

	1 March 2023	
Week 1	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Chicken ala king with mushroom	Chicken ala king with mushroom
	Steamed french bean	Steamed french bean
	Spaghetti with herbs oil	Spaghetti with herbs oil
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Golden fried fish with mongolian sauce	Golden fried fish with mongolian sauce
	Stir fry cabbage with scallion	Stir fry cabbage with scallion
	Steamed jasmin rice with scallion	Steamed jasmin rice with scallion
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Steamed bean curd with ginger sauce	Steamed bean curd with ginger sauce
	Orange Slice	Orange Slice
	2 March 2023	
Week 1	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Oven baked fish with creamy pesto sauce	Oven baked fish with creamy pesto sauce
	Grilled zucchini and tomato	Grilled zucchini and tomato
	Roasted potatoes wedges with rosemary	Roasted potatoes wedges with rosemary
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Steamed ginger chicken with soy	Steamed ginger chicken with soy
	Sauteed bean sprout and tofu	Sauteed bean sprout and tofu
	White rice	White rice
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Sauteed bean sprout and tofu	Sauteed bean sprout and tofu
	Orange Slice	Orange Slice
	3 March 2023	
Week 1	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Roasted black pepper chicken with sauce	Roasted black pepper chicken with sauce
	Steamed cauliflower	Steamed cauliflower
	Macaroni	Macaroni
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Sweet and sour fish	Sweet and sour fish
	Acar rampai cucumber	Acar rampai cucumber
	Jasmine rice	Jasmine rice
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Maxican pinto bean wrap	Maxican pinto bean wrap
	Orange Slice	Orange Slice

		Monday 13 March 2023	
Week 3	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Cajun grilled chicken burger	Cajun grilled chicken burger	
	Coleslaw	Coleslaw	
	French fries	French fries	
	Honeydew	Honeydew	
Asian Set Meal Lunch	Steamed asam nyonya fish	Steamed asam nyonya fish	
	Stir fry okra with bean curd	Stir fry okra with bean curd	
	Jasmine rice	Jasmine rice	
	Honeydew	Honeydew	
Vegetarian Set Meal Lunch	Burger 3 bean patties	Burger 3 bean patties	
	Honeydew	Honeydew	
		14 March 2023	
Week 3	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Grilled fish with lemon butter sauce	Grilled fish with lemon butter sauce	
	Carrot vinhy	Carrot vinhy	
	Steamed potatoes	Steamed potatoes	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Chicken kurma with potatoes	Chicken kurma with potatoes	
	Stir fry long bean with turmaric	Stir fry long bean with turmaric	
	Indian pilaf rice	Indian pilaf rice	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Chick peas curry massala with potatoes	Chick peas curry massala with potatoes	
	Orange Slice	Orange Slice	
		15 March 2023	
Week 3	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Chicken bolognese	Chicken bolognese	
	Steamed french bean	Steamed french bean	
	Spaghetti	Spaghetti	
	Honeydew	Honeydew	
Asian Set Meal Lunch	Grilled fish cake (otak-otak)	Grilled fish cake (otak-otak)	
	Stir fry water spinach	Stir fry water spinach	
	Jasmine rice	Jasmine rice	
	Honeydew	Honeydew	
Vegetarian Set Meal Lunch	Steamed japennese tofu roll with mushroom sauce	Steamed japennese tofu roll with mushroom sauce	
	Honeydew	Honeydew	
		16 March 2023	
Week 3	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Oven baked fish with creamy tomato sauce	Oven baked fish with creamy tomato sauce	
	Grilled zucchini & eggplant	Grilled zucchini & eggplant	
	Spiral pasta with olive oil	Spiral pasta with olive oil	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Chicken adobo	Chicken adobo	
	Sauteed long bean with tofu	Sauteed long bean with tofu	
	White rice	White rice	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Hard boiled egg with soy sauce	Hard boiled egg with soy sauce	
	Orange Slice	Orange Slice	
		17 March 2023	
Week 3	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Baked chicken targine	Baked chicken targine	
	Steamed broccoli	Steamed broccoli	
	Pilaf rice	Pilaf rice	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Crispy fish with teriyaki sauce	Crispy fish with teriyaki sauce	
	Beek kimchi (long cabbage kimchi)	Beek kimchi (long cabbage kimchi)	
	Fried ramen noodles	Fried ramen noodles	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Crispy japennese bean curd with teriyaki sauce	Crispy japennese bean curd with teriyaki sauce	
	Orange Slice	Orange Slice	

	20 March 2023	
Week 4	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Chicken stew	Chicken stew with
	Sautéed broccoli with oregano	Sautéed broccoli with oregano
	Baked Potatoes	Baked Potatoes
	Honeydew	Honeydew
Asian Set Meal Lunch	Steamed ginger fish with scallion	Steamed ginger fish with scallion
	Stir fry long bean	Stir fry long bean
	Steamed jasmin rice	Steamed jasmin rice
	Honeydew	Honeydew
Vegetarian Set Meal Lunch	Maxican salsa with red bean	Maxican salsa with red bean
	Honeydew	Honeydew
	21 March 2023	
Week 4	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Grilled fish with chimicurri sauce	Grilled fish with chimicurri sauce
	Steamed carrot	Steamed carrot
	Pilaf rice	Pilaf rice
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Thai green curry chicken	Thai green curry chicken
	Pad pak Ruammit	Pad pak Ruammit
	Pad thai noodles	Pad thai noodles
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Crispy stuffed tofu with bean sprout	Crispy stuffed tofu with bean sprout
	Orange Slice	Orange Slice
	22 March 2023	
Week 4	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Chicken ala king with mushroom	Chicken ala king with mushroom
	Steamed french bean	Steamed french bean
	Spaghetti with herbs oil	Spaghetti with herbs oil
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Golden fried fish with mongolian sauce	Golden fried fish with mongolian sauce
	Stir fry cabbage with scallion	Stir fry cabbage with scallion
	Steamed jasmin rice with scallion	Steamed jasmin rice with scallion
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Steamed bean curd with ginger sauce	Steamed bean curd with ginger sauce
	Orange Slice	Orange Slice
	23 March 2023	
Week 4	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Oven baked fish with creamy pesto sauce	Oven baked fish with creamy pesto sauce
	Grilled zucchini and tomato	Grilled zucchini and tomato
	Roasted potatoes wedges with rosemary	Roasted potatoes wedges with rosemary
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Steamed ginger chicken with soy	Steamed ginger chicken with soy
	Sauteed bean sprout and tofu	Sauteed bean sprout and tofu
	Steamed sesame rice	Steamed sesame rice
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Egg foo young with enoki mushroom	Egg foo young with enoki mushroom
	Orange Slice	Orange Slice
	24 March 2023	
Week 4	ES (RM12)	SS (RM13)
Western Set Meal Lunch	Roasted black pepper chicken with souce	Roasted black pepper chicken with souce
	Steamed cauliflower	Steamed cauliflower
	Macaroni	Macaroni
	Orange Slice	Orange Slice
Asian Set Meal Lunch	Sweet and sour fish	Sweet and sour fish
	Acar rampai cucumber	Acar rampai cucumber
	Steamed jasmine rice	Steamed jasmine rice
	Orange Slice	Orange Slice
Vegetarian Set Meal Lunch	Maxican pinto bean wrap	Maxican pinto bean wrap
	Orange Slice	Orange Slice

		Monday 27 March 2023	
Week 5	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Cajun grilled chicken burger	Cajun grilled chicken burger	
	Coleslaw and corn	Coleslaw and corn	
	French fries	French fries	
	Honeydew	Honeydew	
Asian Set Meal Lunch	Steamed asam nyonya fish	Steamed asam nyonya fish	
	Stir fry okra with bean curd	Stir fry okra with bean curd	
	Steamed jasmine rice	Steamed jasmine rice	
	Honeydew	Honeydew	
Vegetarian Set Meal Lunch	Burger 3 bean patties	Burger 3 bean patties	
	Honeydew	Honeydew	
		28 March 2023	
Week 5	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Grilled fish with lemon butter sauce	Grilled fish with lemon butter sauce	
	Carrot vinhy	Carrot vinhy	
	Steamed potatoes	Steamed potatoes	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Chicken kurma with potatoes	Chicken kurma with potatoes	
	Stir fry long bean with turmaric	Stir fry long bean with turmaric	
	Indian pilaf rice	Indian pilaf rice	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Chick peas curry massala with potatoes	Chick peas curry massala with potatoes	
	Orange Slice	Orange Slice	
		29 March 2023	
Week 5	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Chicken bolognese	Chicken bolognese	
	Steamed french bean	Steamed french bean	
	Spaghetti	Spaghetti	
	Honeydew	Honeydew	
Asian Set Meal Lunch	Grilled fish cake (otak-otak)	Grilled fish cake (otak-otak)	
	Stir fry water spinach	Stir fry water spinach	
	Jasmine rice	Jasmine rice	
	Honeydew	Honeydew	
Vegetarian Set Meal Lunch	Steamed japennese tofu roll with mushroom sauce	Steamed japennese tofu roll with mushroom sauce	
	Honeydew	Honeydew	
		30 March 2023	
Week 5	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Oven baked fish with creamy tomato sauce	Oven baked fish with creamy tomato sauce	
	Au gratin cauliflower and cheese	Au gratin cauliflower and cheese	
	Spiral pasta with olive oil	Spiral pasta with olive oil	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Chicken adobo	Chicken adobo	
	Sauteed long bean with tofu	Sauteed long bean with tofu	
	Steamed garlic rice	Steamed garlic rice	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Hard boiled egg with soy sauce	Hard boiled egg with soy sauce	
	Orange Slice	Orange Slice	
		31 March 2023	
Week 5	ES (RM12)	SS (RM13)	
Western Set Meal Lunch	Baked chicken targine	Baked chicken targine	
	Steamed broccoli	Steamed broccoli	
	Pilaf rice	Pilaf rice	
	Orange Slice	Orange Slice	
Asian Set Meal Lunch	Crispy fish with teriyaki sauce	Crispy fish with teriyaki sauce	
	Beek kimchi (long cabbage kimchi)	Beek kimchi (long cabbage kimchi)	
	Fried ramen noodles	Fried ramen noodles	
	Orange Slice	Orange Slice	
Vegetarian Set Meal Lunch	Crispy japennese bean curd with teriyaki sauce	Crispy japennese bean curd with teriyaki sauce	
	Orange Slice	Orange Slice	