



POWIS Borders Menu

Breakfast is including Toast, butter, jam, cereal, milk, hot chocolate drinks

Date/Day	17 Jan Monday	18 Jan Tuesday	19 Jan Wednesday	20 Jan Thursday	21 Jan Friday
Breakfast (7:15am- 7:50am)			Porridge with Condiments Egg Counter	American Breakfast Scrambled Egg	Mee Goreng Egg Counter

Brunch (9.50am- 10:05am)	Brunch at 10am Croissant with Tuna & Egg Pancake Omelette Counter Chicken Lasagne Salad Bowl Mixed Fruits	Brunch at 10am Muffin Assorted Yogurt Fried Chicken Fried Koay Teow (Action Stall) Steamed Pao and Dim Sum	Curry Puff	Pandan Cake	Assorted Sandwich
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Dinner (5.30pm-6:30 pm)	Yong Chow Fried Rice Char Siew Chicken Stir Fry Vege Steamed Tofu with Minced Chicken Chinese Herbal Soup	Deep Fried Chicken Chop With Oriental Sauce Potato Wedges Caesar Salad Bread & Butter Pudding	Steamed Rice Deep Fried Kembong Fish Ayam Masak Halia Sambal Terung Cincau	Steamed Rice Chicken Katsu Japanese Curry Tempura Vege Miso Soup	Gratinated Potato Chicken Stroganoff Roasted Vege French Onion Soup with Cheese Crouton
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POWIS Borders Weekend Menu

Date/Day	22 Jan Saturday	23 Jan Sunday
Breakfast (9am-10am)	Fried Rice Egg Counter	
Lunch (12noon - 1pm)	Butter Rice Gai Yang Roasted Chicken Cai Boi Soup Stir Fry Vege	<p><u>BRUNCH</u> <u>(10am- 11:00am)</u> Omelet Counter Fish Finger with Honey Mustard Dip Waffle with Peanut Butter, Honey and butter Mini Chicken Burger Salad</p> <p>SNACKS @ 2:30pm Spring Roll & Samosa</p>
Dinner (5.30pm - 6:30pm)	Nasi Lemak Ayam Goreng Hard Boiled Egg Sambal Udang Green Salad Ikan Bilis Papadom	Spaghetti with Carbonara Sauce Stir Fry Mix Vege (Broccoli, Carrot & Cherry Tomato) Garlic Bread Mushroom Soup Popcorn Chicken with Cheese Sauce