

ELEMENTARY MENU

Week Of: OCTOBER 4-8 18-22

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

SET PRICE [RM11] <i>Includes-main, grain, veggie & fruit</i>	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (Choose Your Protein)	Western	Braised Lemon Butter Chicken	Grilled Fish with Corriender and Lime Sauce	Grilled Cajun Chicken Burger	Oven Baked Fish with Tomato Cream Sauce	Roasted Papprika Chicken
	Asian	Crispy Fish With Garlic Mayo Sauce	Thai Green Curry Chicken	Steamed Ginger Fish Soy	Crispy Saseme Chicken	Kam Heong Fried Fish
	Vegetarian	Long Brinjal and Okra Pakora (Served with Rice)	Baked Brinjal with Kapaw Tofu Sauce	Mlni Margherita Pizza	Crispy Tofu With Mushroom Sauce	Roasted Potatoes Jacket with 3 Beans Salsa
Grains (Noodles/Rice/Fresh Baked)	Western	Tossed Panne with Herbs	Roasted Potatoes with Rosemary	French Fries	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Dry Ramen Noodles	Steamed Jasmin Rice	Hongkong Dry Noodles	Steamed Chicken Rice	Steamed Basmati Rice with Cardamon
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Cauliflower with Olive oil	Roasted Honey Carrot	Mix Garden Salad with Dressing	Steamed French Bean with Butter	Broccoli Au Gratin
	Asian	Sauteed Long Cabbage with Saseme	Thai Pad Raumit Vegetable	Stir Fry Pak Choy with Crispy Garlic	Sauteed Bean Sprout with Soy	Sauteed Brinjal with Dhall
Fresh Fruit		Yellow Watermelon V	Mixed Fruit V	Orange Slice V	Honeydew V	Whole Fruit day (Red Apple)





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: OCTOBER 11-15 25-29

Breakfast <small>(3RM - Provided at Elementary Office)</small>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 <small>(Choose Your Protein)</small>	Western	Roasted Barbeque Chicken	Ovend Baked Fish with Lemon Cream Sauce	Chicken Parmigiana	Grilled Fish with Tomato Salsa Sauce	Chicken Ala king
	Asian	Pan Sear Fish With Terriyaki Sauce	Sauteed Pineapple Chiken	Crispy Fish with Mongolian Sauce	Chicken Ginger soy with Scallion	Fish Nyonya Curry
	Vegetarian	Steam Soft Bean Curd With Soy and Shallot Oil <small>(Served with Rice)</small>	Ovend Baked Promodoro Pasta with Bean	Stir Fry Tempe with Soon Vegetable	Crispy Tofu With Mushroom Sauce	Egg Curry with Okra (Served with Basmati Rice)
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Tossed Macaroni	Roasted Potatoes with Rosemary	Steamed Pilaf Rice	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Steamed Jasmine Rice	Chinese Fried Rice	Fried Yeemee Noodles	Steamed Chicken Rice	Steamed Basmati Rice with Cardamon
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Steamed Broccoli with Herbs	Steamed French Bean with Butter	Steamed Corn on Cob	Steamed French Bean with Butter	Steamed Green Peas and Carrot
	Asian	Stir fry Tau Miu with Garlic	Sauted Kailan with Mushroom	Stir Fry Long Bean with Egg	Sauteed Bean Sprout with Soy	Sauteed Brinjal with Dhall
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



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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: **OCTOBER 4-8 18-22**

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	Braised Lemon Butter Chicken	Grilled Fish with Corriender and Lime Sauce	Grilled Cajun Chicken Burger	Oven Baked Fish with Tomato Cream Sauce	Roasted Papprika Chicken
	Asian	Crispy Fish With Garlic Mayo Sauce	Thai Green Curry Chicken	Steamed Ginger Fish Soy	Crispy Saseme Chicken	Kam Heong Fried Fish
	Vegetarian	Long Brinjal and Okra Pakora (Served with Rice)	Baked Brinjal with Kapaw Tofu Sauce	Mlni Margherita Pizza	Crispy Tofu With Mushroom Sauce	Roasted Potatoes Jacket with 3 Beans Salsa
Grains <small>(Noodles/Rice/Fresh Baked)</small>	Western	Tossed Panne with Herbs	Roasted Potatoes with Rosemary	French Fries	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Dry Ramen Noodles	Steamed Jasmin Rice	Hongkong Dry Noodles	Steamed Chicken Rice	Steamed Basmati Rice with Cardamon
Vegetable <small>(Seasonal, Fresh Veggies!)</small>	Western	Steamed Cauliflower with Olive oil	Roasted Honey Carrot	Mix Garden Salad with Dressing	Steamed French Bean with Butter	Broccoli Au Gratin
	Asian	Sauteed Long Cabbage with Saseme	Thai Pad Raumit Vegetable	Stir Fry Pak Choy with Crispy Garlic	Sauteed Bean Sprout with Soy	Sauteed Brinjal with Dhall
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	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: **OCTOBER 11-15 25-29**

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	Roasted Barbeque Chicken	Ovend Baked Fish with Lemon Cream Sauce	Chicken Parmigiana	Grilled Fish with Tomato Salsa Sauce	Chicken Ala king
	Asian	Pan Sear Fish With Terriyaki Sauce	Sauteed Pineapple Chiken	Crispy Fish with Mongolian Sauce	Chicken Ginger soy with Scallion	Fish Nyonya Curry
	Vegetarian	Steam Soft Bean Curd With Soy and Shallot Oil (Served with Rice)	Ovend Baked Promodoro Pasta with Bean	Stir Fry Tempe with Soon Vegetable	Crispy Tofu With Mushroom Sauce	Egg Curry with Okra (Served with Basmati Rice)
Grains (Noodles/Rice/Fresh Baked)	Western	Tossed Macaroni	Roasted Potatoes with Rosemary	Steamed Pilaf Rice	Roasted Potatoes With Herbs	Tossed Spaghetti with Herbs oil
	Asian	Steamed Jasmine Rice	Chinese Fried Rice	Fried Yeemee Noodles	Steamed Chicken Rice	Steamed Basmati Rice with Cardamon
Vegetable (Seasonal, Fresh Veggies!)	Western	Steamed Broccoli with Herbs	Steamed French Bean with Butter	Steamed Corn on Cob	Steamed French Bean with Butter	Steamed Green Peas and Carrot
	Asian	Stir fry Tau Miu with Garlic	Sauted Kailan with Mushroom	Stir Fry Long Bean with Egg	Sauteed Bean Sprout with Soy	Sauteed Brinjal with Dhall
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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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	NIL



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-  Eating cabbage might help with your digestion as it is high in fiber!
-  The potassium in cabbage could lower your blood pressure!
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