



POWIS Menu (4th Week of November 2021)

Date/Day	22 Nov Monday	23 Nov Tuesday	24 Nov Wednesday	25 Nov Thursday	26 Nov Friday
Asian	Nasi Minyak Kapitan Chicken StirFry Belacan Kangkong (RM12)		Steamed Rice Braised Lion Head (Homemade Chicken Ball) Stir Fry Vege (RM12)		Steamed Rice Kam Heong Chicken Stir Fry Long Bean (RM12)
Western		Lemon Garlic Chicken Mashed Potato Butter Vege (RM12)		Chicken Chop With Mushroom Sauce Potato Wedges Green Salad (RM12)	
Noodle	White Tomyam (RM10)		Curry Mee (RM8)		Beef Koay Teow Soup (RM10)
Sandwich		Jumbo Sausage with (RM10)		Tuna & Cheese Sandwich (RM10)	
Vegetarian	Vegetarian Fried Rice (RM8) Vegetarian Tom Yam Noodle (RM8) Vegetarian Pasta (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Pasta (RM10) Salad Bowl (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Pasta (RM10) Salad Bowl (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Sandwich (RM8) Vegetarian Pasta (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Pasta (RM10) Salad Bowl (RM10)

** Vegetarian options are free of meat and fish but may contain eggs or dairy products, so may not be suitable for a vegan diet' **