



PREPAID LUNCH MENU 2018

WEEK ONE (1)					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Nasi Lemak Special	Mixed Rice	Tomato Rice with Ayam Masak Merah	Chef Special Chicken Rice	Roti Canai With Curry Chicken
	<i>Chicken, Nut, Anchovies, Vegetable</i>	<i>Rice, Sweet & Sour Fish sautee vegetable</i>	<i>Rice, Chicken, Vegetable, Papadom</i>	<i>Rice, Chicken, Vegetable Soup</i>	<i>Chicken, Potato</i>
DESSERT & SNACK	Cup Cakes & Wedges Apple	Banana Cake & Seedless Grape	Butter cake & Honey Dew	Chocolate Brownies & Watermelon	Sausage Danish & Papaya
DRINK	Orange Juice	Water	Yogurt	Water	Fruit Juice

WEEK TWO (2)					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pasta Bolognese	Tomato Rice with Sweet & Sour Chicken	Fish Fillet With Napolitano Sauce	Rosemary Grill Chicken Set	Fish & Chip
	<i>Spaghetti, Mince Chicken, Vegetables</i>	<i>Rice, Chicken, Vegetable</i>	<i>Fish, Mashed Potato, Salad</i>	<i>Chicken, Potato, Sautee Vegetables</i>	<i>Fish, French Fries & Coleslaw Salad</i>
DESSERT & SNACK	Cup Cakes & Wedges Apple	Sliced Cake & Seedless Grape	Cheese Tart & Honey Dew	Banana Cake & Watermelon	Sausage Danish & Papaya
DRINK	Water	Fruit Juice	Yogurt Drink	Water	Fruit Juice

WEEK THREE (3)					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Teriyaki Chicken Bento	Linguine Alfredo	Mushroom Rice With Sesame Chicken	Penne Carbonara	Chicken Quesadillas
	<i>Rice, Chicken, Vegetables</i>	<i>Pasta, Mushroom, Chicken, Cherry Tomato</i>	<i>Rice, Chicken, Vegetables</i>	<i>Pasta, Chicken, Mushroom, Vegetables</i>	<i>Tortilla, Chicken, French Fries, Salad</i>
DESSERT & SNACK	Cup Cakes & Wedges Apple	Sliced Cake & Banana	Chocolate Brownies & Honey Dew	Yogurt & Watermelon	Chicken Ham Roll & Papaya
DRINK	Water	Milo	Black Currant Juice	Water	Fruit Juice

WEEK FOUR (4)					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Nasi Briyani with Chef Soya Chicken	Mixed Rice	Baked Pasta	Hainanese Chicken Rice	Naan with Chicken Varuval
	<i>Rice, Chicken, Vegetables, Papadom</i>	<i>Rice, Fish Fillet, Potato, Sautee Vegetable</i>	<i>Short Pasta, Chicken, Mushroom, Bell Pepper</i>	<i>Rice, Chicken, Fish Ball Vegetable Soup</i>	<i>Naan Bread, Chicken, Dhall Gravy</i>
DESSERT & SNACK	Swiss Roll & Wedges Apple	Banana Cake & Water Melon	Mini Tartlet & Honey Dew	Butter Cake & Seedless Grape	Sausage Danish & Papaya
DRINK	Black Currant Juice	Water	Fruit Juice	Water	Milo