

MENU

BREAKFAST – SEPTEMBER 2019

thinkgreen
FOR YOU FOR THE PLANET

by **sodexo**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cereal	02 types of Cereals + Low Fat Milk+ Chocolate Milk +Soya Milk + Bircher Muesli Fruits of the day (2 types)							
Toast Bar	Daily 3 types of Bread + French Loaf + Croissant + Doughnut, Muffin, Condiments : Fruits Jam + Chocolate Spread + Butter							
Live Egg Station	Free Range Egg with Topping Condiments							
Beverages	Infused Water + Chilled Juice + Coffee & Tea							
Week 1 Menu Breakfast	Western	Breakfast sausage Baked beans Grill Tomato Boiled Potato Pancake Buffet Egg	Breakfast sausage Baked beans Roasted Potato Tomato Ragouts Meatloaf French Toast Buffet Egg	Breakfast sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Buffet Egg	Breakfast sausage Baked beans Parsley Potato French Toast Baked Tomato Buffet Egg	Breakfast sausage Baked beans Breaded Tomato Potato Wedged Pancake Slice Meat Ham Buffet Egg	Breakfast sausage Baked beans Roasted Potato Tomato Ragouts Meatloaf French Toast Buffet Egg	Breakfast sausage Baked beans Fried Egg + tomato Sautee Greens Chicken Nugget Pancake
	Asian	Fried Spaghetti Vege. Fried Rice Roti Prata Prata Dhall & Chicken Curry	Fried Maggie Noodle Garlic Egg Fried Rice Local Crêpe with spread/gravy	Nasi Lemak with condiments Chicken Rendang Roti Jala with Chicken Curry	Fried Yellow Mee Nasi Goreng Chicken Loh Bak Sautee Greens	Fried Kuey Teow Tomyam Fried Rice Hot Wings	Mee Goreng Mamak Garlic Egg Fried Rice Local Crêpe with spread/gravy	S'pore Fried Meehoon Banana Crepe Fried Rice Mantou Chicken Curry

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cereal	02 types of Cereals + Low Fat Milk+ Chocolate Milk +Soya Milk + Bircher Muesli Fruits of the day (2 types)							
Toast Bar	Daily 3 types of Bread + French Loaf + Croissant + Doughnut, Muffin, Condiments : Fruits Jam + Chocolate Spread +Butter							
Live Egg Station	Free Range Egg with Topping Condiments							
Beverages	Infused Water + Chilled Juice +Coffee & Tea							
Week 2 Menu Breakfast	Western	Breakfast sausage Butter Corn Slice Chicken Ham Glaze Carrot Potato Pancake Buffet Egg	Breakfast sausage Sautee Choy Sum Roasted Potato Buffet Egg Meatloaf French Toast	Breakfast Sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Pancake Buffet Egg	Breakfast sausage Steam Eggs Sautee Spinach Parsley Potato French Toast Slice Ham	Breakfast sausage Baked beans Breaded Tomato Potato Wedged Banana Pancake Slice Meat Ham Buffet Egg	Breakfast sausage Baked beans Roasted Potato Tomato Ragouts Meatloaf French Toast Buffet Egg	Breakfast sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Buffet Egg
	Asian	Nasi Lemak with condiments Fried Chicken Acar Jelatah	Fried Pasta Fried Rice Chicken Loh Bak Fish Ball Noodle Soup	Fried Maggie Noodle Garlic Egg Fried Rice Local Crêpe	Fried Yellow Noodle Vege. Fried Rice Meehoon Soto	Fried Meehoon S'pore Oriental Fried Rice Hot Wings	Fried Lontong Garlic Egg Fried Rice Local Crêpe with spread/gravy	Fried Noodle Corn Pancake Chicken Rendang Pulut Kuning

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cereal	02 types of Cereals + Low Fat Milk+ Chocolate Milk +Soya Milk + Bircher Muesli Fruits of the day (2 types)							
Toast Bar	Daily 3 types of Bread + French Loaf + Croissant + Doughnut, Muffin, Condiments : Fruits Jam + Chocolate Spread +Butter							
Live Egg Station	Free Range Egg with Topping Condiments							
Beverages	Infused Water + Chilled Juice +Coffee & Tea							
Week 3 Menu Breakfast	Western	Breakfast sausage Texas Toast Oriental Green Slice Chicken Ham Local Crepe Buffet Egg	Breakfast sausage Sautee Choy Sum Roasted Sweet Potato Buffet Egg Meatloaf French Toast	Breakfast Sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Pancake Buffet Egg	Breakfast sausage Steam Eggs Bolognaise Spinach Parsley Potato French Toast Slice Ham	Breakfast sausage Baked Chicken Pie Breaded Tomato Potato Wedged Banana Pancake Turkey Ham Buffet Egg	Breakfast sausage Baked beans Roasted Potato Tomato Ragouts Meatloaf French Toast Buffet Egg	Breakfast sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Buffet Egg
	Asian	Nasi Lemak with condiments Chicken Rendang Acar Jelatah	Fried Yellow Mee Nasi Goreng Fried Hor Fun Chicken Loh Bak	Roti Prata Dhall or Curry gravy Vege. Fried Rice Meehoon Soto	Fried Meehoon S'pore Oriental Fried Rice Hot Wings	Fried Maggie Noodle Roti Jala Chicken Curry	Fried Maggie Noodle Garlic Egg Fried Rice Local Crêpe with spread/gravy	Fried Rice Mantou Chicken Rendang Roti Jala with gravy

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BREAKFAST – SEPTEMBER 2019

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Cereal	02 types of Cereals + Low Fat Milk+ Chocolate Milk +Soya Milk + Bircher Muesli Fruits of the day (2 types)							
Toast Bar	Daily 3 types of Bread + French Loaf + Croissant + Doughnut, Muffin, Condiments : Fruits Jam + Chocolate Spread +Butter							
Live Egg Station	Free Range Egg with Topping Condiments							
Beverages	Infused Water + Chilled Juice +Coffee & Tea							
Week 4 Menu Breakfast	Western	Breakfast sausage Texas Toast French Beans Half Boiled Eggs Sautee Mushroom Buffet Egg Slice Chicken Ham	Breakfast sausage Mash Sweet Potato Chili Concarne Home Wantan Meatloaf French Toast Buffet Egg	Breakfast Sausage Slice Chicken Ham French Toast Pancake Chicken Satay Buffet Eggs	Breakfast Sausage Spinach Steam Breakfast Kebab Parsley Potato French Toast Slice Ham Buffet Egg	Breakfast sausage Baked Bean Grilled Tomato Potato Wedged Banana Pancake Buffet Eggs	Breakfast sausage Baked beans Roasted Potato Tomato Ragouts Meatloaf French Toast Buffet Egg	Breakfast sausage Baked beans Grill Tomato Sautee Greens Chicken Nugget Buffet Egg
	Asian	Prata sweet - banana roll (All about prata) Oriental Fried Rice	Fried Yellow Mee Nasi Goreng Chicken Loh Bak	Roti Prata Dhall or Curry gravy Vege. Fried Rice Meehoon Soto	Fried Maggie Noodle Roti Jala Chicken Curry	Nasi Lemak with condiments Chicken Rendang Acar Jelatah	Fried Maggie Noodle Garlic Egg Fried Rice Roti Prata with spread/gravy	S'pore Fried Meehoon Local Crepe Chicken Rendang Chinesse Fried Rice

MENU

LUNCH – SEPTEMBER 2019

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FOR YOU FOR THE PLANET



SUNDAY by **sodexo***

LUNCH WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salads Bar		<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island (Daily 6 types) Lunch Fruits Platter</p>						
Soup of the day		French Onion Soup	Soto Ayam Madura	Miso Soup	Home Made Mushroom Forestry	Cream Broccoli Soup	Pumpkin Soup	Tomato Soup
Choice of Bread		Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
Week 1 Menu Lunch	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Asian	Chicken Rice Day- Oriental	Chicken Kapitan	Chicken Opor	Malay Kenduri	Lamb Curry	Chicken Pongteh	Chicken Opor
		Oriental Roast Chicken	Fish Sambal Tumis	Sambal Tempe	Aromatic Flavour Rice	Chicken 65	Fish Sambal Tumis	Sambal Tempe with Potato
		Aromatic Rice- Hainanese	Telur Mata Soya Sauce	Fish Red Curry Thai	Beef Rendang	Szechuan Mince Chicken with Tofu	Thai Egg Kerabu	Fish Red Curry Thai
		Beansprout w Spring Onion	Sautee Mix Vege.	Chap Chai Vegetables	Ayam Goreng Berempah	Hard Boiled Egg Kurma	Sautee Mix Vege.	Chap Chai Vegetables
		Cucumber Slices	Papadom	Braised Tofu Soya Sauce	Dalcha Mixed Vege	Oriental Mixed Vege	Papadom	Steam Rice
	Ginger Chili, Superior Soya Sauce.	Steam Rice	Steam Rice	Acar Rampai	Steam Rice	Steam Rice	Steam Rice	Pineapple Pajeri
	Western	Grill Fish marinated in Italian Herb	Poach Fish with cream	Beef Goulash	Baked Chicken in mushroom sauce	Baked Chicken Apricot	Fish Tempura	Italian Garlic Chicken
		Glaze Kikoman Vegetables	Baked Chicken Pineapple	Fish Aioli Vinegratte	Ryba Po Grecku Fish	Cajun Root Vegetables	Baked Chicken Pineapple	Fish Aioli Vinegratte
		Gratin Potato	Baked Quiche	Baked Sweet Potato	Roasted Lemon Potato Greek style	Grilled Fish Capers Sauce	Baked Quiche	Baked Vege & Potato
		KFC Style Fried Chicken	Steam Greens- beans	Home Onion Tart	Medley Of Vegetables	Spinach Ragout	Steam Greens- beans	Home Onion Tart
	Vegetarian	Daily 3x Hot Selection (Indian, Chinese, Western, Healthy) 1x Noodle						
	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice of bread: (Daily 3 types) Alternate Shawarma sandwich.						
	Pasta	Live Pasta Station Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognese, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto, Available 3 choice of sauce ,						
	Noodle	Tossed Soba Noodle, Thai Pad Thai, Fried Spaghetti, Kolo Mee, Singapore Fried Beehoon, Wanton Noodle Soup / Dry, Fried Yee Mee, Koay Teow Soup, Curry Laksa, Asam Laksa. (Daily X 2)						
Local Desserts	Local Bubur Kacang/ Bubur Gandum/ Bubur Kacang Merah/ Pulut Hitam (Daily x 1) (1x Daily) Local Jellies/ Local Kuih Kuihs/ Cucur Pisang/ Jellies/ Bread Butter Puddings							

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LUNCH WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salads Bar		<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (6 types) Lunch Fruits Platter</p>						
Choice of Bread		French Onion Soup	Soto Ayam Madura	Pumpkin Soup	Home Made Mushroom Forestry	Cream Broccoli Soup	Minestrone Soup	Cream Broccoli Soup
Week 2 Menu Lunch	MEAL	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
	Asian	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Braised Chicken Soya Sauce	Chef Surprise of the Week	Chicken Rice Day- Oriental	Oriental Fried Chicken	Typical Local Festive Menu:	Asam Pedas (Mild) Fish fillet w Pineapple	Ayam Goreng Berempah
		Tempura Vegetables	Chef Azhar Kitchen	Oriental Roast Chicken	Sting Ray Asam Gulai Tumis	Nasi Briyani	Aloo Gobi- Potato	Sweet Sour Fish
		Sweet Sambal Bean Curd		Aromatic Rice- Hainanese	Braised Tofu in Soya Sauce	Ayam Goreng Kampung	Japanese Tofu Oriental Style	Szechuan Mince Chicken with Tofu
		Steam Otak otak		Beansprout w Spring onion	Egg Foo Yong	Acar Rampai & Papadum	Chengdu Chicken	Hard Boiled Egg Kurma
	Steam Rice	Cucumber Slices & sauce		Fried Long beans	Fish Curry Mamak	Steam Rice	Steam Rice	
	Western	Poach Fish Mirapoix	Grilled Lamb Shoulder Mint Glaze	Azores Beef Stew	Fish Piccata- pineapple Coulis	Pan Seared Fish Pesto Sauce	Chicken Lasagna	Baked Chicken Apricot
		Chicken Roulette on Shallot Confit	Baked Western Vege	Baked Fish Tropicana Salsa	Home Made Mash Sweet Potato	Roast Chicken Country Style	Sautee Peas	Fish Empadão
		Sautee Green Vege	Chicken Ala King	Parisienne Potato	Sautee Spinach	Baked Egg Tartlets	Fried Potato Wedges	Vege Moussaka
Cassadillas		Roasted Potato & Tomato	Portuguese Vege Medley	Roast Chicken Peppers Coulis	Roasted Sweet potato	Grilled Fish Aioli Salsa	Spinach Ragout	
Vegetarian	Daily 3x Hot Selection (Indian, Chinese, Western, Healthy) 1x Noodle							
Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice of bread: (Daily 3 types) - Alternate Shawarma sandwich.							
Pasta	<p>Live Pasta Station Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognese, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto, Available 3 choice of sauce ,</p>							
Noodle	Tossed Soba Noodle, Thai Pad Thai, Fried Spaghetti, Kolo Mee, Singapore Fried Beehoon, Wanton Noodle Soup / Dry, Fried Yee Mee, Koay Teow Soup, Curry Laksa, Asam Laksa. (Daily X 2)							
Local Desserts	Local Bubur Kacang/ Bubur Gandum/ Bubur Kacang Merah/ Pulut Hitam (Daily x 1) , (1x Daily) Local Jellies/ Local Kuih Kuihs/ Cucur Pisang/ Jellies/ Bread Butter Puddings							

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LUNCH WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salads Bar		<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chillies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (Daily 6 types)</p>						
Soup of the day		Sup Tulang	Oriental Fish Ball Soup	Beans and Peas Soup	Home Made Mushroom Forestry	Beef Soup- Western	Turkish Ezogelin Soup	Mediterranean Chicken Soup
Choice of Bread		Soft roll, Wholemeal Roll, Garlic Bread	Cheese Crouton	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
Week 3 Menu Lunch	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Asian	Crispy Fish Kong Po	Ayam Goreng Berempah	Chicken Rice Day- Oriental	Chicken Padprik	Chef Surprise of the Week Chef Azhar Kitchen	Chicken Kapitan	Sweet Sour Chicken
		Steam Egg Custard	Fish Thai Green Curry	Oriental Roast Chicken	Sweet and Sour Fish		Fish Sambal Tumis	Sambal Tempe
		Ayam Percik	Sautee Chinese Cabbage	Aromatic Rice- Hainanese	Oriental Work Celery with Garlic		Telur Mata Soya Sauce	Fish Red Curry Thai
		Choy Sum Garlic oil	Egg Foo Yong	Beansprout w Spring onion	Japanese Tofu- Egg Sauce		Sautee Mix Vege.	Chap Chai Vegetables
		Steam Rice	Steam Rice	Cucumber Slices	Steam Rice		Papadom	Braised Tofu Soya Sauce
				Ginger Chili, Superior Soya Sauce.			Steam Rice	Steam Rice
	Western	Beef Kofta Roll	Whole Roast Chicken au Jus	Braised Lamb Shoulder	Roasted Chicken Peri Peri	Roasted Chicken with Mushroom	Tandoori Chicken	Beef Goulash
		Grilled Fish Tamarind Sauce	Grilled Salmon Honey Lemon	Home Mash Potato	Baked stuff potato	Sautee Peas	Grill Fish Lemon & Dill	Fish Aioli Vinegratte
		Sautee Zucchini	Poach Potato with herb	Gochujang Spaghetti	Baked Baby String Ray	Steam Sweet potato	Baked Quiche	Baked Sweet Potato
		Chateau Potato	Sautee Corn	Buttered Vegetables	Sautee Couiflower	Fish Piccata	Steam Greens- beans	Home Onion Tart
	Vegetarian	Daily 3x Hot Selection (Indian, Chinese, Western, Healthy) 1x Noodle						
	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice of bread: (Daily 3 types) Alternate Shawarma sandwich.						
	Pasta	Live Pasta Station Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto, Available 3 choice of sauce ,						
	Noodle	Tossed Soba Noodle, Thai Pad Thai, Fried Spaghetti, Kolo Mee, Singapore Fried Beehoon, Wanton Noodle Soup / Dry, Fried Yee Mee, Koay Teow Soup, Curry Laksa, Asam Laksa. (Daily X 2)						
Local Desserts	Local Bubur Kacang/ Bubur Gandum/ Bubur Kacang Marah/ Pulut Hitam (Daily x 1) , (1x Daily) Local Jellies/ Local Kuih Kuihs/ Cucur Pisang/ Jellies/ Bread Butter Puddings							

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LUNCH – SEPTEMBER 2019

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SUNDAY
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LUNCH WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salads Bar		<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (Daily 6 types) Lunch Fruits Platter</p>						
Soup of the day		Miso Soup	Morrocan Bean Soup	Classis Chic Gumbo	Home Made Creamy Chicken Soup	Szechuan Vege Soup	Mamak Chicken Soup	Home Made Mushroom Forestry
Choice of Bread		Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.
Week 4 Menu Lunch	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	THURSDAY
	Asian	Chicken Kapitan	Kong Po Chiken	Chef Surprise of the Week	Asam Pedas (Mild) Fish fillet w Pinepple	Malaysian Kenduri Menu:	Crispy Fish Kong Po	KFC style Fried Chicken
		Local style Omelette	Egg Foo Yong	Chef Azhar Kitchen	Aloo Gobi- Potato	Nasi Tomato	Steam Egg Custard	Sweet and Sour Fish
		Sweet Sour Fish	Sautee Beansprout		Fried Masala Beancurd	Ayam Masak Merah	Ayam Percik	Oriental Work Celery with Garlic
		Oriental Wok Celery w garlic	Szechuan Mince Chicken with Tofu		Chicken Masak Lemak	Dalcha	Choy Sum Garlic oil	Japanese Tofu- Egg Sauce
		Steam Rice	Steam Rice		Steam Rice	Acar Jelatah	Steam Rice	Steam Rice
						Papadum		
	Western	Fish Finger with Mayo	Hawaiian Baked Chicken	Honey Glaze Garlic Salmon	Rosted Chic Blackpepper	Braised Fish Harissa Sacuce	Chicken Wrap & Roll	Chicken Pie
		Banger & Mash	Cajun Root Vegetables	Roasted Chicken Satay	Sautee Peas	Medley Of Vegetables	Grilled Fish Tamarind Sauce	Baked stuff potato
		Glaze Kikoman Vegetables	Grilled Courgette	Tempura Vegetables	Roasted Sweet potato	Gratin Potato	Sautee Zuchini	Mediterranean Baked Fish
		Irish Lamb Stew	Spinach Ragout	Gratin Potato	Grilled Fish Aioli Salsa	Chicken Stew	Chateau Potato	Sautee Coulliflower
	Vegetarian	Daily 3x Hot Selection (Indian, Chinese, Western, Healthy) 1x Noodle						
Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice of bread: (Daily 3 types) Alternate Shawarma sandwich.							
Pasta	Live Pasta Station Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto, Available 3 choice of sauce ,							
Noodle	Tossed Soba Noodle, Thai Pad Thai, Fried Spaghetti, Kolo Mee, Singapore Fried Beehoon, Wanton Noodle Soup / Dry, Fried Yee Mee, Koay Teow Soup, Curry Laksa, Asam Laksa. (Daily X 2)							
Local Desserts	Local Bubur Kacang/ Bubur Gandum/ Bubur Kacang Merah/ Pulut Hitam (Daily x 1) & (1x Daily) Local Jellies/ Local Kuih Kuihs/ Cucur Pisang/ Jellies/ Bread Butter Puddings							

MENU

DINNER – SEPTEMBER 2019

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SUNDAY
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	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER WEEK 1	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice Daily Bread (Daily 3 Breads)						
	Pasta LIVE Station	Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto (Daily 3 sauce)						
Week 1	Salad Bar	<p>Salad :</p> <p>Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment)</p> <p>Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons,</p> <p>Fermented Pickles - Pickled Onions, Kimchee, Gherkin.</p> <p>Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad.</p> <p>Thai Rainbow Noodle Salad (Vermicelli Rice Noodles)</p> <p>Cold protein- Grilled Chicken Strips</p> <p>Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (Daily 6 types)</p> <p>Dinner Fruits Platter</p>						
	Soup of the day	Oriental Cream Corn Soup	Cream of Pumpkin Soup	Moroccan Vegetable Beans Broth	Home Made Mushroom Forestry	Fragrant Oriental Chicken Broth	Cream of Chciken & Mushroom Soup	Miso Soup
	Choice of Bread	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
Menu DINNER		Kampung Fried Rice	Asian Fish Bean Paste	Ayam Goreng Kunyit	Szechuan Chicken	Chicken Rendang	Fish Sambal	Ayam Goreng Berempah
		Asian Fish Omelet	Chicken Kurma	Oriental Kailan Garlic	Soya Braised Beancurd with Beancurd Skin	Steam Fish Salted Vegetables with tofu	Chicken Pongteh	Oriental Vege with Garlic
	Asian	Fried cabbage	Acar Rampai	Pajeri Nenas	Fish in Soya Sauce	Baked eggs Caserole	Acar Jelatah	Pajeri Nenas
		Oriental Braised Chicken	Thai Fried Eggs	Fish curry	Oriental Sautee Mushrooms	Fried Beancurd Kerabu	Thai Fried Eggs	Fish curry
		Fried Noodle	Fried Noodle	Fried Noodle	Fried Noodle	Fried Noodle	Fried Noodle	Fried Noodle
		Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice
	Western	French Fries	Grilled Chicken Creamy Mushroom Sc	Hot Wings	Home Chicken Pie	Grilled Chicken Creamy Mushroom Sc	Lamb Stew Provencal	Saganaki Chicken
		Breaded Fish Fingers + Tartar Sauce	Baked Salmon Fillet with Dill Lemon Sc	Provencal vegetable	Sautee French Bean	Anti Pesto Vegetables	Grilled Fish with Dill Lemon Sauce	Provencal vegetable
		Mince Lamb Moussaka	Roasted Potato Wedges	Grilled Fish Fruit Salsa	Fried Fish in Tomato Sauce	Home Mash potato	Roasted Potato	Psari Plaki Fish
	Sautee Green Vegetable	Western Vegetable	Napolitana Pizza	Slice potato	Arabic Spice Chicken Roulette	Western Couilflower	Baked Mac n Cheese	
Dessert	Fresh From Home Pastry daily 1x cake, 1x Tart/ Pie , 1X Pudding/ Western Jellies/ Panacota/ Puddings							

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DINNER – SEPTEMBER 2019

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	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER WEEK 2	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice Daily Bread (Daily 3 Breads)						
	Pasta	Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto (Daily 3 sauce)						
Week 2								
	Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (6 Types)							
	Soup of the day	Oriental Cream Corn Soup	Cream of Pumpkin Soup with Crispy Turkey Bacon.	Moroccan Vegetable Beans Broth	Home Made Mushroom Forestry	Fragrant Oriental Chicken Broth	Cream of Chcoiken & Mushroom Soup	Miso Soup
	Choice of Bread	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
Menu DINNER		Chicken Curry Kapitan	Tom Yam Paste Chicken	Green Chicken Curry with Coconut Cream	Chicken Rendang	BBQ Menu:	Oriental Fish Curry	Chic. Black Soya Sauce
		Fish Lemak Pedas	Ikan Pari Bakar Banana leaf.	Egg Belanda- Peranakan	Steam Fish Salted Vegetables with tofu	Whole Roast Chicken- Carvery	Chic. Black pepper	Oriental Vege with Garlic
	Asian	Braised Japanese Tofu Egg sauce	Egg Foo Yong	Chicken Popcorn	Baked eggs Caserole	Cajun Minute Steak	Sautee Pak choy	Fish ginger sauce
		Sautee Spinach	Oriental vegetable	Vegetable Pakora	Fried Beancurd Kerabu	Jumbo Sausage	Thai Fried Eggs	Tofu Schszechuan Style
		Steam Rice	Steam Rice	Steam Rice	Steam Rice	Baked Jacket Potato Corn Pancake	Fried Noodle Steam Rice	Fried Noodle Steam Rice
	Western	Beef kebab Roll	Battered Fish & Chips	Poach Neptunes Timbale- in Court Bouillon	Lamb Black pepper	Oriental Egg Fried Rice	Grilled Chicken Creamy Mushroom Sc	Saganaki Chicken
		Glaze Vegetables	Tatar Sauce & Vinegar	Steam Green Peas	Anti Pesto Vegetables	Grilled Fruity Pizza	Grilled Fish with Dill Lemon Sauce	Provencal vegetable
		Garlic Chicken	Straight Cut Fried	Poach Potato	Home Mash potato	Pasta with Meat Ball	Roasted Potato	Psari Plaki Fish
	Hawaiian Pizza		Home Chicken Satay Pizza	Arabic Spice Chicken Roulette	Vege Moussaka	Western Coulliflower	Baked Mac n Cheese	
Dessert	Fresh From Home Pastry daily 1x cake, 1x Tart/ Pie, Pudding/ Western Jellies/ Panacota/ Puddings							

MENU

DINNER – SEPTEMBER 2019

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by sodexo*

	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER WEEK 3	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice Daily Bread (Daily 3 Breads)						
	Pasta	Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto (Daily 3 sauce)						
Week 3	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (Daily 6 type) Dinner Fruits Platter</p>							
	Soup of the day	Potage of Kitchen- heavy soup	Cream of Tomato Basil Crouton	Salmon Chowder	Home Made Mushroom Forestry	Cream Veloute	Cream of Chicken & Mushroom Soup	Miso Soup
	Choice of Bread	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
Menu DINNER	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Asian Fish Kam Heong	Hongkong Steam Fish Fillets	Chicken Pontay	Chicken Rendang	Oriental BBQ Chicken "Char Siew"	Fish 3 Rasa Thai Style	Kong Po Chicken
		Japanese Steam Eggs	Aromatic Chicken	Otak Otak	Steam Fish Salted Vegetables with tofu	Braised Kailan	Chicken Green Thai Curry	Oriental Curry Fish
	Asian	Braised Siew Pak Chow Mushroom	Kerabu Beancurd	Braised Sweet Turnip	Baked eggs Caserole	Fish Varuval- Indian	Sautee Thai Mix Vege	Mixed Vege Soya Sauce
		Thai Grill Chicken	Thai Fried Eggs	Perankan Fish Curry	Fried Beancurd Kerabu	Poh Piah	Thai Fried Eggs	Braised Tofu
		Japanese Rice	Pineapple Fried Rice	Steam Rice	Steam Rice	Briyani Rice	Fried Noodle	Fried Noodle
			Steam Rice			Fried Noodle	Steam Rice	Steam Rice
	Western	Chicken ala King	Grill Fish Lemon Sauce	KFC Style Chicken Wings	Fish Stew Provencal	Arabic Beef Kebab	BBQ Chicken Wings	Grilled Chicken tomato Sauce
		Mint Glaze Roast Lamb Shoulder	Duchess potato	Buttered Vegetables	Anti Pesto Vegetables	Tortilla Bread	Grilled Fish with Italian Herb	Provencal vegetable
	Vegetable Tartlets	Casadillas	Onion Tart	Home Mash potato	Condiment & sauce	Roasted Potato	Homemade Mash Potato	
	Hawaiian Pizza	Home Satay Chicken	Baked Lasagna - beef	Arabic Spice Chicken Roulette	Fries	Poach Broccoli in Garlic	Hawaiian Pizza	
Dessert	Fresh From Home Pastry daily 1x cake, 1x Tart/ Pie, 1X Pudding/ Western Jellies/ Panacota/ Puddings							

MENU

DINNER – SEPTEMBER 2019

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by **sodexo**

	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER WEEK 4	Sandwich	Couque Monsieur, Ham and Cheese, Chicken Breast, Spinach, Tuna Mousse, Choice Daily Bread (Daily 3 Breads)						
	Pasta LIVE Station	Pasta Aglio Olio, Creamy Carbonara, Pomodoro, Butter Squarch Sauce, Bolognaise, Creamy Napolitano, Madras Arabbiata, Creamy Rendang , Smoked BBQ sauce, Pasto (Daily 3 sauce)						
	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 4	<p>Salad : Crispy Leaves - Mix Leaf, Seasonal Leaf, Romaine Lettuce, Iceberg Lettuce (3 compartment) Colours- Cherry Tomatoes & Oregano, Carrot Noodles, Tri colour Peppers, Onion Rings, Shredded Red Cabbage Lemon Wedges, Pitted Olives, Pickle Chilies, Croutons, Fermented Pickles - Pickled Onions, Kimchee, Gherkin. Composite Salads - Sweet Potatoes, Waldoff Salad, Caesar Salad. Thai Rainbow Noodle Salad (Vermicelli Rice Noodles) Cold protein- Grilled Chicken Strips Bottle Dressings- Soya Ginger Vinaigrette, Light Mayonnaise, Honey Lemon, Herb Olive Oil, French Dressings, 1000 Island. (Daily 6 type) Dinner Fruits Platter</p>							
	Soup of the day	Miso Soup	Cream Of Chicken Soup	Tom Yam Soup	Home Made Mushroom Forestry	Mexican Corn Soup	Cream of Chicken & Mushroom Soup	Moroccan Vege Soup
	Choice of Bread	Tofu & Nori Paper	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread	Pita Bread, Soft roll, Bread Crouton.	Soft roll, Wholemeal Roll, Garlic Bread
	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu DINNER		Maki Sushi Rolls	Chic KutTeh	Tandoori Chicken	Chicken Rendang	Tom Yam Paste Chicken	Sweet Sour Fish	Chicken Kapitan
		Katsu Karage	Soya Braised Beancurd with Beancurd Skin	Dhalca	Steam Fish Salted Vegetables with tofu	Ikan Pari Bakar Banana leaf.	Ayam Berempah	Oriental Vege with Garlic
	Asian	Egg Temago	Braise Celery with Lotus Roots	Onion Pakora	Baked eggs Caserole	Egg Foo Yong	Acar Jelatah	Pajeri Nenas
		Tempura Vegetabes	Oriental Sautee Mushrooms	Lamb Briyani Curry	Fried Beancurd Kerabu	Sauteed Oriental Vege.	Mamak Fried Egg	Deep Fried Fish Sweet Sambal
		Japanese Rice	Yam Rice	Briyani Rice	Steam Rice	Steam Rice	Fried Noodle	Fried Noodle
				Papadum			Steam Rice	Steam Rice
		Roast Chicken Mango Salsa	Homemade Chicken Pie	Panfried Fish Fillet Bue Butter	Lamb Stew Provencal	Baked Chicken with Apricot	Grilled Chicken Orange Sauce	Roasted Chicken Au Jus
	Western	Poach Salmon Cream Mirapoix	Toad In a Hole	Baked Eggs Bacon Tartlet	Anti Pesto Vegetables	Grilled Fish with Dill Lemon Sauce	Battered Fried Fish	Grilled Fish Lemon Butter Sauce
		Vegetable Moussaka	Beef Skewers in Orange Glaze BBQ	Chicken Wrap & Roll	Home Mash potato	Homemade Mash Potato	Fried Straight Cut Fries	Home Mash potato
	Hawaiian Chicken Pizza	Baked Slice potato	Mixed Western Vege	Arabic Spice Chicken Roulette	Grilled Zucchini with Tomato Sauce	Western Vegetable	Baked Mac n Cheese	
	Dessert	Fresh From Home Pastry daily 1x cake, 1x Tart/ Pie, 1X Pudding/ Western Jellies/ Panacota/ Puddings						