



# TRAINING MENU



2 0 2 6

## MONDAY BREAKFAST

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Chinese Fried Rice  
Chicken Sambal  
2 Types of Malay Kuih  
Fruits  
Coffee & Tea  
Drinking Water

## LUNCH

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White Rice  
Ayam Masak Paprik  
Fried Fish  
Cendawan Masak Lemak  
Kubis Goreng  
Ulam-Ulaman  
Sambal Belacan  
Fruits  
Ice Cordial  
Drinking Water

## TEA

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Cucur Bawang with Sauce  
Bubur Manis  
Coffee & Tea



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## TUESDAY BREAKFAST

Nasi Lemak with Condiments  
Fried Chicken  
2 Types of Malay Kuih  
Fruits  
Coffee & Tea  
Drinking Water

## LUNCH

White Rice  
Ayam Masak Lemak Cili Api  
Fried Fish In Soy Sauce  
Telur Dadar  
Fried Green Beans with Egg  
Ulam- Ulaman  
Sambal Belacan  
Fruits  
Ice Cordial  
Drinking Water

## TEA

Karipap  
Bubur Manis  
Coffee & Tea



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## WEDNESDAY BREAKFAST

Fried Singapore Mee Hoon  
Cocktail Sausage  
2 Types of Malay Kuih  
Fruits  
Coffee & Tea  
Drinking Water

## LUNCH

White Rice  
Chicken in Soy Sauce  
Fried Fish  
Sambal Jawa  
Asian Style Fried Mix Vegetables  
Ulam-Ulaman  
Sambal Belacan  
Fruits  
Ice Cordial  
Drinking Water

## TEA

Egg Sandwich  
Bubur Manis  
Coffee & Tea



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## THURSDAY BREAKFAST

Kampung Fried Rice  
Chicken Sambal  
2 Types of Malay Kuih  
Fruits  
Coffee & Tea  
Drinking Water

## LUNCH

White Rice  
Chicken Soup  
Fried Fish In Sambal  
Telur Asin  
Stir Fried Ladies Finger  
Ulam - Ulaman  
Sambal Belacan  
Fruits  
Ice Cordial  
Drinking Water

## TEA

Cucur Bilis & Sauce  
Bubur Manis  
Coffee & Tea



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## FRIDAY BREAKFAST

Nasi Lemak with Condiments  
Fried Chicken  
2 Types of Malay Kuih  
Fruits  
Coffee & Tea  
Drinking Water

## LUNCH

White Rice  
Ayam Rendang  
Ginger Style Fish  
Telur Dadar  
Pucuk Paku Rebus  
Ulam - Ulaman  
Sambal Belacan  
Fruits  
Ice Cordial  
Drinking Water

## TEA

Cucur Badak  
Bubur Manis  
Coffee & Tea

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2026

