| Week 2                                      | Monday 7th                                                                                                                                                                                                                       | March 2022                                                                                                                                                                                                                       |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 2                                      | ES (RM11)                                                                                                                                                                                                                        | SS (RM12)                                                                                                                                                                                                                        |
|                                             | Grilled Fish with Dill Sauce                                                                                                                                                                                                     | Grilled Fish with Dill Sauce                                                                                                                                                                                                     |
| Western Set Meal Lunch                      | Tossed Spiral Pasta Aglio Olio                                                                                                                                                                                                   | Tossed Spiral Pasta Aglio Olio                                                                                                                                                                                                   |
|                                             | Steamed Herbs Broccoli<br>Mixed Fruit                                                                                                                                                                                            | Steamed Herbs Broccoli<br>Mixed Fruit                                                                                                                                                                                            |
|                                             | Mixed Fruit Chicken Kurma with Potatoes                                                                                                                                                                                          | Mixed Fruit Chicken Kurma with Potatoes                                                                                                                                                                                          |
| Asian Set Meal Lunch                        | Steamed Jasmine Rice                                                                                                                                                                                                             | Steamed Jasmine Rice                                                                                                                                                                                                             |
|                                             | Stir Fry Cabbage with Tumaric                                                                                                                                                                                                    | Stir Fry Cabbage with Tumaric                                                                                                                                                                                                    |
|                                             | Mixed Fruit                                                                                                                                                                                                                      | Mixed Fruit                                                                                                                                                                                                                      |
| Vegetarian Set Meal Lunch                   | Vegetable Ratatouille Zuchini and Red Bean                                                                                                                                                                                       | Vegetable Ratatouille Zuchini and Red Bean                                                                                                                                                                                       |
|                                             | Tossed Macaroni                                                                                                                                                                                                                  | Tossed Macaroni                                                                                                                                                                                                                  |
|                                             | Mixed Fruit                                                                                                                                                                                                                      | Mixed Fruit                                                                                                                                                                                                                      |
|                                             |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                  |
| Week 2                                      | Tuesday 8th                                                                                                                                                                                                                      |                                                                                                                                                                                                                                  |
| Western Set Meal Lunch                      | ES (RM11)                                                                                                                                                                                                                        | SS (RM12)                                                                                                                                                                                                                        |
|                                             | Fish and Chip<br>French Fries                                                                                                                                                                                                    | Fish and Chip                                                                                                                                                                                                                    |
|                                             | Mix Cabbage Coleslaw                                                                                                                                                                                                             | French Fries<br>Mix Cabbage Coleslaw                                                                                                                                                                                             |
|                                             | Mix Cabbage Colesiaw  Honeydew                                                                                                                                                                                                   | Mix Cabbage Colesiaw  Honeydew                                                                                                                                                                                                   |
|                                             | Crispy Sesame Chicken                                                                                                                                                                                                            | Crispy Sesame Chicken                                                                                                                                                                                                            |
| Asian Set Meal Lunch                        | Chinese Fried Rice                                                                                                                                                                                                               | Chinese Fried Rice                                                                                                                                                                                                               |
|                                             | Stir Fry Long Bean with Mushroom                                                                                                                                                                                                 | Stir Fry Long Bean with Mushroom                                                                                                                                                                                                 |
|                                             | Honeydew                                                                                                                                                                                                                         | Honeydew                                                                                                                                                                                                                         |
| Vegetarian Set Meal Lunch                   | Tomato Shakshuka with Nachos                                                                                                                                                                                                     | Tomato Shakshuka with Nachos                                                                                                                                                                                                     |
|                                             | French Fries                                                                                                                                                                                                                     | French Fries                                                                                                                                                                                                                     |
|                                             | Honeydew                                                                                                                                                                                                                         | Honeydew                                                                                                                                                                                                                         |
|                                             |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                  |
| Week 2                                      |                                                                                                                                                                                                                                  | th March 2022                                                                                                                                                                                                                    |
|                                             | ES (RMII)                                                                                                                                                                                                                        | SS (RM12)                                                                                                                                                                                                                        |
| Western Set Meal Lunch                      | Chicken Bolognese<br>Tossed Spaghetti with Herbs Oil                                                                                                                                                                             | Chicken Bolognese<br>Tossed Spaghetti with Herbs Oil                                                                                                                                                                             |
|                                             | Steamed Broccoli                                                                                                                                                                                                                 | Steamed Broccoli                                                                                                                                                                                                                 |
|                                             | Orange Sliced                                                                                                                                                                                                                    | Orange Sliced                                                                                                                                                                                                                    |
|                                             | Fish Massamam Curry                                                                                                                                                                                                              | Fish Massamam Curry                                                                                                                                                                                                              |
| Asian Set Meal Lunch                        | Steamed Rice                                                                                                                                                                                                                     | Steamed Rice                                                                                                                                                                                                                     |
|                                             | Stir Fry Okra with Potatoes                                                                                                                                                                                                      | Stir Fry Okra with Potatoes                                                                                                                                                                                                      |
|                                             | Orange Sliced                                                                                                                                                                                                                    | Orange Sliced                                                                                                                                                                                                                    |
| Vegetarian Set Meal Lunch                   | Vegetable Dhall Curry with Eggplant                                                                                                                                                                                              | Vegetable Dhall Curry with Eggplant                                                                                                                                                                                              |
|                                             | Steamed Rice                                                                                                                                                                                                                     | Steamed Rice                                                                                                                                                                                                                     |
|                                             | Orange Sliced                                                                                                                                                                                                                    | Orange Sliced                                                                                                                                                                                                                    |
|                                             |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                  |
| Week 2                                      | Thursday 10th                                                                                                                                                                                                                    |                                                                                                                                                                                                                                  |
|                                             | ES (RM11)<br>Cajun Grilled Chicken                                                                                                                                                                                               | SS (RM12) Cajun Grilled Chicken                                                                                                                                                                                                  |
|                                             | Tossed Penne with Pesto                                                                                                                                                                                                          | Tossed Penne with Pesto                                                                                                                                                                                                          |
| Western Set Meal Lunch                      | Au Gratin Broccoli                                                                                                                                                                                                               | Au Gratin Broccoli                                                                                                                                                                                                               |
|                                             | Yellow Watermelon                                                                                                                                                                                                                | Yellow Watermelon                                                                                                                                                                                                                |
|                                             | Steamed Fish with Oyster and Ginger Sauce                                                                                                                                                                                        | Steamed Fish with Oyster and Ginger Sauce                                                                                                                                                                                        |
| Asian Set Meal Lunch                        | Tomyun Fried Noodles                                                                                                                                                                                                             | Tomyun Fried Noodles                                                                                                                                                                                                             |
| Asian Set Meai Lunch                        | Sauteed Bean Sprout with Garlic                                                                                                                                                                                                  | Sauteed Bean Sprout with Garlic                                                                                                                                                                                                  |
|                                             | Yellow Watermelon                                                                                                                                                                                                                | Yellow Watermelon                                                                                                                                                                                                                |
|                                             | Baked Broccoli                                                                                                                                                                                                                   | Baked Broccoli                                                                                                                                                                                                                   |
| Vegetarian Set Meal Lunch                   | Pesto Spaghetti                                                                                                                                                                                                                  | Pesto Spaghetti                                                                                                                                                                                                                  |
|                                             | Yellow Watermelon                                                                                                                                                                                                                | Yellow Watermelon                                                                                                                                                                                                                |
|                                             | Friday 11th I                                                                                                                                                                                                                    | March 2022                                                                                                                                                                                                                       |
| Week 2                                      | ES (RM11)                                                                                                                                                                                                                        | SS (RM12)                                                                                                                                                                                                                        |
|                                             |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                  |
|                                             | Grilled Fish with Tarta Sauce                                                                                                                                                                                                    | Grilled Fish with Tarta Sauce                                                                                                                                                                                                    |
|                                             | Grilled Fish with Tarta Sauce                                                                                                                                                                                                    | Grilled Fish with Tarta Sauce                                                                                                                                                                                                    |
| Western Set Meal Lunch                      |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                  |
| Western Set Meal Lunch                      | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes                                                                                                                                                                       | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes                                                                                                                                                                       |
| Western Set Meal Lunch                      | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes<br>Sauteed French Bean with Herbs                                                                                                                                     | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes<br>Sauteed French Bean with Herbs                                                                                                                                     |
|                                             | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes<br>Sauteed French Bean with Herbs<br>Red Watermelon                                                                                                                   | Grilled Fish with Tarta Sauce<br>Roasted Parmesan Potatoes<br>Sauteed French Bean with Herbs<br>Red Watermelon                                                                                                                   |
| Western Set Meal Lunch Asian Set Meal Lunch | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca                                                | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca                                                |
|                                             | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelion Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelion                               | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelon                                 |
| Asian Set Meal Lunch                        | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelon Deep Fry Tofu with Korean Sauce | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelon Deep Fry Tofu with Korean Sauce |
|                                             | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelion Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelion                               | Grilled Fish with Tarta Sauce Roasted Parmesan Potatoes Sauteed French Bean with Herbs Red Watermelon Fried Chicken Berempah Steamed Sesame Rice Vegetable Brinjal and Okra Dalca Red Watermelon                                 |