



POWIS Boarders Menu

Daily Breakfast is inclusive of Cereal, Fresh Milk, Chocolate Drink, Fresh Fruits, Bread, Butter & Jam

Date/Day	29 Nov ` Monday	30 Nov Tuesday	1 Dec Wednesday	2 Dec Thursday	3 Dec Friday
Breakfast (7:15am-7:50am)	Egg Counter Plain Porridge with Condiments	Nasi Goreng Kampung Fried Egg	Egg Counter Make your own Sandwich	Fried Egg Koay Teow Soup	Egg Counter Fried Maggie Mee

Brunch (9.50am-10:05am)	Mee Goreng	Monte Cristo	Doughnut	Roti Canai	French Toast
-----------------------------------	------------	--------------	----------	------------	--------------

Dinner (5.30pm-6:30 pm)	Steamed Rice Nyonya Braised Chicken Stir Fry Vege Prawn Meat Omelette Pai Tee Cup Bubur Pulut Hitam	Butter Rice Beef Stew Chicken Casserole Saute Potato Italian Stir Fried	Nasi Tropica Ayam Masak Kicap Ikan Tiga Rasa Stir Fry Kangkong Belacan Telur Bungkus	Deep Fried Chicken Burger Cheesy Wedges Garden Salad Cream of Mushroom Soup Bread & Butter Pudding	Steamed Rice Korean Noodle Soup Korean Spicy Chicken Kimchi Korean Pancake Green Vege
-----------------------------------	---	---	---	---	--



POWIS Boarders Weekend Menu

Date/Day	4 Dec Saturday	5 Dec Sunday
Breakfast (9am-10am)	Egg Counter American Breakfast	
Lunch (12noon - 1pm)	Steamed Rice Stir Fried Chicken with ABC Sauce Thai Style Seafood Omelette Stir Fry Vege Chicken loh Bak	<u>BRUNCH</u> (10am- 11:00) Omelette Counter Pancake Fried Rice with Ham Honey Roasted Chicken Boiled Broccoli, Cauliflower and Cherry Tomato SNACKS @ 2:30pm Sandwich
Dinner (5.30pm - 6:30pm)	Boiled Pasta Alsacia Sauce & Beef Bolognese Oven Baked Herb Chicken Grilled Jumbo Sausage Stir Fry Vege	Nasi Lemak Sambal Brown CuttleFish Ayam Goreng Daun Curry Hard Boiled Egg Ikan Bilis, Peanut, Sambal Kubis Kunyit