



FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 5th November 2018	DEEPAVALI LUNCH PROMOTION	THURSDAY 8th November 2018	FRIDAY 9th November 2018
STARTER		Pumpkin Soup	<i>Lentil & Vegetable Soup</i>	Creamy Corn Soup	Carrot & Ginger Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	<i>Sweet Sour Spiced Pumpkin</i>	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	<i>Mutton Varuval Turmeric Cauliflower & Tomato Biryani Rice</i>	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Roasted Chicken with Mustard Gravy Garlic Butter Broccoli Sweet Butter Corn	<i>Chicken Tikka Paratha Raita</i>	Shepherd Pie Garden Salad	Fish Blanquette (Carrot, Celery, Button Mushroom) Pasta
	ASIAN (OPTION 4)	Chicken Rendang Stir Fried Green Cabbage White Rice	<i>Fish Masala Yoghurt Eggplant White Rice</i>	Pandan Chicken Stir Fried Long Bean White Rice	Chicken Adobo Stir Fried Green Cabbage Fried Bee Hoon
	VEGETARIAN (OPTION 5)	Spaghetti Aglio E Olio Fresh Salad	<i>Kerala Vegetable Kurma White Rice</i>	Vegetable & Egg Curry White Rice Vegetarian Fried Noodle	Chinese Fried Rice Sweet N Sour Beancurd
	SPECIAL OF THE DAY (OPTION 6)	Dried Chilli Fish Sautéed Mix Vegetable Fried Noodle	<i>Fresh Fruit</i>	Fish Tikka Raita Biryani Rice	Chilli Con Carne (Beef) Salsa Mexican Rice
DESSERT		Fresh Fruit	<i>Mineral Water</i>	Fresh Fruit	Ice Cream
BEVERAGES		Mineral Water		Apple Juice / Mineral Water	Mineral Water

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Food Traffic Light System	<div style="background-color: #90ee90; width: 30px; height: 15px; margin: 0 auto;"></div> <p style="font-size: 8px; margin: 0;">GREEN Go for it! Eat to your hearts content</p>	<div style="background-color: #ffa500; width: 30px; height: 15px; margin: 0 auto;"></div> <p style="font-size: 8px; margin: 0;">AMBER Caution! Easy does it</p>	<div style="background-color: #ff0000; width: 30px; height: 15px; margin: 0 auto;"></div> <p style="font-size: 8px; margin: 0;">RED Stop! Think twice Choose a healthier life, go green!</p>
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FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 12th November 2018	TUESDAY 13th November 2018	WEDNESDAY 14th November 2018	THURSDAY 15th November 2018	FRIDAY 16th November 2018
STARTER		Green Pea Soup	Creamy Mushroom Soup	Cauliflower Soup	Broccoli Soup	Vegetarian Chowder Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Chicken Casserole Sautéed Mix Vegetable Pasta	Spaghetti Bolognese (Beef) Fresh Garden Salad	Pan Grilled Fish Ratatouille Carrot Rice	Lamb Stew Garlic & Butter Floret Mashed Potato & Carrot	Pasta Carbonara (Smoked Chicken) Garden Salad
	ASIAN (OPTION 4)	Beef Teriyaki Stir Fried Garlic Cabbage Garlic Fried rice	Hainan Chicken Rice & Beansprout	Oyster & Ginger Beef Garlic Kailan Chinese Fried Rice	Nyonya Fish Curry Deep Fried Eggplant Fried Bee Hoon	Chicken Teppanyaki Sautéed Bean sprout & Carrot Garlic Fried Rice
	VEGETARIAN (OPTION 5)	Roasted Pumpkin Wrap Garden Salad	Szechuan Beancurd & Mushroom Singapore Fried Beehoon	Frittata & Garden Salad	Spaghetti Aglio E Olio Fresh Salad	Japanese Bean curd & Mix Florets Fried Rice
	SPECIAL OF THE DAY (OPTION 6)	Soto (Noodle with Shredded Chicken & Soup)	Dry Minced Lamb Cucumber & Tomato Salad Pita Bread	Jacket Potato Creamy Smoked Chicken Green Bean Salad	Grilled Piri Piri Chicken Corn & Tomato Salad Mediterranean Rice	Fish Tagine Moroccan Vegetable Stew Butter & Herb Couscous
DESSERT		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Hokkaido Cake
BEVERAGES		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

Food Traffic Light System			
	GREEN Go for it! Eat to your hearts content	AMBER Caution! Easy does it	RED Stop! Think twice Choose a healthier life, go green!



FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 19th November 2018	WEDNESDAY 21st November 2018	THURSDAY 22nd November 2018	FRIDAY 23rd November 2018
Date					
STARTER		Pumpkin Soup	Roasted Tomato Soup	Creamy Corn Soup	Carrot & Ginger Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Creamy Baked Chicken Carrot Confit Mashed Potato & Green Pea	Mediterranean Fish Garlic Butter Floret Olive Rice	Lamb Kebab (Garlic & Tomato Sauce) Fattoush Salad Pita Bread	Chicken Kebab Tomato & Cucumber Salad Pita Bread
	ASIAN (OPTION 4)	Mongolian Lamb Yogurt Eggplant Fried Noodle	Kung Pao Chicken Stir Fried Winter Melon Fried Bee Hoon	Chicken Pandan Garlic Butter Winged Bean Special Fried Rice	Dried Chilli Fish Stir Fried Vegetable White Rice
	VEGETARIAN (OPTION 5)	Vegetarian Lasagna Salad	Vegetable & Egg Curry White Rice	Florets & Roasted Pumpkin Tart Salad	Singapore Fried Noodle Szechuan Vegetable & Beancurd
	SPECIAL OF THE DAY (OPTION 6)	Bakso (Beef) with Condiments	Jacket Potato Beef Croquette (Tomato & Cilantro Sauce) Green Bean Salad	Tomyam Dried Chicken Stir Fried Long Bean with Bean Curd Thai Fried Noodle	Special Lamb Fried Rice with Vegetable Slice Cucumber
DESSERT		Fresh Fruit	Fresh Fruit	Fresh Fruit	Banana Cake
BEVERAGES		Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

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Food Traffic Light System	 GREEN Go for it! Eat to your hearts content	 AMBER Caution! Easy does it	 RED Stop! Think twice Choose a healthier life, go green!
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FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 26th November 2018	TUESDAY 27th November 2018	WEDNESDAY 28th November 2018	THURSDAY 29th November 2018	FRIDAY 30th November 2018
STARTER		Green Pea Soup	Creamy Mushroom Soup	Cauliflower Soup	Broccoli Soup	Vegetarian Chowder Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Chicken Milanese Tomato Concasse Sauce Spaghetti Fresh Salad	Cottage Pie Fresh Garden Salad	Breaded Grilled Fish Braised Zucchini Carrot Rice	Lamb Pizza Garden Salad	Chicken Fajitas Salsa
	ASIAN (OPTION 4)	Beef Bulgogi Kimchi White Rice	Dried Chicken Tomyam Pickled Vegetable Fried Noodle	Szechuan Chicken Garlic Kailan Fried Bee Hoon	Japanese Grilled Fish Stir Fried Bean Sprout Garlic Fried Rice	Dried Chilli Fish Stir Fried Cauliflower & Tomato White Rice
	VEGETARIAN (OPTION 5)	Mamak Fried Noodle Fried Rice Sautéed Pak Choy	Sweet & Sour Vegetable & Egg White Rice	Margherita Pizza Fresh Salad	Cantonese Braised Beancurd & Vegetable Fried Noodle	Spaghetti with Roasted Zucchini & Mushroom
	SPECIAL OF THE DAY (OPTION 6)	Kolok Mee & Condiments (Minced Chicken & Green	Chinese Butter Fish Mix Vegetable & Mushroom White Rice	Cheesy Jacket Potato Baked Bean Garden Salad	Chicken Curry with Potato Stir Fried Cabbage Ghee Rice	Minced Chicken on Bun Garden Salad
DESSERT		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Butter Cake
BEVERAGES		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

Food Traffic Light System			
	GREEN Go for it! Eat to your hearts content	AMBER Caution! Easy does it	RED Stop! Think twice Choose a healthier life, go green!



FOOD HALL LUNCH MENU

SET LUNCH



Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 3rd December 2018	TUESDAY 4th December 2018	WEDNESDAY 5th December 2018	THURSDAY 6th December 2018	FRIDAY 7th December 2018
STARTER		Pumpkin Soup	Creamy Potato Soup	Roasted Tomato Soup	Creamy Corn Soup	Carrot & Ginger Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Smoked Chicken Pizza Garden Salad	Beef Stew Sautéed Vegetable Boiled Potato	Fish Kebab with Tomato Sauce Olive & Herbs Rice	Shepherd Pie Fresh Garden Salad	Fish Piccata (Tomato Concasse Sauce) Italian Chick Pea Salad Pasta
	ASIAN (OPTION 4)	Thai Beef Basil Thai Mix Vegetable Pineapple Fried Rice	Chicken with Noodle Soup & Condiments	Nyonya Fish Curry Stir Fried Green Cabbage Fried Rice	Chicken Dendeng Stir Fried Long Bean White Rice	Black Pepper Beef Mix Vegetable & Baby Corn Fried Noodle
	VEGETARIAN (OPTION 5)	Grated Zucchini Tart Garden Salad	Fried Noodle Stir Fried Mix Vegetable	Penne Pesto (Pine Nut Free) Mix Florets	Vegetable Curry & Dhall White Rice	Butter Vegetable (Roasted Pumpkin, Broccoli, Beancurd) White Rice
	SPECIAL OF THE DAY (OPTION 6)	Chicken Quesadilla Salsa	Chicken Kuzi Stir Fried Cabbage White Rice	Jacket Potato Braised Minced Chicken Garden Salad	Chicken Tandoori Dhall Curry Paratha	Piri Piri Chicken Garlic Butter Florets Wedges
DESSERT		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Ice Cream
BEVERAGES		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

Food Traffic Light System			
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FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		Date	CHRISTMAS LUNCH PROMOTION		WEDNESDAY 12th December 2018	THURSDAY 13th December 2018	FRIDAY 14th December 2018
MAIN COURSE	STARTER		<i>Creamy Mushroom Soup</i>	S U L T A N B I R T H D A Y S E L A N G O R	Green Pea Soup	Broccoli Soup	Vegetarian Chowder Soup
	SALAD BAR (OPTION 1)		<i>Roasted Pumpkin Summer Salad with Assorted Bean & Beancurd Salad & CONDIMENTS</i>		Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)		<i>Roasted Lamb Special Green Bean Potato Au Gratin</i>		Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)		<i>Garlic Butter Roasted Chicken Breast with Sage Pasta Penne Garlic Butter Floret</i>		Roasted Chicken with Creamy Mustard Gravy Garlic Butter Broccoli Sweet Butter Corn	Chicken Tagine & Winter Vegetable Moroccan Aromatic Rice	Beef Burrito Salsa
	ASIAN (OPTION 4)		<i>Fish Kebab Serve with Crushed Olive & Herbs Rice with Grilled Zucchini & Capsicum</i>		Beef Kurma Sauted Mix Vegetable Steamed rice	Grilled Fish with Oyster Sauce Garlic Kailan Tomato Fried Bee Hoon	Hainan Chicken Rice & Stir Fried Beansprout & Chive
	VEGETARIAN (OPTION 5)		<i>Vegetarian Lasagna (Mung Bean & Lentil)</i>		Pumpkin & Leek Tart Garden Salad Vegetarian Fried Noodle	Pasta with Pesto Sauce (Pine Nut Free) Fresh Salad	Japanese Beancurd & Mix Florets Fried Rice
	SPECIAL OF THE DAY (OPTION 6)		<i>Vegetarian Lasagna (Mung Bean & Lentil)</i>		Fish Tikka Turmeric Cauliflower & Tomato Biryani Rice	Hawaiian Chicken Cold Salad Butter Rice	Special Lamb Fried Rice & Fresh Condiments
DESSERT		<i>Chocolate Mousse Cake</i>		Fresh Fruit	Fresh Fruit	Fresh Fruit	
BEVERAGES		<i>Orange Juice</i>		Mineral Water	Apple Juice / Mineral Water	Mineral Water	

Food Traffic Light System			
	GREEN Go for it! Eat to your hearts content	AMBER Caution! Easy does it Eat these foods in moderation	RED Stop! Think twice Choose a healthier life, go green!