

Week Of: **NOVEMBER 1-4 14-18**

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

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Roasted Chicken with Black Pepper Sauce	Grilled Herbs Fish with Lemon Butter Sauce	Creamy Mushroom Chicken	Oven Baked Fish with Dill Aioli Sauce	Chicken Bolognese
	Asian	Crispy Fish with Asam Nyonya Sauce	Katsu Chicken Curry	Steam Fish with Ginger and Scallion	Chicken Adobo	Baked Fish with Saseme Soy and Crispy Garlic
	Vegetarian	Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli and Chick Peas	Stir Fry Tempe with Long Bean and Egg	Crispy Tofu With Mushroom Black Sauce	Baked Tomato Pasta with Roasted Pumpkin
Grains (Noodles/Rice/Fresh Baked)	Western	Pilaf Steamed Rice	Tossed Panne With Promodoro Sauce	Tossed Spiral Pasta	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Steamed Jasmin Rice	Japenese Steamed Rice	Dry Yee Mee Noodels	Steamed Jasmin Rice with Herbs	Chinese Fried rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Carrot and Garlic Herbs	Steamed French Bean with Garlic Oil	Steamed Broccoli	Steamed French Bean with Butter	Corn on Cob
	Asian	Stir Fry Long Bean With Egg	Sauted Nappa Cabbage with Roasted Saseme	Stir fry Kailan with Crispy Garlic	Stir Fry Tau Miu With Bean Curd	Sauted Cabbage with Mushroom
Fresh Fruit		Yellow Watermelon V	Mixed Fruit V	Orange Slice V	Honeydew V	Whole Banana

Ala Carte Desserts & Beverages [RM2]	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: NOVEMBER 7-11 21-25

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

SET PRICE [RM12] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Potatoes Jacket with Sour Cream	Crispy Fish with Tartar Sauce	Chicken Tender with Honey Glazed and Garlic	Oven Baked Fish with Tomato Creamy Sauce	Chicken Snitzel With Black Pepper Sauce
	Asian	Japenese Tofu Roll with Enoki Mushroom Sauce	Korean BBQ Chicken	Crispy Fried Fish With Sweet and Sour Sauce	Roasted Chicken with Terriyaki Sauce	Steamed Fish with Egg Drop Soy Sauce
	Vegetarian	MEATLESS MONDAY	Crispy Egg with Kapaw Sauce (Served with Steamed Rice)	Stuffed Tofu with Beansprout and Thai Sauce	Vetetarian Egg Fuyong with Japenese Tofu	Crispy Japenese Tofu Roll with Korean Sauce
Grains (Noodles/Rice/Fresh Baked)	Western	Spirial Pasta with Promodoro Sauce	Steamed Pilaf Herbs Rice	Tossed Spaghetti with Marinara Sauce	Roasted Potatoes with Butter Herbs	Tossed Penne with Butter
	Asian	Garlic Fried Rice	Singapore Fried Noodles	Steamed Jasmin Rice	Fried Dry Ramen Noodles	Steamed Jasmin Rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Green Peas with Butter	MiX Coleslaw with Corn	Sauteed French Bean with Butter	Steamed Broccoli with Oregano Oil	Baked Cauliflower Au Gratin
	Asian	Stir fry Nappa Cabbage with Scalion	Sauteed Long Brinjal with Soy	Stir Fry Long Bean with Garlic	Sauteed Bean Sprout with Crispy Garlic	Stir Fry Cabbage with 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!



Week Of: **NOVEMBER 1-4 14-18**

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 [RM13] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Roasted Chicken with Black Papper Sauce	Grilled Herbs Fish with Lemon Butter Sauce	Creamy Mushroom Chicken	Oven Baked Fish with Dill Aioli Sauce	Chicken Bolognese
	Asian	Crispy Fish with Asam Nyonya Sauce	Katsu Chicken Curry	Steam Fish with Ginger and Scallion	Chicken Adobo	Baked Fish with Saseme Soy and Crispy Garlic
	Vegetarian	Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli and Chick Peas	Stir Fry Tempe with Long Bean and Egg	Crispy Tofu With Mushroom Black Sauce	Baked Tomato Pasta with Roasted Pumpkin
Grains (Noodles/Rice/Fresh Baked)	Western	Pilaf Steamed Rice	Tossed Panne With Promodoro Sauce	Tossed Spiral Pasta	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Steamed Jasmin Rice	Japenese Steamed Rice	Dry Yee Mee Noodels	Steamed Jasmin Rice with Herbs	Chinese Fried rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Carrot and Garlic Herbs	Steamed French Bean with Garlic Oil	Steamed Broccoli	Steamed French Bean with Butter	Corn on Cob
	Asian	Stir Fry Long Bean With Egg	Sauted Nappa Cabbage with Roasted Saseme	Stir fry Kailan with Crispy Garlic	Stir Fry Tau Miu With Bean Curd	Sauted Cabbage with Mushroom
Fresh Fruit		Yellow Watermelon V	Mix Fruit V	Orange Slice V	Honeydew V	Whole Banana

Ala Carte Desserts & Beverages [RM4]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	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 Saseme Chicken	Black Papper Chicken
	Scamble Egg mayo	Crispy Fish	Roasted Chicken	Grilled Chicken Ham	Pepperroni Chicken
	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad	Vegetable Grilled/fresh Salad

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.

Week Of: NOVEMBER 7-11 21-25

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 [RM13] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Potatoes Jacket with Sour Cream	Crispy Fish with Tartar Sauce	Chicken Tender with Honey Glazed and Garlic	Oven Baked Fish with Tomato Creamy Sauce	Chicken Snitzel With Black Pepper Sauce
	Asian	Japenese Tofu Roll with Enoki Mushroom Sauce	Korean BBQ Chicken	Crispy Fried Fish With Sweet and Sour Sauce	Roasted Chicken with Terriyaki Sauce	Steamed Fish with Egg Drop Soy Sauce
	Vegetarian	MEATLESS MONDAY	Crispy Egg with Kapaw Sauce (Served with Steamed Rice)	Stuffed Tofu with Beansprout and Thai Sauce	Vetetarian Egg Fuyong with Japenese Tofu	Crispy Japenese Tofu Roll with Korean Sauce
Grains (Noodles/Rice/Fresh Baked)	Western	Spirial Pasta with Promodoro Sauce	Steamed Pilaf Herbs Rice	Tossed Spaghetti with Marinara Sauce	Roasted Potatoes with Butter Herbs	Tossed Penne with Butter
	Asian	Garlic Fried Rice	Singapore Fried Noodles	Steamed Jasmin Rice	Fried Dry Ramen Noodles	Steamed Jasmin Rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Green Peas with Butter	MIX Coleslaw with Corn	Sauteed French Bean with Butter	Steamed Broccoli with Oregano Oil	Baked Cauliflower Au Gratin
	Asian	Stir fry Nappa Cabbage with Scalion	Sauteed Long Brinjal with Soy	Stir Fry Long Bean with Garlic	Sauteed Bean Sprout with Crispy Garlic	Stir Fry Cabbage with Mushroom
Fresh Fruit		Red Watermelon	Honeydew V	Orange Slice V	Yellow Watermelon V	Red watermelon

Ala Carte Desserts & Beverages [RM4]	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	Infused Water, Milk & Juices	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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