



Training Menu

Breakfast

Nasi Lemak, Fried Chicken, Toast with Butter & Jam,
Half Boiled Egg, Fruits, Coffee, Tea, Drinking Water

Lunch

White Rice, 2 Dishes, 1 Vegetable, Ulam & Sambal Belacan,
1 Side Dish, Fruits,
Ice Cordial & Drinking Water

Tea

1 Malay Kuih, Egg Sandwich, Coffee, Tea, Drinking Water

RM45 Per Pax (Minimum 30 Pax)

Training Menu

Lunch Menu Options (2 Dishes) & Side Dish (1 Option)

Monday

Malay Spiced Fried Chicken, Black Pepper Beef, Chicken in Soy Sauce,
Chicken Paprik, Fried Fish
Vegetable - Fried Green Beans w Egg
Side Dish - Telur Dadar, Japanese Tofu in Oyster Sauce

Tuesday

Malay Spiced Fried Chicken, Ayam Masak Kurma,
Ayam Masak Merah, Daging Masak Lemak Cili Api, Beef in Soy Sauce,
Fried Fish
Vegetable - Stir Fried Bean Sprouts
Side Dish - Potato Wedges in Sambal, Japanese Tofu Soup

Wednesday

Malay Spiced Fried Chicken, Beef Paprik, Ayam Masak Lemak Cili Api,
Daging Masak Hitam, Fried Fish
Vegetable - Fried Green Beans
Side Dish - Begedil, Telur Dadar

Thursday

Malay Spiced Fried Chicken, Chicken Paprik, Daging Masak Lemak Cili Api,
Chicken in Soy Sauce, Fried Fish
Vegetable - Asian Stir Fried Mix Vegetables
Side Dish - Sambal Jawa, Japanese Tofu in Oyster Sauce

Friday

Malay Spiced Fried Chicken, Ayam Masak Kurma,
Ayam Masak Merah, Daging Masak Lemak Cili Api, Beef in Soy Sauce,
Fried Fish
Vegetable - Stir Fried Bean Sprouts
Side Dish - Potato Wedges in Sambal, Japanese Tofu Soup