HEALTHY HEART CANTEEN - PRE ORDER FORM FOR MAY 2018

STUDENT NAME : _____   CONTACT : _____

YEAR : _____   EMAIL : _____

2nd May (WED)		
M1	Nasi Lemak Ayam Berempah	
M2	Spaghetti Bolognese	
M3	Vegetarian Spaghetti	

11th May (FRI)		
M4	Sweet & Sour Fish with Rice	
M5	Chicken Chop	
M6	Tofu & Vegetable Skewers	

22nd May (TUE)		
M1	Stir Fry Chicken Fillet with Rice	
M2	Chicken Popcorn	
M3	stir Fry Tofu with Rice	

3th May (THU)		
M1	Kam Pao Chicken with Rice	
M2	Falafel in Pita Pocket (Beef)	
M3	Falafel in Pita Pocket (Vegetable)	

14th May (MON)		
M4	Ginger Chicken with Rice	
M5	Pasta Baked (with Chicken)	
M6	Mushroom Pasta Baked	

23th May (WED)		
M1	Tumeric Fried Chicken with Rice	
M5	Chicken Fajitas Pasta	
M6	Vegetarian Fajitas Pasta	

4th May (FRI)		
M1	Chicken in Thai Sauce with Rice	
M2	Penne Alfredo (with Chicken)	
M3	Vegetarian Penne	

15th May (TUE)		
M4	Butter Chicken with Rice	
M5	Chicken Burger	
M6	Vegetarian Burger	

24th May (THU)		
M4	Oyster Chicken with Rice	
M5	Spaghetti Carbonara (Chicken)	
M6	Mushroom Spaghetti	

7th May (MON)		
M1	Beef Curry with Rice	
M2	Spaghetti Beef Meatballs	
M3	Vegetarian Spaghetti	

16th May (WED)		
M1	Nasi Lemak Ayam Berempah	
M2	Spaghetti Bolognese	
M3	Vegetarian Spaghetti	

25th May (FRI)		
M4	Sweet & Sour Fish with Rice	
M5	Chicken Chop	
M6	Tofu & Vegetable Skewers	

8th May (TUE)		
M1	Stir Fry Chicken Fillet with Rice	
M2	Chicken Popcorn	
M3	stir Fry Tofu with Rice	

17th May (THU)		
M1	Kam Pao Chicken with Rice	
M2	Falafel in Pita Pocket (Beef)	
M3	Falafel in Pita Pocket (Vegetable)	

SMALL (S) - RM7 X (   ) DAYS = RM _____

LARGE (L) - RM9 X (   ) DAYS = RM _____

9th May (WED)		
M4	Tumeric Fried Chicken with Rice	
M5	Chicken Fajitas Pasta	
M6	Vegetarian Fajitas Pasta	

18th May (Fri)		
M1	Chicken in Thai Sauce with Rice	
M2	Penne Alfredo (with Chicken)	
M3	Vegetarian Penne	

TOTAL AMOUNT   =RM _____

BANK IN DETAILS: MBB AC NO 160214027830
(NOOR AZEAN)

10th May (THU)		
M4	Oyster Chicken with Rice	
M5	Spaghetti Carbonara (Chicken)	
M6	Mushroom Spaghetti	

21st May (MON)		
M1	Beef Curry with Rice	
M2	Spaghetti Beef Meatballs	
M3	Vegetarian Spaghetti	

CONTACTS: 0111 411 6713 (DATIN / ZILA)

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