

ELEMENTARY MENU

Week Of: Sep-17

Breakfast (2RM - Provided at Elementary Office)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

SET PRICE [RM11] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western				BQ Chicken	chicken parmargiana
	Asian					Kung Poa Fish
	Vegetarian					Vegetarian Rice Wrap V
Grains (Noodles/Rice/Fresh Baked)	Western					Penny Marinara
	Asian					Phad Thai Noodles
Vegetable (Seasonal, Fresh Veggies!)	Western					Steamed Corn & Carrot V
	Asian					Stir Fry Beansprout V
Fresh Fruit						Mixed Fruits V

Ala Carte Desserts & Beverages [RM2]						Infused Water, Milk & Juices
						Banana Bread Pudding

V - Vegan Offering (Contains no animal products; such as meat, fish, eggs, milk, cheese)

* Cezars Kitchen does not use pork or nuts in its recipes.

* Only certified Halal Chicken being used.



ELEMENTARY MENU

Week Of: 4-8 SEPT, 18-22 SEPT 21

Breakfast (2RM - Provided at Elementary Office)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Watermelon (V)	Mixed Fruits (V)	Yoghurt w. Granola	Papaya (V)	Blueberry Yoghurt

SET PRICE [RM11] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Chicken lasagna	England Chicken Pie	Fish tagine	Chicken Mushroom Carbonara	Beef Bolognese
	Asian	Mongolian Style Beef	Fish Curry W Okra	Bulgogi Chicken	Sweet&Sour Fish	Chicken Briyani
	Vegetarian	Vegetarian Canneloni	Vegetarian Rice Wrap V	Spagetti Oglio Olio V	Grill Vegetable W Herb V	Fry Tafo W Vegetable
Grains (Noodles/Rice/Fresh Baked)	Western	Soft Roll	Garlic Bread	Ciabatta V	Spagetti	Cheese Bread
	Asian	Jasmine Rice V	Malay Fried Rice	Jasmine Rice V	Jasmine Rice	Briyani Rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steam Mix Vegetables V	Broccoli Mornay	Roast Potato & Pumpkin V	Mix Vegetables V	Corn & Cob
	Asian	Stir Fry Okra V	Fry Bok Choy V	Stir Fry Chinese Cabbage V	Fried Spinach V	Stir Fry Cabbage Indian
Fresh Fruit		Orange Wedges V	Honeydew V	Mixed Fruits V	Watermelon V	Yellow Watermelon

Ala Carte Desserts & Beverages [RM2]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices
	Apple Cinnamon Cake	Banana Muffin	Orange Cake	Red Velvet Cake	Carrot Cake



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ELEMENTARY MENU

CEZARS
CATERING

Week Of: 11-15 SEPT. 25-29 SE.

Breakfast		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(ZRM - Provided at Elementary Office)		FRENCH TOAST	CHEESE BURITTO	OMELETTE	CLASSIC EGG MUFFIN	TORTILLA MAGARITA PIZZA

SET PRICE [RM11] <small>Includes: main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	BASIL PESTO CHICKEN	COCONUT CRUSTED FISH	FISH IRISH TAGINE	CHICKEN PIE	BEEF BOLOGNESE
	Asian	CURRY FISH W CHICK PEAS	STEAMED CHIC W SOY SAUCE	TANDOORI CHICKEN	THAI GREEN CURRY FISH	CHICKEN TIKKA MASALA
	Vegetarian	VEGETARIAN CURRY	COUS-COUS	VEGETARIAN RICE WRAP	VEGETARIAN SAMOSA	VEGETABLE DUMPLING
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	MASHED POTATO	PARMESAN BREAD	SOFT ROLL	SPAGHETTI AGLIO OLIO	HERB BREAD
	Asian	JASMINE RICE	BROWN RICE	JASMINE RICE	FRAGRANT RICE	KAMPUNG FRIED RICE
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	HONEY GLAZED CARROT	SAUTEED FRENCH BEAN	SPICED POTATO	STEAMED BROCCOLI	COLIFLOWER MONAY
	Asian	STIR FRIED CABBGE	RAMPAI SARI VEGETABLE	STIR FRIED LONG BEAN	STIR FRY KAILAN	SAUTEED BOK CHOY
Fresh Fruit		YELLOW WATERMELON	PAPAYA	HONEY DEW	PINEAPPLE	ROCK MELON
Ala Carte Desserts & Beverages [RM2]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices
	Apple Cinnamon Cake	Banana Muffin	Orange Cake	Red Velvet Cake	Carrot Cake	



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BASIL PESTO CHICKEN
CURRY FISH W CHICK PEAS
VEGETARIAN CURRY

MASHED POTATO

JASMINE RICE

HONEY GLAZE CARROT

STIR FRIED CABBAGE

YELLOW WATERMELON

SECONDARY MENU

Week Of: 1-Sep-17

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					RM4.00 (RM3.00)
					Roti kaya (rm3.00)
					Roti Canai W Curry (RM3.00)
					Pan Cake (RM3.00)

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western					Chicken Parmatgiana V
	Asian					Kung Poa Fish
	Vegetarian					Vegetarian Rice Wrap V
Grains (Noodles/Rice/Fresh Baked)	Western					Penne Marinara
	Asian					Phad Thai Noodles
Vegetable (Seasonal, Fresh Veggies!)	Western					Steamed Corn & Carrot V
	Asian					Stir Fry Beansprout
Fresh Fruit						Mixed Fruits V

Ala Carte Desserts & Beverages [RM2]						Infused Water, Milk & Juices
						Banana Cake

Panini Bar Sandwiches & Wraps [RM10]						BBQ chicken
						Pesto Chicken
						Chicken Wrap

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SECONDARY MENU

Week Of: 4-8 SEPT, 18-22 SEPT 2

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast w. Jam (RM3.00)	BBQ Chicken Puff (RM3.00)	Chocolate Muffin RM3.00	Cheddar Scones (RM3.00)	Nasi Lemak w. Condiments (RM4.00)
	Roti Canai w. Dhall (V) (RM3.00)	Mini Croissant (RM3.00)	Chicken Buritto (RM3.00)	Roti Kaya w. Butter (RM3.00)	Whole meal Pancake (RM3.00)
	Mixed Fruits (V) (RM3.00)	Oven Baked Beignets (RM3.00)	omelette Cheese (RM3.00)	Roti Canai w. Dhall (V) (RM3.00)	Doughnut (RM3.00)
	Chocolate Stick (RM3.00)	Cheese Omelette (RM4.00)	Chocolate Stick (RM3.00)	Cheese Omelette (RM4.00)	Tomato Cheese Pizza (RM3.00)

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Chicken lasagne	England Chicken Pie	Fish Tagine	Chicken mushroom Carbonara	Beef Bolognese
	Asian	Mongolian Style Beef	Fish Curry W Okra	Bulgogi Chicken	Sweet&sour Fish	Chicken Briyani
	Vegetarian	Vegetarian Cannelloni	Vegetarian Rice Wrap V	Spaghetti Ooglio Olio V	Grill Vegetable W herb	Fry Tofu W Vegetable
Grains (Noodles/Rice/Fresh Baked)	Western	Soft Roll	Garlic Bread	Ciabatta V	Spaghetti	Cheese Bread
	Asian	Jasmine Rice V	Malay Fried Rice	Jasmine Rice V	Jasmine Rice	Briyani Rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steam Mix Vegetables V	Broccoli Mornay	Roast Potato&Pumpkin V	Mix Vegetables V	Corn & Cob
	Asian	Stir Fry Okra V	Stir Fry Bok Choy	Stir FryChinese Cabbage V	Fried Spinach V	Stir Fry Cabbage indian
Fresh Fruit		Orange Wedges V	Honey Dew V	Mixed Fruits V	Watermelon V	Yellow Watermelon

Ala Carte Desserts & Beverages [RM2]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices
	Chocolate Brownie	Carrot Cake	Orange Cake	Pumpkin Cake	Chocolate Cake

Panini Bar Sandwiches & Wraps [RM10]	BBQ chicken	Breaded Fish	Turkey w. Cheese	Pesto Chicken	BBQ chicken
	Turkey w. Cheese	Tandoori Chicken	Satay Chicken	3 Bean Wrap	Vegetarian Wrap w. Salsa
	Pesto Chicken	Vegetarian Wrap w. Salsa	Chicken Wrap	BBQ chicken	Turkey w. Cheese

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SECONDARY MENU

Week Of: 11-15 SEPT, 25-29 SE

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MALAYSIA FRIED RICE (RM4.00)	ROTI CANAI W CURRY (RM3.00)	FRENCH TOAST (RM3.00)	KUIH TIOW SOUP (RM4.00)	STIR FRIED MEE HOON (RM4.00)
	SUNNY SIDE UP EGG (RM2.00)	SCRAMBLE EGG (RM2.00)	OMELETTE CHEESE (RM4.00)	CLASSIC EGG MUFFIN (RM4.00)	WHOLEMEAL CLASSIC DOUGHNUT (RM3.00)
	MINI CROISSANT SANDWICHES (RM4.00)	STIR FRIED RAMEN NOODLE (RM4.00)	ROTI KAYA W BUTTER (RM4.00)	OATMEAL CHOCOLATE CHIP MUFFIN (RM3.00)	ROTI CANAI W CURRY (RM3.00)
	EGG BURITTO (RM4.00)	CHEESE BURITTO (RM4.00)	SAUSAGE ROLL (RM3.00)	CHICKEN BURITTO (RM4.00)	TORTILLA MARGARITA PIZZA (RM4.00)

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	BASIL PESTO CHICKEN	COCONUT CRUSTED FISH	FISH IRISH TAGINE	CHICKEN PIE	BEEF BOLOGNESE
	Asian	CURRY FISH W CHICK PEAS	STEAMMED CHICKEN W SOY SAUCE	TANDOORI CHICKEN	THAI GREEN CURRY FISH	CHICKEN TIKKA MASALA
	Vegetarian	VEGETARIAN CURRY	COUS-COUS	VEGETARIAN RICE WRAP	VEGETARIAN SAMOSA	VEGETABLE DUMPLING
Grains (Noodles/Rice/Fresh Baked)	Western	MASHED POTATO	PARMESAN BREAD	SOFT ROLL	SPAGHETTI AGLIO OLIO	HERB BREAD
	Asian	JASMINE RICE	BROWN RICE	JASMINR RICE	THAI FRAGRANT RICE	KAMPUNG FRIED RICE
Vegetable (Seasonal, Fresh Veggies!)	Western	HONEY GLAZE CARROT	SAUTEED FRENCH BEAN	SPICED POTATO	STEAMMED BROCCOLI N CARROT	COLIFLOWER MONAY
	Asian	STIR FRIED CABBAGE	RAMPAI SARI VEGETABLE	STIR FRY LONG BEAN	STIR FRIED KAILAN	SAUTEED BOK CHOY
Fresh Fruit		YELLOW WATERMELON	PAPAYA	HONEY DEW	PINEAPPLE	ROCK MELON

Ala Carte Desserts & Beverages [RM2]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices
	BREAD BUTTER PUDING	RAISIN BUTTER CAKE	PUMPKIN CAKE	ORANGE CAKE	BANANA CAKE

Panini Bar Sandwiches & Wraps [RM10]	BBQ chicken	Fish Breaded w Cheese	Satay Chicken	Pesto Chicken	Satay Chicken
	Pesto Chicken	Turkey w. Cheese	BBQ chicken	Breaded Fish	Turkey w. Cheese
	Chicken Wrap	Vegetarian Wrap w. Salsa	Asian Beef Salad Wrap	3 Bean Wrap	Chicken Kebab

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