

HEALTHY HEART CANTEEN - PRE ORDER MENU FOR APRIL 2019

DAY	MONDAY (1 April) (29 April)	TUESDAY (2 April) (30 April)	WEDNESDAY (3 April)	THURSDAY (4 April) (2 May)	FRIDAY (5 April) (3 May)
M1	Chicken in Sweet Soy <i>Served with</i> Steamed Rice Stir fry long cabbage	Beef Rendang <i>Served with</i> Steamed Rice Acar melayu	Butter Chicken <i>Served with</i> Steamed Rice Mix vegetable	Sweet & Sour Fish <i>Served with</i> Steamed Rice Stir fry long bean	Ayam Goreng Berempah <i>Served with</i> Nasi Kuning Cucumber and Tomatoes
M2	Steak Chicken <i>with bruschetta sauce</i> <i>Served with</i> baked potatoes Broccoli & Carrot	Spaghetti Bolognese (with Minced Chicken) <i>Served with</i> Caesar salad	Chicken Finger Fries <i>Served with</i> Coleslaw	Mac & Cheese (with Chicken) <i>Served with</i> String bean and carrot	Cottage Pie <i>Served with</i> Green salad
M3	Sweet Soy Japanese Tofu <i>Served with</i> Steamed Rice Stir fry long cabbage	Mushroom Spaghetti Bolognese <i>Served with</i> Caesar salad	Tofu Butter <i>Served with</i> Steamed Rice Mix Viggie	Mushroom Mac & Cheese <i>Served with</i> String bean and carrot	Tofu Goreng Berempah <i>Served with</i> Nasi Kuning Cucumber and tomatoes
DAY	MONDAY (22 April)	TUESDAY (23 April)	WEDNESDAY (24 April)	THURSDAY (25 April)	FRIDAY (26 April)
M1	Kam Pao Chicken <i>Served with</i> Steamed Rice Mix vegetable	Fish Ginger <i>Served with</i> Steamed Rice Stir fry long bean	Honey Chicken <i>Served with</i> Steamed Rice Pak Choy Oyster Sauce	Beef Black Sauce <i>Served with</i> Steamed Rice Stir fry sawi	Fried Noodles Sausage <i>Served with</i> Macaroni fruit salad
M2	Spaghetti Aglio Olio (chicken loaf) <i>Served with</i> Potatoe salad	Chicken Ala King <i>Served with</i> Mashed Potatoes Sweet Bun Brocoli & carrot	Penne Bolognese minced beef <i>Served with</i> Greek salad	Chicken Wrap <i>Served with</i> Salad and tomatoes	Healthy Heart Chicken <i>Served with</i> Sauce & Fries Macaroni fruit salad
M3	Spaghetti Aglio Olio Mushroom <i>Served with</i> Potatoe salad	Tofu Ginger <i>Served with</i> Steamed Rice Stir fry long bean	Penne Bolognese (with Mushrooms) <i>Served with</i> Greek salad	Tofu Black Sause <i>Served with</i> Steamed Rice Stir fry sawi	Fried Noodles Vegetarian Drumstick Vegetable <i>Served with</i> Macaroni fruit salad