



# LUNCH MENU

		MONDAY 22-Apr-2019	TUESDAY 23-Apr-2019	WEDNESDAY 24-Apr-2019	THURSDAY 25-Apr-2019	FRIDAY 26-Apr-2019
LUNCH SET	WESTERN	CHICKEN SCHNITZEL GARDEN SALAD ROASTED HERB POTATOES	CHICKEN AGLIO SPAGHETTI GARLIC BREAD	FISH FILLET TEMPURA STYLE COLESLAW BUTTER RICE	BRAISED MEETBALLS TOMATO SAUCE MASHED POTATO	CHICKEN STROGANOFF FRESH GARDEN SALAD PENNE PASTA
	ASIAN	BEEF CURRY VEGETABLES WHITE RICE	<b>* LIVE PROMOTION *</b> SWEET N SOUR FISH VEGETABLES FRIED RICE	TANDOORI CHICKEN NAN BREAD GRILLED VEGETABLES	<b>* LIVE PROMOTION *</b> CHICKEN RENDANG RAITA WHITE RICE	SAUTEED BEEF CHAR KUEY TEOW NOODLES VEGETABLES
	VEGETARIAN	SAUTEED VEGETABLES TOFU FRIED RICE	AGLIO PENNE WITH MIXED GREENS AND GARLIC BREAD	POTATO CURRY MIXED VEGETABLES WHITE RICE	CREAMY MUSHROOM SPAGHETTI SERVED WITH HERB BREAD AND TOMATO OLIVE SALAD	MEEHOON FRIED NOODLES POTATO CURRY MIXED VEGETABLES
SALAD BAR		CHOICE OF CAULIFLOWER, RED CABBAGE, EDAMAME BEANS, SESAME SEEDS, PICKLE, TERIYAKI CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	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 CHILLI SAUCE DRESSING  CHICKEN SALAD	CHOICE OF BALSAMIC OR ITALIAN DRESSING  TABBOULEH	CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING  COUS COUS SALAD	CHOICE OF MAYONNAISE OR ITALIAN DRESSING  PASTA SALAD	CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING  CHICKEN SALAD
PASTA BAR		CHOICE OF: SPAGHETTI OR ELBOW		CHOICE OF: TAGLIATELLE OR FUSILLI		CHOICE OF: SPAGHETTI OR ELBOW
		CHOICE OF: ROASTED RED PEPPER CREAM OR BEEF BOLOGNESE SAUCE		CHOICE OF: PESTO OR CHEESY CHICKEN AND CHIVE SAUCE		CHOICE OF: ROASTED RED PEPPER CREAM OR BEEF BOLOGNESE SAUCE
SANDWICH BAR		CHOICE OF TORTILLA WRAP OR BAGUETTE	CHOICE OF PANINI OR BAGUETTE	CHOICE OF TORTILLA WRAP OR CIABATTA	CHOICE OF PANINI OR MULTI SEED BREAD	CHOICE OF TORTILLA WRAP OR BAGUETTE
		CHOICE OF BEEF BOLOGNESE OR GRILLED MIXED VEGETABLES & NUT FREE PESTO FILLING CHOICE OF: ROMAINE LETTUCE, PICKLE, CHEESE, TOMATO	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
SNACK BAR		EBIKIO SUSHI / TERIYAKI CHICKEN ONIGIRI	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: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, TOMATO STRUDLE	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: BLUEBERRY MUFFIN, RAISIN SCONE, CROISSANT & JAM	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	

RED VELVET CAKE / CHOCOLATE & BANANA TART

MANGO MOUSSE CAKE / FRUIT TART

BANANA & CHOCOLATE CAKE / FRUIT TART

BLUEBERRY CHEESECAKE / CHEESE TART

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



## LUNCH MENU

		MONDAY 29-Apr-2019	TUESDAY 30-Apr-2019	WEDNESDAY 01-May-2019	THURSDAY 02-May-2019	FRIDAY 03-May-2019
LUNCH SET	WESTERN	BEEF STEW CARROTS MASHED POTATO	CHICKEN ROULADE ROASTED VEGETABLES BAKED WEDGES	<b>LABOUR DAY PUBLIC HOLIDAY</b>	FRIED CHICKEN TENDERS COLESLAW BAKED WEDGES	CHICKEN PARMIGIANA GARLIC SAUCE SPAGHETTI
	ASIAN	CHICKEN CURRY VEGETABLES WHITE RICE	<b>* LIVE PROMOTION *</b> STEAM FISH SAUTEED VEGETABLES WHITE RICE / FRIED NOODLES		BEEF KURMA VEGETABLES BRIYANI RICE	TOM YAM FRIED RICE WITH CHICKEN VEGETABLES
VEGETARIA	VEGETABLE TEMPURA SOUR CREAM FRIED RICE	MIXED VEGETABLE STEW WITH WHITE RICE	MEE SIAM NOODLES WITH VEGETABLES		MURTABAK EGG PIE POTATO CURRY	
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 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  CAESAR SALAD	CHOICE OF VINAIGRETTE OR FRENCH DRESSING  EGGPLANT SALAD		CHOICE OF BALSAMIC OR ITALIAN DRESSING  TABBOULEH	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING  POTATO SALAD
PASTA BAR		CHOICE OF : FUSILLI OR SPAGHETTI				CHOICE OF LINGUINI OR RIGATONI
		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE				CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
SANDWICH BAR		CHOICE OF PITA BREAD OR PANINI	CHOICE OF TORTILLA WRAP OR BAGUETTE		CHOICE OF PANINI OR BAGUETTE	CHOICE OF WHOLEMEAL BREAD OR BAGEL
		CHOICE OF FALAFEL AND HUMMUS OR CAJUN CHICKEN FILLING	CHOICE OF BEEF BACON OR PESTO CHICKEN FILLING		CHOICE OF CREAM CHEESE AND CHIVES OR BEEF MEATBALL IN TOMATO CONCASSE FILLING	CHOICE OF TURKEY HAM OR TANDOORI CHICKEN
BAR		CHOICE OF: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, 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	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	CUCUMBER AND TUNA SUSHI / CUCUMBER ROLLS	

**SNACK**

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

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: CHOC CHIP SCONE, DRIED FRUIT & CUSTARD PASTRY

STRAWBERRY MOUSSE CAKE / BANANA TART



CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE

SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE

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

**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 06-May-2019	TUESDAY 07-May-2019	WEDNESDAY 08-May-2019	THURSDAY 09-May-2019	FRIDAY 10-May-2019
LUNCH SET	WESTERN	BEEF FAJITAS GRILLED VEGETABLES SALSA SAUCE	MUSHROOM CHICKEN FILLET MIXED GREENS MASHED POTATO	SPAGHETTI BEEF BOLOGNESE HERB BREAD	HONEY MUSTARD CHICKEN GREEK SALAD COUS COUS	FISH FINGERS COLESLAW FRENCH FRIES
	ASIAN	SAUTEED GARLIC CHICKEN WITH FRIED MEEHOON NOODLES	<b>* LIVE PROMOTION *</b> TUMERIC BEEF MIXED VEGETABLES RICE/FRIED RICE	SWEET N SOUR CHICKEN WITH VEGETABLES WHITE RICE	<b>* LIVE PROMOTION *</b> SAUTEED BEEF BLACK PAPPER SAUCE THAI FRIED MEEHOON NOODLES	CHICKEN TEMPURA GARLIC FRIED RICE MIXED VEGETABLES
	VEGETARIAN	MUSHROOM SPINACH PIE GARDEN SALAD	VEGETABLE ENCHILADAS WITH MIXED SALAD	MIXED BEANS TOMATO RICE	WANTAN MEE WITH CLEAR VEGGIE SOUP	SAUTEED MUSHROOMS MIXED TOFU UDON NOODLES
	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
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI	EGGPLANT SALAD	MEXICAN SALAD	TABBOULEH	POTATO SALAD
SANDWICH BAR		CHOICE OF : AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: LINGUINI OR RIGATONI		CHOICE OF: LINGUINI OR RIGATONI
		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
ACK BAR		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
		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

SN	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, VIETNAMESE SPRING ROLL	SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL
	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHIP COOKIE CARROT CAKE / FRUIT TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON CAKE/CHEESE TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN MOUSSE OREO CAKE / EGG TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN & 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 13-May-2019	TUESDAY 14-May-2019	WEDNESDAY 15-May-2019	THURSDAY 16-May-2019	FRIDAY 17-May-2019
LUNCH SET	WESTERN	LAMB STEW GARDEN SALAD MASHED POTATO	CHICKEN ROULADE MIXED GREENS COUS COUS	GRILLED FISH FILLET GREEN BEANS PENNE PASTA	CHICKEN QUESIDILLAS ROASTED VEGETABLES	BEEF KEBABS GRILED VEGETABLES COUS COUS
	ASIAN	MEE GORENG NOODLES CHICKEN SAUTEED TOFU	<b>* LIVE PROMOTION *</b> FISH CURRY SAUTEED VEGETABLES RICE/FRIED RICE	WANTAN MEE NOODLES WITH CHICKEN	<b>* LIVE PROMOTION *</b> SAUTEED BEEF WITH ONIONS FRIED RICE	STEAMED CHICKEN VEGETABLES WHITE RICE
SALAD BAR	VEGETARIAN	LASAGNA WITH MIXED SALAD	MAC AND CHEESE HERB BREAD	VEGETABLE ROULADE WITH HUMMUS	ROASTED VEGETABLE PIZZA MUSHROOM SOUP	FRIED EGG NOODLES WITH POTATO CURRY
	NON-VEGETARIAN	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 EGGPLANT SALAD	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING MEXICAN SALAD	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER. CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL LETTUCE CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING POTATO SALAD
PASTA BAR	VEGETARIAN	CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: LINGUINI OR RIGATONI		CHOICE OF: LINGUINI OR RIGATONI
	NON-VEGETARIAN	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
SANDWICH BAR	VEGETARIAN	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
	NON-VEGETARIAN	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
SNACK BAR		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

<b>S</b>	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	SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWEET SPECIAL: BANANA MUFFIN, LAMINGTON CAKE/CHEESE TART	SAVOURY SPECIAL: BBQ CHICKEN PUFF, MINI THAI GREEN CURRY PIE, MAC AND CHEESE CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN MOUSSE OREO CAKE / EGG TART	SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN APPLE CRUMBLE MANGO MOUSSE CAKE / FRUIT TART	SAVOURY SPECIAL: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN & 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



		MONDAY 20-May-2019	TUESDAY 21-May-2019	WEDNESDAY 22-May-2019	THURSDAY 23-May-2019	FRIDAY 24-May-2019
<b>WESTERN</b>  <b>ASIAN</b>  <b>VEGETARIAN</b>	<b>LUNCH SET</b>	<b>WESAK DAY REPLACEMENT PUBLIC HOLIDAY</b>	SHEPHERD'S MINCED CHICKEN PIE GARDEN SALAD  <b>* LIVE PROMOTION *</b> STEAM FISH GARLIC FRIED RICE/WHITE RICE	<b>AL -QURAN PUBLIC HOLIDAY</b>	<b>* LIVE PROMOTION *</b> GRILLED BEEF BURGER COLESLAW BAKED WEDGES  CHICKEN TANDOORI NAN BREAD VEGETABLES  SAUTEED MIXED TOFU VEGETABLES FRIED RICE	SPAGHETTI CHICKEN ALFREDO GARLIC BREAD  CRISPY BEEF UDON NOODLES MIXED VEGETABLES  CARROTS MIXED POTATOES STEW BUTTER RICE
	<b>SALAD BAR</b>		CHOICE OF BLACK BEANS, CORN, BROCCOLI, QUINOA, GREEN OLIVES, GARLIC CHICKEN, CHOICE OF VINAIGRETTE OR FRENCH DRESSING TUNA 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: LINGUINI OR RIGATONI
	<b>PASTA BAR</b>		CHOICE OF TORTILLA WRAP OR CIABATTA CHOICE OF BEEF RENDANG OR EGG MAYONNAISE FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, 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: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
	<b>SANDWICH BAR</b>		FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI		EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	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
	<b>SNACK BAR</b>		CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE  SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETATBALE PIZZA		CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE  SAVOURY SPECIAL: NACHOS WITH TOMATO SALAD SHAKER, CHICKEN & CHEESE WRAP, VIETNAMESE SPRING ROLL	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE  SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, PRETZEL

CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN  
SWEET SPECIAL: BANANA MUFFIN, LAMINGTON APPLE PIE / CHEESE TART

CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN  
APPLE CRUMBLE  
MANGO MOUSSE CAKE / FRUIT TART

CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN  
& 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 27-May-2019	TUESDAY 28-May-2019	WEDNESDAY 29-May-2019	THURSDAY 30-May-2019	FRIDAY 31-May-2019
LUNCH SET	WESTERN ROAST CHICKEN FILLET MASHED POTATO GARDEN SALAD	BEEF MEATBALLS TOMATO SAUCE MASHED POTATO	CHICKEN LASAGNA GREEK SALAD	ROASTED BEEF SLICE MIXED CARROT N BROCCOLI ROASTED POTATO	MINCED CHICKEN TACOS MIXED BEANS SALAD
	ASIAN LAMB CURRY VEGETABLES WHITE RICE	* LIVE PROMOTION * KOREAN STYLE CHICKEN GARLIC FRIED RICE KIMCHI	GINGER BEEF CHAR KUEY TEOW NOODLES	CHICKEN BIRYANI RICE WITH VEGETABLES	CANTONESE STYLE NOODLES BEEF MIXED VEGETABLES
	VEGETARIAN CHAR KUEY TEOW NOODLES SAUTEED VEGETABLES	POTATO CURRY VEGETABLES BIRYANI RICE	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 BROCCOLI SOUP
SALAD BAR	CHOICE OF MUSHROOM, BEAN SPROUTS, SPINACH LEAVES, CORIANDER, CROUTONS, ROAST BEEF, TOMATO, 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 FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER, ICEBERG LETTUCE	CHOICE OF BITTER GOURD, EGGS, BEETROOT, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE	CHOICE OF CAULIFLOWER, RED CABBAGE, EDAMAME BEANS, SESAME SEEDS, PICKLE, TERIYAKI CHICKEN, TOMATO, RED ONION, CARROT, CUCUMBER, ROMAINE LETTUCE
	CHOICE OF BALSAMIC OR THOUSAND ISLAND DRESSING TUNA AND RICE SALAD	CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING CORN AND TOMATO SALAD	CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF BALSAMIC OR CHILLI SAUCE DRESSING CORN AND TOMATO SALAD
	CHOICE OF : FUSILLI OR SPAGHETTI	CHOICE OF: SPAGHETTI OR ELBOW	CHOICE OF: PENNE		CHOICE OF: SPAGHETTI OR ELBOW
PASTA BAR	CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE	CHOICE OF: ROASTED RED PEPPER CREAM OR CHICKEN BOLOGNESE SAUCE	CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN AND SPINACH CANNELLONI		CHOICE OF: ROASTED RED PEPPER CREAM OR CHICKEN BOLOGNESE SAUCE
	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 BAGEL CHOICE OF TURKEY HAM OR TANDOORI CHICKEN FILLING CHOICE OF: ROMAINE LETTUCE, PICKLE, CHEESE, TOMATO	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
	TUNA ROLLS / EGG MAYONNAISE ONIGIRI	CUCUMBER & TUNA SUSHI / POTATO MAYONNAISE ONIGIRI	EBIKO SUSHI / EGG ROLLS	EGG MAYONNAISE SUSHI / DEEP FRIED SALMON ONIGIRI	CUCUMBER & TUNA SUSHI / POTATO MAYONNAISE ONIGIRI
SNACK BAR	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: CROQUE MONSIEUR, BBQ CHICKEN PUFF, PRETZEL	SAVOURY SPECIAL: SALSA TACOS, CHICKEN & CHEESE QUESADILLA, TOMATO STRUDEL	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 STRUDEL
	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CARAMEL, RAISIN SCONE LEMON CAKE / APPLE TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SCONE, CROISSANT & JAM RED VELVET CAKE / CHOCOLATE & BANANA TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SWIRLS, LEMON CAKE SQUARES BLUEBERRY CHEESECAKE / CHEESE TART	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



		MONDAY 03-Jun-2019	TUESDAY 04-Jun-2019	WEDNESDAY 05-Jun-2019	THURSDAY 06-Jun-2019	FRIDAY 07-Jun-2019
LUNCH SET	WESTERN	BEEF LASAGNA FRESH GARDEN SALAD	SPAGHETTI CHICKEN CARBONARA HERB BREAD	<b>HARI RAYA PUBLIC HOLIDAY</b>		HERB GRILLED CHICKEN CHOP ROASTED VEGETABLES BAKED WEDGES
	ASIAN	GREEN CURRY WITH CHICKEN WHITE RICE	NASI LEMAK RICE CHICKEN EGG			SAUTEED TUMERIC CHICKEN FRIED RICE
	VEGETARIAN	CHICKPEAS BALL WITH ROASTED VEGETABLES COUS COUS	LASAGNA MIXED SALAD			FRIED RICE MIXED VEGETABLES
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 LENTIL SALAD
	PASTA BAR	CHOICE OF : FUSILLI OR SPAGHETTI CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE				CHOICE OF: LINGUINI OR RIGATONI 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: CORAL LETTUCE, TOMATO, CUCUMBER, GRATED CARROT	CHOICE OF WHOLEMEAL BREAD OR BAGUETTE CHOICE OF TUNA MAYO OR TURKEY HAM FILLING CHOICE OF: ICEBERG LETTUCE, RED ONION, CHEESE, TOMATO	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 ROLLS / EGG 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	FRANKFURTER CHEESE SUSHI/TERIYAKI CHICKEN ONIGIRI 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	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 SWEET SPECIAL: CHOC CHIP SCONE, DRIED FRUIT & CUSTARD PASTRY		

LEMON CAKE / APPLE TART

APPLE PIE / CHEESE 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




**AIMS**  
INTERNATIONAL SCHOOL  
MALAYSIA

# LUNCH MENU

		MONDAY 10-Jun-2019	TUESDAY 11-Jun-2019	WEDNESDAY 12-Jun-2019	THURSDAY 13-Jun-2019	FRIDAY 14-Jun-2019
LUNCH SET	WESTERN	CHICKEN STEW CARROTS AND POTATOES BUTTER RICE	CHICKEN ENCHILADAS ROASTED VEGETABLES	GRILLED CHICKEN SLICES MIXED GREENS PENNE PASTA	SEARED FISH TOMATO SAUCE GARLIC POTATOES	HOMEMADE GRILLED CHICKEN BURGER COLESLAW BAKED WEDGES
	ASIAN	BEEF RENDANG WITH WHITE RICE	<b>* LIVE PROMOTION *</b> TEMPURA FISH VEGETABLES WHITE RICE	BEEF KURMA WITH WHITE RICE	<b>* LIVE PROMOTION *</b> SAUTEED CHICKEN MEE HOON NOODLES MIXED TOFU	CHICKEN PAPRIK UDON NOODLES
	VEGETARIAN	MEE HOON NOODLES WITH TOFU AND VEGETABLES	MIXED BEANS SALSA MEXICAN STYLE RICE	GRILLED VEGETABLE FRITATTA SERVED WITH FRIED NOODLES	SPAGHETTI PESTO WITH GARLIC BREAD	MUSHROOM SPINACH PIE GARDEN SALAD
SALAD BAR		CHOICE OF MUSHROOM, BEAN SPROUTS, SPINACH LEAVES, CORIANDER, CROUTONS, ROAST BEEF, TOMATO, ONION, CARROT CUCUMBER, CORAL	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL, LETTUCE	CHOICE OF FRENCH BEANS, RED PEPPER, SWEETCORN, BLACK OLIVES, BASIL, TUNA, TOMATO, RED ONION, CARROT, CUCUMBER,	CHOICE OF BITTER GOURD, EGGS, BEEF KROTI, BLACK OLIVES, SUNFLOWER SEEDS, GRILLED FISH, TOMATO, RED ONION, CARROT, CUCUMBER,	CHOICE OF SPINACH, CHEESE, YELLOW PEPPER, ORANGE SEGMENTS, BASIL, TOFU, TOMATO, ONION, CARROT, CUCUMBER, CORAL, LETTUCE
		CHOICE OF BALSAMIC OR THOUSAND ISLAND DRESSING TUNA AND RICE SALAD	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING LENTIL SALAD	CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING LENTIL SALAD
PASTA BAR		CHOICE OF : FUSILLI OR SPAGHETTI	CHOICE OF: LINGUINI OR RIGATONI	CHOICE OF: PENNE		CHOICE OF: LINGUINI OR RIGATONI
		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE	CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE	CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN AND SPINACH CANNELLONI		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
SANDWICH BAR		CHOICE OF PANINI OR PITA BREAD CHOICE OF TUNA MAYO OR CAJUN CHICKEN FILLING	CHOICE OF PITA BREAD OR FOCACCIA CHOICE OF EGG MAYO OR CHICKEN CORIANDER FILLING	CHOICE OF FOCACCIA OR BAGEL CHOICE OF CORONATION CHICKEN OR CHEESE, TOMATO & ARUGULA FILLING	CHOICE OF PANINI OR MULTI SEED BREAD CHOICE OF TANDOORI CHICKEN OR SMOKED SALMON, SPINACH & CREAM CHEESE FILLING	CHOICE OF PITA BREAD OR FOCACCIA CHOICE OF EGG MAYO OR CHICKEN CORIANDER FILLING
		CHOICE OF: ICEBERG LETTUCE, TOMATO, CHEESE, ONION	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO	CHOICE OF: CORAL LETTUCE, CUCUMBER, TOMATO, CHEESE	CHOICE OF: ICEBERG LETTUCE, ONION, CUCUMBER, GRATED CARROT	CHOICE OF: ROMAINE LETTUCE, GRATED CARROT, CUCUMBER, TOMATO
SNACK BAR		TUNA SUSHI / EGG MAYONNAISE ONIGIRI	EGG ROLLS / POTATO MAYONNAISE ONIGIRI	EBIKO SUSHI / CUCUMBER ONIGIRI	ONIGIRI CHICKEN QUICHE	EGG ROLLS / POTATO MAYONNAISE ONIGIRI
		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: SALSA TACO, CHICKEN & CHEESE QUESADILLA, PRETZEL	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA 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 CARAMEL, RAISIN SCONE LEMON CAKE / APPLE TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN & CUSTARD PASTRY STRAWBERRY MOUSSE CAKE / BANANA TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN CHEESECAKE PARFAIT BANANA & CHOCOLATE CAKE / FRUIT TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN SQUARES, CINNAMON SWIRLS BLUEBERRY CHEESECAKE / CHEESE TART	CLASSIC SWEET: CHOCOLATE ROLL, CHOCOLATE MUFFIN & 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 17-Jun-2019	TUESDAY 18-Jun-2019	WEDNESDAY 19-Jun-2019	THURSDAY 20-Jun-2019	FRIDAY 21-Jun-2019
LUNCH SET	WESTERN	GRILLED FISH LEMON SAUCE GARLIC POTATOES	LAMB STEW CARROTS MASHED POTATO	CHICKEN SCHNITZEL ROASTED VEGETABLES GARLIC POTATOES	GRILLED CHICKEN MUSHROOM SAUCE BUTTER RICE	FISH AND CHICPS COLESLAW
	ASIAN	STEAMED CHICKEN VEGETABLES WHITE RICE	<b>* LIVE PROMOTION *</b> FRIED RICE GARLIC CHICKEN SAUTEED VEGETABLES	SZECHUAN BEEF MIXED VEGETABLES WHITE RICE	<b>* LIVE PROMOTION *</b> STEAM GARLIC FISH TOFU WHITE RICE	CRISPY SESAME CHICKEN WITH UDON NOODLES SAUTEED SPINACH GARLIC
	VEGETARIAN	MARGARITA PIZZA GREEK SALAD	MURTABAK DHALL CURRY POTATOES	CREAMY MUSHROOM PENNE PASTA MIXED SALAD	VEGETABLE PATTIES BAKED WEDGES COLESLAW	VEGETABLE TEMPURA SOUR CREAM WHITE RICE
SALAD BAR		CHOICE OF MUSHROOM, BEAN SPROUTS, SPINACH LEAVES, CORIANDER, CROUTONS, ROAST BEEF, TOMATO, ONION, CARROT, CUCUMBER, CORAL 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 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 BALSAMIC OR THOUSAND ISLAND DRESSING TUNA AND RICE SALAD	CHOICE OF VINAIGRETTE OR FRENCH DRESSING TUNA SALAD	CHOICE OF SOYA SAUCE OR BLUE CHEESE DRESSING PASTA SALAD	CHOICE OF BALSAMIC OR ITALIAN DRESSING TABBOULEH	CHOICE OF SOYA SAUCE OR BUTTERMILK RANCH DRESSING LENTIL SALAD
PASTA BAR		CHOICE OF : FUSILLI OR SPAGHETTI		CHOICE OF: PENNE		CHOICE OF: LINGUINI OR RIGATONI
		CHOICE OF: AGLIO E OLIO OR BEEF MEATBALLS AND TOMATO SAUCE		CHOICE OF: CREAMY GARLIC SAUCE OR CHICKEN AND SPINACH CANNELLONNI		CHOICE OF: TOMATO, ONION AND MUSHROOM OR CHICKEN ALFREDO SAUCE
SANDWICH BAR		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
		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
SNACK BAR		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
		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	CHICKEN QUICHE CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE	CLASSIC SAVOURY: POTATO CURRY PUFF, FIRECRACKER SAUSAGE, MINI CHICKEN PIE
		SAVOURY SPECIAL: CROQUE MONSIEUR, BBQ CHICKEN PUFF, PRETZEL	SAVOURY SPECIAL: CHICKEN HAM TOAST, TERIYAKI CHICKEN TACO, VEGETABLE PIZZA	SAVOURY SPECIAL: VEGETARIAN NACHOS, PITA BREAD WITH HUMMUS SALAD SHAKER, TUNA PUFF	SAVOURY SPECIAL: BBQ CHICKEN PUFF, TOMATO & OLIVE PIZZA, CHEESY WEDGES	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

**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