

ELEMENTARY MENU

Week Of: JANUARY 9-13 23-27

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

SET PRICE [RM12] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Grilled Fish with Dill Lemon Sauce	Grilled Chicken burger	Oven baked Fish with Mint Tomato salsa sauce	Roasted chicken tomato sauce	Grilled Pesto Fish
	Asian	Crispy Chicken with Pineapple sauce	Steamed Fish with Mushroom Sauce	Malaysian Chicken curry with Potatoes	Crispy Fish with Sweet and Sour Sauce	Chicken Karage
	Vegetarian	Stuffed tofu with Bean sprouts and Thai sauce	Vegetarian Dumpling with Soy sauce	Vegetable Dalcha with Potatoes	Egg Foo Yong with Enoki Mushroom sauce	Mexican Binto Sauted Bean
Grains (Noodles/Rice/Fresh Baked)	Western	Tossed Maccaroni with Promodoro sauce	French Fries	Roasted Potatoes	Tossed Penne with olive Oil	Baked Potatoes
	Asian	Steamed Jasmin Rice	Golden Fried Rice	Steamed Briyani Rive	White Rice with Green Onions	Yakisoba
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Carrot with Herbs	Coleslaw with Corn	Steamed Broccoli	Brench Beans	Steamed Carrot
	Asian	Stir Fry Long Bean With Egg	Sauted Kailan with Shitake Mushroom	Stir fry cabbage with turmeric	Stir fry TauMiu with Garlic	Mix Cabbage with Ginger
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: JANUARY 16-20 30-3

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

SET PRICE [RM12] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	PINTO BEAN SALSA	GRILLED FISH WITH TARTAR SAUCE	CHICKEN STEW WITH POTATOES	OVEN BAKED FISH WITH DILL HERB	ROASTED BLACK PEPPER CHICKEN WITH SAUCE
	Asian	EGG FOO YONG WITH MUSHROOM SAUCE	THAI BASIL CHICKEN	FRIED FISH WITH KAPOW SAUCE	ROASTED SESAME CHICKEN	BAKED FISH WITH THAI GREEN CURRY SAUCE
	Vegetarian	MEATLESS MONDAY	CRISPY TOFU WITH THAI BASIL SAUCE	CHICKPEAS WITH EGGPLANT MOUSSAKA	TUSCAN BEAN STEW	CRISPY TOFU WITH THAI SAUCE
Grains (Noodles/Rice/Fresh Baked)	Western	SPIRAL PASTA WITH OREGANO OIL	STEAMED PILAF RICE	MASHED POTATOES	PENNE ARAPIATA	BAKED POTATOES WITH HERBS
	Asian	MALAYSIAN FRIED NOODLE	STEAMED JASMINE RICE	GOLDEN PINEAPPLE FRIED RICE	MEXICAN STEAMED RICE WITH BEAN	PAD THAI VEGETARIAN NOODLES
Vegetable (Seasonal, Fresh Veggies!)	Western	GRILLED ZUCCHINI	STEAMED FRENCH BEAN	CORN ON COB	STEAMED CAULIFLOWER	BAKED ZUCCHINI WITH POMMODORO SAUCE
	Asian	SAUTED LONG BEANS WITH SESAME	SAUTED LONG BEANS WITH EGG	SAUTED BEAN SPROUTS WITH SOY	SAUTED PAK CHOY WITH CRISPY GARLIC	PAD RAUMIT VEGETABLE
Fresh Fruit		Red Watermelon	Honeydew V	Orange Slice V	Yellow Watermelon V	Red Watermelon V




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!**



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: JANUARY 9-13 23-27

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHINESE FRIED RICE	NASI LEMAK	KAMPUNG FRIED RICE	ROTI CANAI WITH DALL (V)	NASI GORENG AYAM
	MAMAK NOODLE (V)	FRIED KUEY TEOW (V)	VITS NOODLE SOUP(V)	CHICKEN PORRIDGE	EGG SANDWICH
	FRIED EGG	Sunny Side Up Egg	CHICKEN SANDWICH	SCRAMBLED EGG	HARD BOILED EGG
	HASHBROWN	SESAME ROLL PUFF	CURRY PUFF (V)	CHICKEN WRAP	SPRING ROLL

SET PRICE [RM13] <small>Includes-main, grain, veggie & fruit</small>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains <small>(Choose Your Protein)</small>	Western	GRILLED FISH WIT DILL LEMON SAUCE	GRILLED CHICKEN BURGER	OVEN BAKED FISH WITH MINT TOMATO SALSA SAUCE	ROASTED CHICKEN TOMATO SAUCE	GRILLED PESTO FISH
	Asian	CRISPY CHICKEN WITH PINEAPPLE SAUCE	STEAMED FISH WITH MUSHROOM SAUCE	MALAYSIAN CHICKEN CURRY WITH POTATOES	CRISPY FISH WITH SWEET AND SOUR SAUCE	CHICKEN KARAGE
	Vegetarian	STUFFED TOFU WITH BEAN SPROUTS AND THAI SAUCE	VEGETARIAN DUMPLING WITH SOY SAUCE	VEGETABLE DALCHA WITH POTATOES	EGG FOO YONG WITH ENOKI MUSHROOM SAUCE	MEXICAN PINTO SAUTRD BEAN
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	TOSSED MACCORONI WITH PROMODORO SAUCE	FRENCH FRIES	BAKED POTATO WITH HERBS	TOSSED PENNE WITH OLIVE OIL	BAKED POTATOES
	Asian	STEAMED JASMINE RICE	GOLDEN FRIED RICE	STEAMED BRIYANI RICE	WHITE RICE WITH GREEN ONION	YAKISOBA
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	STEAMED CARROT WITH HERBS	COLESLAW WITH CORN	STEAMED BROCCOLI	STEAMED FRENCH BEANS	STEAMED CARROTS
	Asian	STIR FRIED LONG BEANS WITH HERBS	SAUTED KAILAN WITH SHITAKE MUSHROOM	STIR FRY CABBAGE WITH TURMERIC	STIR FRY TAU MIU WITH GARLIC	STEAMED CARROT WITH HONEY
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

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SECONDARY MENU

Week Of: JANUARY 16-20 30-3

Breakfast (Ala Carte)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FRIED NOODLE SINGAPORE	NASI LEMAK WITH CONDIMENTS	CHICKEN PORRIDGE	ROTI CANAI WITH CHICKEN CURRY	RAMEN FRIED NOODLE
	EGG WRAP	MEE NOODLE SOUP	HASHBROWN	VEGETARIAN NOODLE SOUP	CHICKEN WRAP
	SALAD BOWL	SUNNY SIDE UP EGG	CHOCPLATE COOKIES	SCRAMBLED EGG	ONIGIRI
	CHOCOLATE MUFFIN	SPRING ROLL (V)	FRENCH TOAST	CHICKEN SANDWICH	CURRY PUFF

SET PRICE [RM13] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	PINTO BEAN SALSA	GRILLED FISH WITH TARTAR SAUCE	CHICKEN STEW WITH POTATOES	OVEN BAKED FISH WITH DILL HERBS	ROASTED BLACK PEPPER CHICKEN WITH SAUCE
	Asian	EGG FOO YONG WITH MUSHROOM AND SOY	THAI BASIL CHICKEN	FRIED FISH WITH KAPOW SAUSE	ROASTED SESAME CHICKEN	BAKED FISH WITH THAI GREEN CURRY SAUCE
	Vegetarian	MEATLESS MONDAY	CRISPY TOFU WITH THAI BASIL SAUCE	CHICKPEAS AND EGGPLANT MOUSSAKA	TUSCAN BEAN STEW	CRISPY TOFU WITH THAI SAUCE
Grains (Noodles/Rice/Fresh Baked)	Western	SPIRAL PASTA WITH OREGANO OIL	STEAMED PILAF RICE	TOSSED SPIRAL PASTA	PENNE ARABIATA	BAKED POTATOES WITH HERBS
	Asian	MALAYSIAN FRIED NOODLES	STEAMED JASMINE RICE	GOLDEN PINE APPLE FRIED RICE	MEXICAN STEAMED RICE WITH BEAN	PAD THAI NOODLE
Vegetable (Seasonal, Fresh Veggies!)	Western	GRILLED ZUCCHINI	STEAMED FRENCH BEANS	CORN ON COB	STEAMED CAULIFLOWER	BAKED ZUCCHINI WIT POMMODORO SAUCE
	Asian	SAUTED LONG BEANS WITH SESAME	SAUTED LONG BEANS WITH EGG	SAUTED BEAN SPROUT WITH SOY	SAUTED PAK CHOY WITH CRISPY GARLIC	PAD RAUMIT VEGETABLE
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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