

ELEMENTARY MENU

Week Of: SEPTEMBER 5-9 19-23

Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3RM - Provided at Elementary Office)	Egg wraps	Chicken Sandwich	Plain Muffin	Egg toast	Plain croissant

SET PRICE [RM11] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Roasted Pesto Chicken	Grilled Herbs Fish with Lemon Sauce	Grilled Chicken with Mushroom Sauce	Oven Baked Fish With Tomato And Cilantro	Chicken Bolognese
	Asian	Steamed Fish with Ginger Sauce	Indian Chicken Curry with Potatoes	Crispy Saseme Fish with Egg Drop Sauce	Kung Pao Chicken	Steamed Ginger Fish with Sauce
	Vegetarian	Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli And Bean	Stir Fry Tempe with Soon Vegetable	Crispy Tofu With Mushroom Sauce	Baked Tomato Pasta with Spinach and Chick Peas
Grains (Noodles/Rice/Fresh Baked)	Western	Pilaf Steamed Rice	Tossed Tri-Colour Pasta with Olive Oil	Steamed Potatoes with Rosemary Herbs	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Chinese Fried Noodles	Steamed Basmati Rice	Golden Fried Rice	Steamed Jasmin Rice	Chinese Fried rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Carrot and Garlic Herbs	Grilled Tomato And Basil Stew	Steamed Broccoli	Steamed French Bean with Butter	Steamed Green Peas and Carrot
	Asian	Stir Fried Bak Choy with Tofu Soy	Stir Fry Cabbage with Mustard Seed	Stir fry Kailan with Crispy Garlic	Pad Raunit Vegetable with Lemon grass	Stir Fry Long Bean
Fresh Fruit		Yellow Watermelon V	Mixed Fruit V	Orange Slice V	Honeydew V	Whole Fruit day (Red Apple)

Ala Carte Desserts & Beverages [RM2]	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NIL	Nil	NIL	NIL	NIL
	NIL	NIL	Nil	NIL	NIL



Sneak Peek into Nutrition
with Cezars Kitchen!



The Health Benefits of Cabbage

-  Having a little cold? Cabbage may fight of cold as it is packed with Vitamin C!
-  Eating cabbage might help with your digestion as it is high in fiber!
-  The potassium in cabbage could lower your blood pressure!
-  Vitamin K in cabbage might help to clot your blood during which you're injured!

Let's enjoy **Cabbage** this week in
from our lunch menu !



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: SEPTEMBER 12-16 26-30

Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3RM - Provided at Elementary Office)	Plain Croissant	Plain Muffin	Sausage Puff Roll	Cheese Toast	Egg wraps

SET PRICE [RM11] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Steamed Pumpkin and Potatoes	Crispy Fish with Tartar Sauce	Pan Seared Cajun Chicken	Oven Baked Fish with Tomato Sauce	Rosted Barbeque Honey Chicken
	Asian	Mushroom Egg foo Young	Thai Basil chicken	Crispy Fried Fish With Black Fungus Sauce	Roasted Chicken Sesame Sauce	Steamed Ginger Fish With Scallion and Crispy Garlic
	Vegetarian	MEATLESS MONDAY	Thai Sauteed Brinjal and Crispy Tofu	Stuffed Tofu with Beansprout and Thai Sauce	Roasted Pumpkin Pasta With Green Peas Pure	Crispy Japanese Tofu Roll with Korean Sauce
Grains (Noodles/Rice/Fresh Baked)	Western	Tossed Spaghetti with Kale and ChickPeas	French Fries	Tossed Spaghetti with Pomodoro Sauce	Tossed Penne with Lemon and Pepper Oil	Tossed Spaghetti
	Asian	Steam Jasmine Rice	Steamed Jasmine Rice	Dry Yee Mee Noodle	Ginger Steamed Rice	Fried Dry Ramen Noodles
Vegetable (Seasonal, Fresh Veggies!)	Western	Grilled Tomato with Olive oil	MIX Coleslaw with Corn	Sauteed French Bean with Butter	Oven Baked Carrot with Herbs	Steamed Broccoli with Hebs
	Asian	Sauteed Beansprot with Fried Tempe	Stir Fry Long Bean with Mushroom	Steamed Pak Choy with Crispy Garlic	Sauteed Fry Bean Sprout with Garlic	Stir Fry Napa Cabbage with Black Mushroom
Fresh Fruit		Red Watermelon	Honeydew V	Orange Slice V	Yellow Watermelon V	Red Watermelon V

Ala Carte Desserts & Beverages [RM2]	NIL	NIL	NIL	NIL	NIL
	NIL	NIL	NIL	NIL	NIL



**Sneak Peek into Nutrition
with Cezars Kitchen!**



Health Benefits of Tomato

-  Tomato is high in antioxidant called lycopene, which may reduce the risk of heart disease.
-  Tomato may improve bone health as it contains
-  Lycopene in tomato is good for skin health as it protects against sunburn



Let's enjoy **Tomato** this week from our lunch menu!

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SECONDARY MENU

Week Of: SEPTEMBER 5-9 19-23

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chinese Fried Rice	Nasi Lemak	Kampung Fried Rice	Roti Canai with Curry Dhall	Maccaroni Fried with Egg
	Fried Malay Noodles	Kuey Teow with Chicken Broth	Vits Fried Noodles	Malay Fried Rice	Noodels Soup
	Scremble Egg	Sunny Side Up Egg	Tuna Puff	Omelet Cheese Egg	Chicken Wrap
	Hashbrown	Grilled Sausage	Salad Bowl with Grilled Chicken	Potatoes Curry Puff	Grilled Beef Bacon

SET PRICE [RM12] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	Roasted Pesto Chicken	Grilled Herbs Fish with Lemon Sauce	Grilled Chicken with Mushroom Sauce	Oven Baked Fish With Tomato And Cilantro	Chicken Bolognese
	Asian	Steamed Fish with Ginger Sauce	Indian Chicken Curry with Potatoes	Crispy Sasame Fish with Egg Drop Sauce	Kung Pao Chicken	Steamed Ginger Fish with Sauce
	Vegetarian	Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli And Bean	Stir Fry Tempe with Soon Vegetable	Crispy Tofu With Mushroom Sauce	Baked Tomato Pasta with Spinach and Chick Peas
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Pilaf Steamed Rice	Tossed Tri-Colour Pasta with Olive Oil	Steamed Potatoes with Rosemerry Herbs	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Chinese Fried Noodles	Steamed Basmati Rice	Golden Fried Rice	Steamed Jasmin Rice	Chinese Fried rice
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Steamed Carrot and Garlic Herbs	Grilled Tomato And Basil Stew	Steamed Broccoli	Steamed French Bean with Butter	Steamed Green Peas and Carrot
	Asian	Stir Fried Bak Choy with Tofu Soy	Stir Fry Cabbage with Mustard Seed	Stir fry Kailan with Crispy Garlic	Pad Raunit Vegetable with Lemon grass	Stir Fry Long Bean
Fresh Fruit		Yellow Watermelon V	Mix Fruit V	Orange Slice V	Honeydew V	Whole Fruit day (Red Apple)

Ala Carte Desserts & Beverages [RM4]	Infused Water, Milk & Juices				
	Vanilla Muffin	Carrot Cake	Chocolate Roll	Apple Puff	Cinnamon Roll

Panini Bar Sandwiches & Wraps [RM10]	Cajun Grilled Chicken	Spicy Chicken Patty	Beef Bacon	Steamed Sasame Chicken	Black Papper Chicken
	Scamble Egg mayo	Crispy Fish	Roasted Chicken	Grilled Chicken Ham	Pepperroni Chicken
	Vegetable Grilled/fresh Salad				

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SECONDARY MENU

Week Of: SEPTEMBER 12-16 26-30

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nasi goreng Ayam	Nasi Lemak with Condiments	Kuey Teow Soup	Roti Canai with Chicken Curry	HongKong Fried Noodles
	Chinies Chicken Porridge	Noodles Soup With BBQ Chicken	Curry Fried Rice with Chicken	Ramen Fried Noodles	Vanilla Pan Cake with Syurup
	Tuna Puff	Hash Brown	Carbonara Puff Roll	French toast	Egg Muffin
	Chicken Club Sandwich	Plain Croissant	Scremble Egg	Grilled Sausage	Sunny Side Up

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Steamed Pumpkin and Potatoes	Crispy Fish with Tarta Sauce	Pan Sear Cajun Chicken	Oven Baked Fish with Tomato Sauce	Rosted Barbeque Honey Chicken
	Asian	Mushroom Egg foo Young	Thai Basil chicken	Crispy Fried Fish With Black Fungus Sauce	Roasted Chicken Saseme Sauce	Steamed Ginger Fish With Scallion and Crispy Garlic
	Vegetarian	MEATLESS MONDAY	Thai Sauteed Brinjal and Crispy Tofo	Stuffed Tofu with Beansprout and Thai Sauce	Roasted Pumpkin Pasta With Green Peas Pure	Crispy Japenese Tofu Roll with Korean Sauce
Grains (Noodles/Rice/Fresh Baked)	Western	Tossed Spaaggetti with Kale and ChickPeas	French Fries	Tossed Spaghetti with Pomodoro Sauce	Tossed Penne with Lemon and Pepper Oil	Tossed Spaghetti
	Asian	Steam Jasmine Rice	Steamed Jasmine Rice	Dry Yee Mee Noodle	Ginger Steamed Rice	Fried Dry Ramen Noodles
Vegetable (Seasonal, Fresh Veggies!)	Western	Grilled Tomato with Olive oil	MiX Coleslaw with Corn	Sauteed French Bean with Butter	Oven Baked Carrot with Herbs	Steamed Broccoli with Hebs
	Asian	Sauteed Beansprot with Fried Tempe	Stir Fry Long Bean with Mushroom	Steamed Pak Choy with Crispy Garlic	Sauteed Fry Bean Sprout with Garlic	Stir Fry Napa Cabbage with Black Mushroom
Fresh Fruit		Red Watermelon	Honeydew V	Orange Slice V	Yellow Watermelon V	Red watermelon

Ala Carte Desserts & Beverages [RM4]	Infused Water, Milk & Juices				
		Chocolate Cake	Vanilla Muffin	Cinnamon Roll	Butter Croissant

Panini Bar Sandwiches & Wraps [RM10]	Hashbrown	Chicken Pop Corn	Beef Bacon	Grilled Fish with Dill	Grilled Paprika Chicken
	Sauteed Tomato and Basil	Sauted Vegetable Hummus	Roasted Papper Chicken	Grilled Chicken Patty	Pepperroni Chicken
		Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad

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