROLLS
		CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE CLASSIC SPECIAL: CHICKEN WRAP, NACHOS WITH CHEESE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUM CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHIP COOKIE CARROT CAKE / FRUIT TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON CAKE/CHEESE TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN MOUSSE OREO CAKE / EGG TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN FRUIT & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART

### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

### SHF Healthy Food Guidelines

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free



## LUNCH MENU

		MONDAY 22-Oct-2018	TUESDAY 23-Oct-2018	WEDNESDAY 24-Oct-2018	THURSDAY 25-Oct-2018	FRIDAY 26-Oct-2018
LUNCH SET	WESTERN	CHICKEN MEATBALLS IN TOMATO SAUCE BAKED WEDGES	CHICKEN HAM PENNE CARBONARA HERB BREAD	FISH FINGERS COLESLAW BAKED WEDGES	CHICKEN LASAGNA WITH GARDEN SALAD	CHICKEN STEW WITH ROASTED HERB POTATOES AND SALAD
	ASIAN	LAMB BRIYANI RICE VEGETABLES	<b>* LIVE PROMOTION *</b> STIR FRIED BEEF SAUTEED VEGETABLES RICE/FRIED RICE	CRISPY SESAME CHICKEN WITH VEGETABLES FRIED RICE	<b>* LIVE PROMOTION *</b> TURMERIC SAUTEED BEEF WITH BEANS AND RICE	FISH CURRY WITH VEGETABLES RICE
	VEGETARIAN	FRIED RICE WITH MIXED VEGETABLES	MAC AND CHEESE HERB BREAD	MEE GORENG NOODLES WITH VEGETABLES	MUSHROOM SPINACH PIE WITH MUSHROOM SOUP	FRIED EGG NOODLES WITH SAUTEED VEGETABLES
	SALAD BAR	CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY TOMATOES, ONION, CARROT, CUCUMBER, CHOICE OF BUTTERMILK RANCH OR THOUSAND ISLAND DRESSING CAESAR SALAD	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, CHOICE OF VINAIGRETTE OR FRENCH DRESSING	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, CHOICE OF BALSAMIC OR ITALIAN DRESSING	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI	EGGPLANT SALAD	MEXICAN SALAD	TABBOULEH	POTATO SALAD
SANDWICH BAR		CHOICE OF: AGLIO E OILIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
		CHOICE OF PITA BREAD OR PANINI CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF TORTILLA WRAP OR BAGUETTE CHOICE OF BEEF BACON OR PESTO CHICKEN FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF WHOLEMEAL BREAD OR CIABATTA CHOICE OF RENDANG CHICKEN OR ROAST BEEF FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	CHOICE OF PANINI OR BAGUETTE CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF WHOLEMEAL BREAD OR BAGEL CHOICE OF TURKEY HAM OR TANDOORI CHICKEN CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
SNACK BAR	TUNA SUSHI / EGG SUSHI ROLLS	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI	EBIKO SUSHI /TUNA ROLLS	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	CUCUMBER AND TUNA SUSHI / CUCUMBER ROLLS	
	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE CLASSIC SPECIAL: CHICKEN WRAP, NACHOS WITH CHIFFE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUM CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHIP COOKIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN MOUSSE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN APPLE CRUMBLE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN FRUIT & CUSTARD PASTRY	
	CARROT CAKE / FRUIT TART	CAKE/CHEESE TART	OREO CAKE / EGG TART	MANGO MOUSSE CAKE / FRUIT TART	STRAWBERRY MOUSSE CAKE / BANANA TART	

### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

### SHF Healthy Food Guidelines

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free



# LUNCH MENU

		MONDAY 29-Oct-2018	TUESDAY 30-Oct-2018	WEDNESDAY 31-Oct-2018	THURSDAY 01-Nov-2018	FRIDAY 02-Nov-2018
LUNCH SET	WESTERN	BEEF MEATBALLS MASHED POTATO MIXED GREENS	SHEPHERD'S CHICKEN PIE WITH MIXED SALAD	CHICKEN ROULADE WITH BUTTER RICE AND MIXED GREEN PEAS	BBQ CHICKEN VEGETABLES AND BAKED WEDGES	LEMON PEPPER CHICKEN WITH MIXED BEANS RICE
	ASIAN	CHICKEN TIKKA SAUTEED VEGETABLES RICE	<b>* LIVE PROMOTION *</b> CRISPY ORANGE BEEF WITH FRIED NOODLES VEGETABLES	LAMB CURRY WITH VEGETABLES AND RICE	<b>* LIVE PROMOTION *</b> TURMERIC CHICKEN VEGETABLES AND RICE	THAI STYLE FRIED RICE WITH TOFU AND CHICKEN
	VEGETARIAN	MEE HOON NOODLES VEGETABLES EGG	BAKED EGGPLANT WITH MUSHROOM SOUP	MEXICAN MIXED BEANS WITH TACOS AND SALSA	SPAGHETTI NAPOLITANA WITH BASIL AND HERB BREAD	FRIED RICE WITH TOFU AND EGG
SALAD BAR		CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY CHOICE OF BUTTERMILK RANCH OR THOUSAND ISLAND DRESSING CAESAR SALAD	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, CHOICE OF VINAIGRETTE OR FRENCH DRESSING TUNA SALAD	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING CHICKEN SALAD	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED CHOICE OF BALSAMIC OR ITALIAN DRESSING COUS COUS SALAD	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING GREEK SALAD
		CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: LINGUINI OR RIGATONI		CHOICE OF: LINGUINI OR RIGATONI
PASTA BAR		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
		CHOICE OF PITA BREAD OR PANINI CHOICE OF TUNA MAYO OR CAJUN CHICKEN FILLING CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF TORTILLA WRAP OR CIABATTA CHOICE OF BEEF RENDANG OR EGG MAYONNAISE FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF FOCACCIA OR BAGEL CHOICE OF CORONATION CHICKEN OR CHEESE, TOMATO & ARUGULA FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	CHOICE OF PANINI OR MULTI SEED BREAD CHOICE OF TANDOORI CHICKEN OR SMOKED SALMON, SPINACH & CREAM CHEESE FILLING CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF TORTILLA WRAP OR BAGUETTE CHOICE OF BEEF BOLOGNESE OR GRILLED MIXED VEGETABLES WITH NUT FREE PESTO FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
SANDWICH BAR		TUNA SUSHI / EGG MAYONNAISE ONIGIRI	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI	EBIKO ROLLS / POTATO MAYONNAISE ONIGIRI	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	EGG ROLLS/ POTATO MAYONNAISE ONIGIRI
		CLASSIC SAVOURY: POTATO CURRY PUFF, FIRFCRACKFR SAUSISAGF MINI CHICKFN PIF CLASSIC SPECIAL: CHICKEN WRAP, NACHOS WITH CHEESE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUM CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHIP COOKIE LEMON CAKE / APPLE TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRFCRACKFR SAUSISAGF MINI CHICKFN PIF SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETATBALE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON APPLE PIE / CHEESE TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRFCRACKFR SAUSISAGF MINI CHICKFN PIF SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN MOUSSE OREO CAKE / EGG TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRFCRACKFR SAUSISAGF MINI CHICKFN PIF SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRFCRACKFR SAUSISAGF MINI CHICKFN PIF SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN FRUIT & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART
SNACK BAR						

#### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

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We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free





# LUNCH MENU

		MONDAY 05-Nov-2018	TUESDAY 06-Nov-2018	WEDNESDAY 07-Nov-2018	THURSDAY 08-Nov-2018	FRIDAY 09-Nov-2018
LUNCH SET	WESTERN	BEEF STEW MASHED POTATO GARDEN SALAD		FISH AND BAKED WEDGES WITH COLESLAW	SPAGHETTI BEEF BOLOGNESE AND GARLIC BREAD	ROAST CHICKEN GARLIC POTATOES BROCCOLI MIXED CARROTS
	ASIAN	MEE GORENG NOODLES WITH CHICKEN AND EGGS	DEEPAVALI PUBLIC HOLIDAY	KUNG PAO CHICKEN VEGETABLES AND RICE	* LIVE PROMOTION * GINGER FISH WITH VEGETABLES AND RICE	WANTAN MEE WITH MINCED CHICKEN AND VEGGIE SOUP
	VEGETARIAN	TOMATO MARINARA SPAGHETTI WITH GARLIC BREAD		THAI GREEN CURRY WITH VEGETABLES SERVED WITH RICE	SAUTEED MIXED TOFU WITH CARROTS AND GREEN PEAS SERVED WITH BROWN RICE	MIXED VEGETABLE PIE SERVED WITH PUMPKIN SOUP
	SALAD BAR	CHOICE OF MUSHROOM, BEAN SPROUTS, SPINACH LEAVES, CORIANDER, CROUTONS, ROAST BEEF, TOMATO, ONION, CARROT CUCUMBER, CORAL LETTUCE CHOICE OF BALSAMIC OR THOUSAND ISLAND DRESSING TUNA AND RICE SALAD		CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER, ICEBERG LETTUCE CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF CAULIFLOWER, RED CABBAGE, EDAMAME BEANS, SESAME SEEDS, PICKLE, TERIYAKI CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING CORN AND TOMATO SALAD
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI AND TOMATO SAUCE		CHOICE OF: PENNE CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN		CHOICE OF: SPAGHETTI OR ELBOW CHICKEN BOLOGNESE SAUCE
SANDWICH BAR	CHOICE OF PANINI OR PITA BREAD CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING CHOICE OF: ICEBERG LETTUCE, TOMATO, CHEESE, ONION		CHOICE OF WHOLEMEAL BREAD OR CIABATTA CHOICE OF RENDANG CHICKEN OR ROAST BEEF CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF PANINI OR BAGUETTE CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF WHOLEMEAL BREAD OR BAGEL CHOICE OF TURKEY HAM OR TANDOORI CHICKEN FILLING CHOICE OF: ROMAINE LETTUCE, PICKLE, CHEESE, TOMATO	
SNACK BAR	TUNA ROLLS / EGG MAYONNAISE ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CROQUE MONSIEUR, BBQ CHICKEN PUFF, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CARAMEL, RAISIN SCONE LEMON CAKE / APPLE TART		EBIKO SUSHI / EGG ROLLS CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA BREAD WITH HUMMUS SALAD SHAKER, TUNA PUFF CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, TOMATO AND OLIVE PIZZA, CHEESY WEDGES CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWIRLS, LEMON CAKE SQUARES BLUEBERRY CHEESECAKE / CHEESE TART	CUCUMBER & TUNA SUSHI / POTATO MAYONNAISE ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, TOMATO STRUDEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SCONE, CROISSANT & JAM RED VELVET CAKE / CHOCOLATE & BANANA TART	

**Information & Privilege:**

All the food served are Halal

Menu may change according to food supply seasons

**SHF Healthy Food Guidelines**

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free





  
**AISM**  
 AUSTRALIAN  
 INTERNATIONAL SCHOOL  
 MALAYSIA  
**LUNCH MENU**

		MONDAY 12-Nov-2018	TUESDAY 13-Nov-2018	WEDNESDAY 14-Nov-2018	THURSDAY 15-Nov-2018	FRIDAY 16-Nov-2018
<b>LUNCH SET</b>  <b>SALAD BAR</b>  <b>PASTA BAR</b>  <b>SANDWICH BAR</b>  <b>SNACK BAR</b>	WESTERN	BEEF BURGER WITH WEDGES AND COLESLAW	MINCED CHICKEN LASAGNA WITH SALAD	CHICKEN ROULADE WITH MIXED GREENS AND COUS COUS	* LIVE PROMOTION * HERB CRUSTED FISH WITH PENNE BREEN BEANS	CHICKEN QUESIDILLAS WITH ROASTED VEGETABLES
	ASIAN	FRIED KUEY TEOW NOODLES WITH CHICKEN AND VEGETABLES	* LIVE PROMOTION * CHICKEN TERIYAKI TOFU AND RICE	GREEN CURRY CHICKEN VEGETABLES RICE	NASI LEMAK RICE WITH CHICKEN AND EGG	SESAME CHICKEN WITH EGG NOODLES AND VEGETABLES
	VEGETARIAN	CHICKPEAS BALL WITH ROASTED VEGETABLES COUS COUS	LASAGNA SERVED WITH MUSHROOMSOUP	ROASTED VEGETABLES WITH COUS COUS	MAC AND CHEESE SERVED WITH HERB BREAD SLICE	VEGGIE MEATBALLS WITH MASHED POTATO
	SALAD BAR	CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY CHOICE OF BUTTERMILK RANCH OR THOUSAND ISLAND DRESSING CAESAR SALAD	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, CHOICE OF VINAIGRETTE OR FRENCH DRESSING TUNA SALAD	CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING LENTIL SALAD
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: PENNE	CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN AND SPINACH CANNELLONNI	CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
SANDWICH BAR	CHOICE OF PITA BREAD OR TORTILLA WRAP CHOICE OF PEPPERONI BEEF OR SWEET N SOUR CHICKEN FILLING	CHOICE OF WHOLEMEAL BREAD OR BAGUETTE CHOICE OF TUNA MAYO OR TURKEY HAM FILLING	CHOICE OF WHOLEMEAL BREAD OR CIABATTA CHOICE OF RENDANG CHICKEN OR ROAST BEEF	CHOICE OF CIABATTA OR BAGUETTE CHOICE OF CHICKEN MEATBALL IN TOMATO CONCASSE OR TURKEY HAM & COLESLAW FILLING	CHOICE OF PITA BREAD OR FOCACCIA CHOICE OF EGG MAYO OR CHICKEN CORIANDER FILLING	
SNACK BAR	CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	
	TUNA ROLLS / EGG MAYONNAISE ONIGIRI	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI	EBIKO SUSHI / EGG ROLLS	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	EGG ROLLS / POTATO MAYONNAISE ONIGIRI	
	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE CLASSIC SPECIAL: CHICKEN WRAP, NACHOS WITH CHEESE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUM CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: RAISIN SCONE, CHOCOLATE CHIP COOKIE LEMON CAKE / APPLE TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON APPLE PIE / CHEESE TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA BREAD WITH HUMMUS SALAD SHAKER, TUNA PUFF SWEET SPECIAL: APPLE AND CINNAMON COMB, CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: CHOCOLATE CUSTARD TWIST, APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: CHOC CHIP SCONE, DRIED FRUIT & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART	

**Information & Privilege:**

All the food served are Halal

Menu may change according to food supply seasons

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## LUNCH MENU

		MONDAY 19-Nov-2018	TUESDAY 20-Nov-2018	WEDNESDAY 21-Nov-2018	THURSDAY 22-Nov-2018	FRIDAY 23-Nov-2018
LUNCH SET	WESTERN	CHICKEN CHOP MASHED POTATO AND MIXED VEGETABLES	PROPHET MUHAMMAD'S BIRTHDAY PUBLIC HOLIDAY	SHEPHERD'S BEEF PIE WITH GARDEN SALAD	HONEY ROASTED CHICKEN WITH PENNE GRILLED VEGETABLES	CHICKEN FILLET MASHED POTATO MIXED GREENS
	ASIAN	FRIED RICE WITH CHICKEN AND SAUTEED VEGETABLES		SAUTEED CHICKEN IN BLACK PEPPER SAUCE SERVED WITH EGG NOODLES	* LIVE PROMOTION * BLACK PEPPER CHICKEN WITH RICE	GRILLED FISH IN BANANA LEAF DRY COCONUT AND RICE
	VEGETARIAN	MEE HOON NOODLES WITH TOFU AND VEGETABLES		GRILLED VEGETABLE FRITATTA SERVED WITH BROWN RICE	SPAGHETTI PESTO WITH GARLIC BREAD	ROASTED VEGETABLES PIZZA WITH MUSHROOM SOUP
SALAD BAR	SPINACH LEAVES, CORIANDER, CROUTONS, CHOICE OF BALSAMIC OR THOUSAND ISLAND DRESSING TUNA AND RICE SALAD		SWEETCORN, BLACK OLIVES, BASIL, TUNA, CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	BLACK OLIVES, SUNFLOWER SEEDS, GRILLED CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING LENTIL SALAD	
PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI AND TOMATO SAUCE		CHOICE OF: PENNE CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN		CHOICE OF: LINGUINI OR RIGATONI CHICKEN ALFREDO SAUCE	
SANDWICH BAR	CHOICE OF PANINI OR PITA BREAD CHOICE OF TUNA MAYO OR CAJUN CHICKEN FILLING CHOICE OF: ICEBERG LETTUCE, TOMATO, CHEESE, ONION		CHOICE OF FOCACCIA OR BAGEL CHOICE OF: CORONATION CHICKEN OR CHEESE, TOMATO & ARUGULA FILLING CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF PANINI OR MULTI SEED BREAD CHOICE OF: TANDOORI CHICKEN OR SMOKED SALMON, SPINACH & CREAM CHEESE FILLING CHOICE OF: ICEBERG LETTUCE, ONION, CUCUMBER, GRATED CARROT	CHOICE OF PITA BREAD OR FOCACCIA CHOICE OF EGG MAYO OR CHICKEN CORIANDER FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	
SNACK BAR	TUNA SUSHI / EGG MAYONNAISE ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CROQUE MONSIEUR, BBQ CHICKEN PUFF, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CARAMEL, RAISIN SCONE LEMON CAKE / APPLE TART		EBIKO SUSHI / CUCUMBER ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA BREAD WITH HUMMUS SALAD SHAKER, TUNA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	ONIGIRI CHICKEN QUICHE CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, TOMATO & OLIVE PIZZA, CHEESY WEDGES CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SQUARES, CINNAMON SWIRLS BLUEBERRY CHEESECAKE / CHEESE TART	EGG ROLLS / POTATO MAYONNAISE ONIGIRI CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN FRUIT & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART	

### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

### SHF Healthy Food Guidelines

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free



## LUNCH MENU

		MONDAY 26-Nov-2018	TUESDAY 27-Nov-2018	WEDNESDAY 28-Nov-2018	THURSDAY 29-Nov-2018	FRIDAY 30-Nov-2018
LUNCH SET	WESTERN	GOURMET CHICKEN SANDWICH SALAD AND BAKED WEDGES	FISH FINGERS BAKED WEDGES WITH SALAD	CHICKEN PIZZA WITH FRUIT SALAD	CHICKEN MEATBALLS WITH PENNE GRILLED VEGETABLES	BEEF KEBABS PITTA BREAD GRILLED VEGETABLES
	ASIAN	STEAMED CHICKEN WITH RICE	<b>* LIVE PROMOTION *</b> CHICKEN CURRY SAUTEED VEGETABLES AND RICE	TANDOORI CHICKEN WITH NAN PITTA BREAD	<b>* LIVE PROMOTION *</b> CHICKEN SATAY WITH RICE	GRILLED FISH IN BANANA LEAFS DRY COCONUT AND RICE
	VEGETARIAN	CHICKPEAS BALL WITH ROASTED VEGETABLES AND COUS COSU	MURTABAK DHALL CURRY POTATOES	GRILLED VEGETABLE FRITATTA SERVED WITH BROWN RICE	SPAGHETTI MIXED MUSHROOMS WITH GARLIC BREAD	FRIED RICE WITH TEMPURA CHICKEN
SALAD BAR		CHOICE OF MUSHROOM, BEAN SPROUTS, SPINACH LEAVES, CORIANDER, CROUTONS, ROAST BEEF, TOMATO, ONION, CARROT CUCUMBER, CORAL LETTUCE CHOICE OF BALSAMIC OR THOUSAND ISLAND DRESSING	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF VINAIGRETTE OR FRENCH DRESSING	CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER, ICEBERG LETTUCE CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE CHOICE OF BALSAMIC OR ITALIAN DRESSING	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING
		TUNA AND RICE SALAD	TUNA SALAD	PASTA SALAD	TABBOULEH	LENTIL SALAD
PASTA BAR		CHOICE OF : FUSILLI OR SPAGHETTI AND TOMATO SAUCE		CHOICE OF: PENNE CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN		CHOICE OF: LINGUINI OR RIGATONI CHICKEN ALFREDO SAUCE
		CHOICE OF PANINI OR PITA BREAD	CHOICE OF WHOLEMEAL BREAD OR BAGUETTE	CHOICE OF FOCACCIA OR BAGEL	CHOICE OF PANINI OR MULTI SEED BREAD	CHOICE OF PITA BREAD OR FOCACCIA
SANDWICH BAR		CHOICE OF TUNA MAYO OR CAJUN CHICKEN FILLING CHOICE OF: ICEBERG LETTUCE, TOMATO, CHEESE, ONION	CHOICE OF TUNA MAYO OR TURKEY HAM FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF CORONATION CHICKEN OR CHEESE, TOMATO & ARUGULA FILLING CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF TANDOORI CHICKEN OR SMOKED SALMON, SPINACH & CREAM CHEESE FILLING CHOICE OF: ICEBERG LETTUCE, ONION, CUCUMBER, GRATED CARROT	CHOICE OF EGG MAYO OR CHICKEN CORIANDER FILLING CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
		TUNA SUSHI / EGG MAYONNAISE ONIGIRI	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI	EBIKO SUSHI / CUCUMBER ONIGIRI	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	EGG ROLLS / POTATO MAYONNAISE ONIGIRI
SNACK BAR		CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CROQUE MONSIEUR, BBQ CHICKEN PUFF, PRETZEL	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE BREAD WITH HUMMUS SALAD SHAKER, TUNA PUFF	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, TOMATO & OLIVE PIZZA, CHEESY WEDGES	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL
		CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN
		SWEET SPECIAL: OAT & RAISIN COOKIE, CREAM CARAMEL, RAISIN SCONE LEMON CAKE / APPLE TART	SWEET SPECIAL: BANANA MUFFIN, LAMINGTON APPLE PIE / CHEESE TART	SWEET SPECIAL: APPLE AND CINNAMON COMB, CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	SWEET SPECIAL: CREME BRULEE, LEMON CAKE SQUARES, CINNAMON SWIRLS BLUEBERRY CHEESECAKE / CHEESE TART	SWEET SPECIAL: CHOC CHIP SCONE, DRIED FRUIT & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART

### Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

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# LUNCH MENU

	MONDAY 03-Dec-2018	TUESDAY 04-Dec-2018	WEDNESDAY 05-Dec-2018	THURSDAY 06-Dec-2018	FRIDAY 07-Dec-2018
LUNCH SET	WESTERN BAKED CHICKEN WITH BABY CARROTS AND BROCCOLI RICE	CHICKEN HOT DOGS WITH WEDGES AND COLESLAW	HERB GRILLED CHICKEN CHOP WITH COLESLAW AND BUTTER RICE	* LIVE PROMOTION * SPAGHETTI WITH SIZZLING CAJUN BEEF AND GARLIC BREAD	CHICKEN ENCHILADAS WITH ROASTED VEGETABLES
	ASIAN WANTAN MEE NOODLES WITH CHICKEN	* LIVE PROMOTION * GINGER BEEF WITH RICE	GARLIC FISH WITH VEGETABLES AND RICE	TEMPURA CHICKEN WITH FRIED RICE AND VEGETABLES	SWEET AND SOUR FISH WITH RICE
	VEGETARIAN SMOKEY POTATO AND NACHOS SERVED WITH SALSA SAUCE	SPAGHETTI AGLIO WITH MIXED MUSHROOMS AND HERB BREAD	VEGGIE PATTIE BURGER SERVED WITH COLESLAW	EGG CURRY WITH POTATOES AND RICE	MEE HOON NOODLES WITH CURRY AND POTATOES
SALAD BAR	CHOICE OF CELERY, CHICK PEAS, EGGS, APPLE SLICES, GREEN PICKLES, BEEF SALAMI, CHERRY TOMATOES, ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, CORAL LETTUCE	CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER, ICEBERG LETTUCE CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF CAULIFLOWER, RED CABBAGE, EDAMAME BEANS, SESAME SEEDS, PICKLE, TERIYAKI CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING CORN AND TOMATO SALAD
PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI AND TOMATO SAUCE		CHOICE OF: PENNE CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN		CHOICE OF: SPAGHETTI OR ELBOW CHICKEN BOLOGNESE SAUCE
SANDWICH BAR	CHOICE OF PANINI OR PITA BREAD CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING	CHOICE OF TORTILLA WRAP OR BAGUETTE CHOICE OF BEEF BACON OR PESTO CHICKEN FILLING	CHOICE OF WHOLEMEAL BREAD OR CIABATTA CHOICE OF RENDNAG CHICKEN OR ROAST BEEF FILLING	CHOICE OF PANINI OR BAGUETTE CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING	CHOICE OF WHOLEMEAL BREAD OR BAGEL CHOICE OF TURKEY HAM OR TANDOORI CHICKEN FILLING
SNACK BAR	CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	CHOICE OF: ROMAINE LETTUCE, YELLOW CAPSICUM, TOMATO	CHOICE OF: ICEBERG LETTUCE, CHEESE, ONION, TOMATO	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
	TUNA SUSHI / EGG MAYONNAISE ONIGIRI  CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE MAYO, BLACK PEPPER BEEF WITH MIXED CAPSICUMS, CHICKEN WRAP CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN SCONE LEMON CAKE / APPLE TART	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI CHEESE QUICHE  CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON APPLE PIE / CHEESE TART	EBIKO SUSHI / POTATO MAYO ONIGIRI  CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN MOUSSE OREO CAKE / EGG TART	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI MUSHROOM QUICHE  CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	CUCUMBER & TUNA SUSHI / POTATO MAYONNAISE ONIGIRI CHEESE QUICHE  CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, BLUEBERRY SURPRISE, CHOCOLATE MUFFIN PASTRY, CHOC CHIP SCONES STRAWBERRY MOUSSE CAKE / BANANA TART

**Information & Privilege:**

All the food served are Halal

Menu may change according to food supply seasons

**SHF Healthy Food Guidelines**

No added salt in cooking \* We reduce saturated fat in our production \* We bake, grill and steam rather than fry \* Most of the food is palm oil free

We reduce the sugar content and artificial colouring in our production \* All the food produced on site is MSG (monosodium glutamate) free

