

ELEMENTARY MENU

Week Of: DECEMBER 1-2 12-16

Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3RM - Provided at Elementary Office)					

SET PRICE [RM12] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	Roasted Barbecue Chicken	Grilled Herb Fish with Chimichurri Sauce	Creamy Pesto Chicken	Ovend Baked Fish with Tomato and Cilantro	Tuscan Pepered Chicken
	Asian	Crispy Fish with Mongolian Sauce	Chicken 69 with Crispy Shallots	Steamed Fish with Ginger and Scallions	Apple Chicken with Sesame Seed	Saseme Soy Chicken with Scallion
	Vegetarian	Crispy Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli and Chickpeas	Stir Fry Tempeh with Long Bean and Egg	Crispy Tofu with Kapow Sauce	Baked Tomato Pasta with Roasted Pumpkin
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Steamed Butter Rice with Herbs	Roasted Potatoes	Tossed Spiral Pasta	Tossed Spaghetti And Garlic Oil	Steamed Smash Potatoes
	Asian	Singapore Fried Noodles	Steamed Briyani Gum with Chickpeas	Dry Yee Mee Noodles	Steamed Jasmine Rice	Steamed Ginger Rice
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Honeyed Carrots	Au Gratin Broccoli with Cheese	Sauteed Carrots	Steamed French Bean with Garlic	Corn on Cob
	Asian	Stir Fry Long Cabbage With Egg	Turmeric Stir Fry Cabbage	Stir fry Kailan with Crispy Garlic	Stir Fry Tau Miu With Bean Curd	Steamed Bean Sprout with Crispy Garlic
Fresh Fruit		Yellow Watermelon V	Mixed Fruit V	Orange Slices V	Honeydew Melon V	Whole Banana





Ala Carte Desserts & Beverages [RM2]	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NIL	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: DECEMBER 5-9

Breakfast <small>(3RM - Provided at Elementary Office)</small>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

SET PRICE [RM12] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	Maxican Pinto Beans	Crumbed Parmesan Fish	Roasted Creamy Thyme Chicken	Grilled Basil Pesto Fish	Grilled Fish with Lemon Sauce
	Asian	Vegetable Egg Foo Young	Chutney Chicken Curry	Crispy Fried Fish With Sweet and Sour Sauce	Teriyaki Chicken with Sesame Soy	Korean Bbq Chicken
	Vegetarian	MEATLESS MONDAY	Crispy Egg with Kapow Sauce <small>(Served with Steamed Rice)</small>	Stuffed Tofu with Beansprout and Thai Sauce	Vetetarian Egg Fuyong with Japanese Tofu	Japanese Tofu Roll with Korean S
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Basil Pesto Spiral Pasta	French Fries	Italian Steamed Rice	Roasted Potatoes with Butter Herbs	Tossed Penne with Butter
	Asian	Pineapple Fried Rice	Steamed Basmati Rice	Dry Ramen Noodle with Soy	Japanese Golden Fried Rice	Steamed Jasmine Rice
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Steamed Broccoli	Coleslaw with Corn	Sauteed French Bean with Butter	Sauteed Creamy Cabbage	Steamed Broccoli
	Asian	Stir Fry Kailan with Sauce	Sauteed Long Brinjal with Dhall	Stir Fry Long Bean with Garlic	Sauteed Bean Sprout with Crispy Garlic	Stir Fry Nappa Cabbage with Mushroom
Fresh Fruit		Slice Red Apple	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: **DECEMBER 1-2 12-16**

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] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	Roasted Barbecue Chicken	Grilled Herb Fish with Chimichurri Sauce	Creamy Pesto Chicken	Ovend Baked Fish with Tomato and Cilantro	Tuscan Pepered Chicken
	Asian	Crispy Fish with Mongolian Sauce	Chicken 69 with Crispy Shallots	Steamed Fish with Ginger and Scallions	Apple Chicken with Sesame Seed	Saseme Soy Chicken with Scallion
	Vegetarian	Crispy Stuffed Tofu With Beansprout and Thai Sauce	Basil Pesto Pasta with Broccoli and Chickneas	Stir Fry Tempeh with Long Bean and Egg	Crispy Tofu with Kapow Sauce	Baked Tomato Pasta with Roasted Pumkin
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Steamed Butter Rice with Herbs	Roasted Potatoes	Tossed Spiral Pasta	Tossed Spaghetti And Garlic Oil	Steamed Smash Potatoes
	Asian	Singapore Fried Noodles	Steamed Briyani Gum with Chickneas	Dry Yee Mee Noodels	Steamed Jasmine Rice	Steamed Ginger Rice
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Honeyed Carrots	Au Gratin Broccoli with Cheese	Sauteed Carrots	Steamed French Bean with Garlic	Corn on Cob
	Asian	Stir Fry Long Cabbage With Egg	Turmeric Stir Fry Cabbage	Stir fry Kailan with Crispy Garlic	Stir Fry Tau Miu With Bean Curd	Steamed Bean Sprout with Crispy Garlic
Fresh Fruit		Yellow Watermelon V	Mixed Fruit V	Orange Slices V	Honeydew Melon 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

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SECONDARY MENU

Week Of: **DECEMBER 5-9**

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	Maxican Pinto Beans	Crumbed Parmesan Fish	Roasted Creamy Thyme Chicken	Grilled Basil Pesto Fish	Grilled Fish with Lemon Sauce
	Asian	Vegetable Egg Foo Young	Chutney Chicken Curry	Crispy Fried Fish With Sweet and Sour Sauce	Teriyaki Chicken with Sesame Soy	Korean Bbq Chicken
	Vegetarian	MEATLESS MONDAY	Crispy Egg with Kapow Sauce (Served with Steamed Rice)	Stuffed Tofu with Beansprout and Thai Sauce	Vetetarian Egg Fuyong with Japanese Tofu	Japenese Tofu Roll with Korean S
Grains (Noodles/Rice/Fresh Baked)	Western	Basil Pesto Spiral Pasta	French Fries	Italian Steamed Rice	Roasted Potatoes with Butter Herbs	Tossed Penne with Butter
	Asian	Pineapple Fried Rice	Steamed Basmati Rice	Dry Ramen Noodle with Soy	Japenese Golden Fried Rice	Steamed Jasmine Rice
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Broccoli	Coleslaw with Corn	Sauteed French Bean with Butter	Sauteed Creamy Cabbage	Steamed Broccoli
	Asian	Stir Fry Kailan with Sauce	Sauteed Long Brinjal with Dhall	Stir Fry Long Bean with Garlic	Sauteed Bean Sprout with Crispy Garlic	Stir Fry Nappa Cabbage with Mushroom
Fresh Fruit		Slice Red Apple	Honeydew V	Orange Slice V	Yellow Watermelon V	Red Watermelon V

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
	Banana Cake	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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