



**POWIS Boarders Menu**

*\*Ingredients may be packed in a facility where traces of nuts may be present\**

Date/Day	27 June Monday	28 June Tuesday	29 June Wednesday	30 June Thursday	1 July Friday
<b>Breakfast</b> (7:15am- 7:50am)	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Assorted Muffin Omelet Counter	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Assorted Sandwiches	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Chicken Ham Breakfast Sausage Baked Bean Scrambled Egg	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Assorted Yogurt Egg Counter Breakfast Pie	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Make Your Own Sandwich

<b>Dinner</b> (5.30-6:30pm)	Nasi goreng kampung Ayam goreng berempah Kangkung belacan Deep fried kembong Red bean soup	Mash Potato BBQ Chicken Tangy BBQ sauce Italian Stir Fried Cream Corn Soup	Steam Rice Stir Fried Chicken with Pumpkin Puree Clay pot tofu Bitter gourd Fried egg	Roasted Potato Beef Stew Butter vege Bread and Butter Pudding	Steam rice Marmite Chicken Salted Fish Braised Tofu Fish Paste Brinjal Fish Ball Soup
--------------------------------	--	---	--	---	--



**POWIS Boarders Weekend Menu**

*\*Ingredients may be packed in a facility where traces of nuts may be present\**

Date/Day	2 July Saturday	3 July Sunday
<b>Breakfast</b> (9am-10am)	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Chicken Porridge with Condiments	
<b>Lunch</b> (1pm - 2pm)	Ultimate Beef Burger Green salad Nachos Chip with Cheese Sauce	<b><u>BRUNCH</u></b> <b><u>(10am- 11:00am)</u></b> Milk Cereal Hot Chocolate Toast Mixed Fruits Brunch Pancake with Honey Ham and cheese Omelet (egg Counter) Grilled Chicken Chop Stir fried Pasta Green Salad Fried Doughnut  Snacks @ 2:30pm Assorted Sandwich
<b>Dinner</b> (5.30-6:30pm)	Steam rice Sotong kicap Ayam golek madu Stir fried kangkung Telur bistik	Wedges Assorted Pizza Chicken Parmigiana Stir Fried Assorted Vege