



BREAKFAST MENU



	MONDAY 22-Apr-2019	TUESDAY 23-Apr-2019	WEDNESDAY 24-Apr- 2019	THURSDAY 25-Apr-2019	FRIDAY 26-Apr-2019
EVERYDAY BREAKFAST	(KOKO, MUESLI, CORN) LAMINGTON CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES	(KOKO, MUESLI, CORN) BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES	(KOKO, HONEYSTAR, CORN) CHOCO/BANANA CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES	(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES
	STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	PEACH, MIXED TROPICAL JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	STRAWBERRY, APRICOT JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
	ASIAN BREAKFAST	FRIED RICE WITH EGG	ROTI CANAI WITH DHAL	MEE HOON WITH EGG	MURTABAK PIE
WESTERN BREAKFAST	GRILLED TOMATOES FRENCH TOAST MUSHROOM MIXED VEGGIE	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	SCRAMBLED EGGS GRILLED SAUSAGES BAKED BEANS	TOAST BREAD CHICKEN SLICE 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 29-Apr-2019	TUESDAY 30-Apr-2019	WEDNESDAY 1-May-2019	THURSDAY 2-May-2019	FRIDAY 3-May-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	LABOUR DAY PUBLIC HOLIDAY	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	FRIED RICE WITH EGG	ROTI CANAI WITH DHAL		FRIED KUEY TEOW NOODLES	NASI LEMAK
WESTERN BREAKFAST	GRILLED TOMATOES FRENCH TOAST MUSHROOM MIXED VEGGIE	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG		BEEF STRIPS BAKED BEANS FRIED EGGS	VEGETABLE PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 6-May-2019	TUESDAY 7-May-2019	WEDNESDAY 8-May- 2019	THURSDAY 9-May-2019	FRIDAY 10-May-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, 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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	MEE SIAM WITH TOFU	ROTI CANAI WITH DHAL	FRIED NOODLES WITH EGGS	VEGETARIAN FRIED RICE	NASI LEMAK
WESTERN BREAKFAST	CHICKEN SAUSAGES BAKED BEANS FRIED EGGS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN SLICE TOASTED BREAD SCRAMBLED EGG	BEEF STRIPS BAKED BEANS POACHED EGG	VEGETABLE PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 13-May-2019	TUESDAY 14-May-2019	WEDNESDAY 15-May- 2019	THURSDAY 16-May-2019	FRIDAY 17-May-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, 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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	WANTAN MEE	ROTI CANAI WITH DHAL	EGG FRIED RICE	ROTI JALA WITH CURRY	NASI LEMAK
WESTERN BREAKFAST	COUNTRY STYLE CHICKEN BAKED BEANS OMELETTE	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN SLICE TOASTED BREAD SUNNY SIDE EGGS	BEEF STRIPS BAKED BEANS POACHED EGG	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 20-May-2019	TUESDAY 21-May-2019	WEDNESDAY 22-May- 2019	THURSDAY 23-May-2019	FRIDAY 24-May-2019
EVERYDAY BREAKFAST	WESAK DAY REPLACEMENT PUBLIC HOLIDAY	(KOKO, HONEYSTAR, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	AL - QURAN PUBLIC HOLIDAY	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST		ROTI CANAI WITH DHAL		ROTI JOHN-EGG BREAD	NASI LEMAK
WESTERN BREAKFAST		TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG		BEEF STRIPS BAKED BEANS POACHED EGG	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 27-May-2019	TUESDAY 28-May-2019	WEDNESDAY 29-May- 2019	THURSDAY 30-May-2019	FRIDAY 31-May-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, 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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	CHICKEN FRIED RICE	ROTI CANAI WITH DHAL	EGG FRIED RICE	VEGETARIAN FRIED RICE	NASI LEMAK
WESTERN BREAKFAST	FRENCH TOAST BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN SLICE TOASTED BREAD SUNNY SIDE EGGS	HASHBROWNS BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 3-Jun-2019	TUESDAY 4-Jun-2019	WEDNESDAY 5-Jun-2019	THURSDAY 6-Jun-2019	FRIDAY 7-Jun-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	HARI RAYA PUBLIC HOLIDAY		(KOKO, MUESLI, CORN) CARROT CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	CHICKEN FRIED RICE	ROTI CANAI WITH DHAL			NASI LEMAK
WESTERN BREAKFAST	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG			CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 10-Jun-2019	TUESDAY 11-Jun-2019	WEDNESDAY 12-Jun- 2019	THURSDAY 13-Jun-2019	FRIDAY 14-Jun-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, 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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	EGG FRIED RICE	ROTI CANAI WITH DHAL	MURTABAK WITH CURRY	MEE SIAM NOODLES	NASI LEMAK
WESTERN BREAKFAST	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	MUSHROOM PORRIDGE BOILED EGG TOAST BREAD	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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	MONDAY 17-Jun-2019	TUESDAY 18-Jun-2019	WEDNESDAY 19-Jun- 2019	THURSDAY 20-Jun-2019	FRIDAY 21-Jun-2019
EVERYDAY BREAKFAST	(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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT	(KOKO, HONEYSTAR, CORN) CHEESE CAKE ASSORTED BUNS ASSORTED BREAD SANDWICHES ORANGE MARMALADE, 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 ORANGE MARMALADE, RASPBERRY JAM FRESH FRUITS CHOICE OF JUICES MILK YOGURT
ASIAN BREAKFAST	EGG FRIED RICE	ROTI CANAI WITH DHAL	CHICKEN FRIED RICE	MEE SIAM NOODLES	NASI LEMAK
WESTERN BREAKFAST	TOAST BREAD BAKED BEANS SAUTEED MUSHROOMS	TOASTED SANDWICH GRILLED TOMATO SCRAMBLED EGG	GRILLED CHICKEN SLICE BOILED EGG TOAST BREAD	GRILLED TOMATOES BAKED BEANS OMELETTE	CHICKEN PATTIES SCRAMBLED EGG MUSHROOM/SPINACH

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