



**POWIS Lunch Menu**

Date/Day	29 Nov Monday	30 Nov Tuesday	1 Dec Wednesday	2 Dec Thursday	3 Dec Friday
<b>Asian</b>	Nasi Briyani Curry Chicken Stir Fried Cabbage with Tumeric Hard Boiled Egg (RM12)		Steamed Rice Chicken Pot Stir Fried Long Bean Clay Pot Tofu (RM12)		Chicken Rice Roast Chicken Lohan Cai (Vege) Tea Egg (RM12)
<b>Western</b>		Chicken Chop with Oriental Sauce Pumpkin Puree Mashed Potato Roasted Corn with Honey Butter (RM12)		Chicken Fricassee Baked Potato Butter Vege Garlic Toast (RM12)	
<b>Noodle</b>		Jawa Mee (RM8)		Pan Mee (RM8)	
<b>Subway Sandwich</b>	Grilled Chicken Sandwich (RM10)		Chicken Ham & Cheese Sandwich (RM10)		Roast Beef Sandwich (RM12)
<b>Vegetarian</b>	Vegetarian Fried Rice (RM8) Vegetarian Sandwich (RM8) Vegetarian Pasta (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Jawa Mee (RM8) Salad Bowl (RM10)	Vegetarian Fried Rice (RM8) Vegetarian Pasta(RM10) Vegetarian Sandwich (RM8)	Vegetarian Fried Rice (RM8) Vegetarian Pasta (RM10) Salad Bowl (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' \*\***