



POWIIS

AUG - SEP 2023
(23 days)

YumBox provides:

1. Lunch Box with Name Tag
2. Fruits & Vegetables with each set meal
3. **Please provide own Cutlery.**
4. *Special Dietary Meals are available upon request.*
5. All meats are cut into bite size.
6. Boneless & Skinless Chicken White Meat is used unless otherwise indicated.
7. All meals are cooked using Pink Himalayan Salt & Sunflower cooking oil.
8. Please note that we reserve the right to change our daily dishes due to the availability of fresh ingredients

	AUG 28 - MON	AUG 29 - TUE	AUG 30 - WED	AUG 31 - WED	SEP 1 - FRI
INTERNATIONAL	CHICKEN PARMAGIANA PASTA & MARINARA SAUCE 巴马吉亚纳鸡肉意大利面和大蒜酱 	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	CHEESY CHICKEN ROLLS 芝士鸡肉卷	HAPPY MERDEKA DAY!!!	CHICKEN MINCE NACHOS & CHEESE SAUCE 鸡肉碎玉米片和奶酪酱 
ASIAN	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	GARLIC FRIED RICE with GRILL BBQ CHICKEN 蒜蓉炒饭配烤鸡 	CHICKEN TIKKA MASALA & RICE 咖喱鸡和米饭		CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 
EVERYTHING ELSE	RICE NOODLES with EGG & TERIYAKI CHICKEN 鸡蛋米粉和照烧鸡 	SANSAGES (homemade breakfast sausage sandwich) 自制早餐香肠三明治 	CHICKEN BULGOGI ONIGIRI (2 PCS) 鸡肉烤肉饭团 (2 件) 		BANANA PANCAKES, HONEY & CHICKEN HAM SLICES on the side 侧面有香蕉煎饼、蜂蜜和鸡肉火腿片
	SEP 4 - MON	SEP 5 - TUE	SEP 6 - WED	SEP 7 - THU	SEP 8 - FRI
INTERNATIONAL	CRISPY CHICKEN HAM CARBONARA MACARONI 脆皮鸡肉火腿培根通心粉 	GRILLED CHICKEN CACCIATORE MACARONI 烤鸡肉卡恰托雷通心粉 	YUMBOX "BREAKFAST for LUNCH" YUMBOX“早餐午餐”（自制香草鸡肉香肠（2）， 奶酪炒鸡蛋，吐司和沙拉）	CHEESY GRILLED CHICKEN QUESA-ROLL 芝士烤鸡肉饼卷	CHICKEN SPAGHETTI BOLOGNESE, GARLIC BREAD 鸡肉意大利肉酱面、蒜蓉面包 
ASIAN	SOY SAUCE MUSHROOM & CHICKEN RICE 酱油蘑菇鸡饭 	GARLIC FRIED RICE POKE BOWL with CRISPY PERCH FISH (contains egg) 蒜香炒饭戳碗配脆鲈鱼（含鸡蛋）	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	CHICKEN CUTLET & RICE (with carrots, potatoes & peas gravy) 炸鸡排和米饭（配胡萝卜、土豆和豌豆汁）	BRAISED CHICKEN & EGG RICE 卤鸡蛋饭 
EVERYTHING ELSE	CHICKEN & MUSHROOM MINCE STIR FRY RICE NOODLES 鸡肉蘑菇碎炒米粉	3-LAYER GRILLED CHEESE SANDWICH 三层烤奶酪三明治	RICE NOODLES & CRISPY PERCH FISH SLICES 米粉脆鲈鱼片	GRILLED CHICKEN RICE NOODLES 烤鸡米线 	"K" TOAST & FRIES (contains egg & mayo) “K”吐司和薯条（包含鸡蛋和蛋黄酱） 

	SEP 11 - MON	SEP 12 - TUE	SEP 13 - WED	SEP 14 - THU	SEP 15 - FRI
INTERNATIONAL	CRISPY CHICKEN HAM SLICES CHEESY AGLIO OLIO 脆皮鸡肉火腿片芝士 Aglio olio	HOMEMADE HERBED SAUSAGE MACARONI & CHEESE 自制香草香肠通心粉和奶酪 	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	CHICKEN CHOP, MASH POTATOES & GRAVY 鸡排、土豆泥和肉汁	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 
ASIAN	BRAISED CHICKEN with BEANCURD SKIN & RICE 豆皮饭焖鸡 	BEEF MINCE JAPANESE CURRY RICE 牛肉碎日式咖喱饭 	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	SESAME CHICKEN POKE BOWL (contains egg) 芝麻鸡戳碗 (含鸡蛋)
EVERYTHING ELSE	KATSU SANDOS SANDWICH 炸猪排三明治	CHICKEN SATAY with RICE NOODLES 鸡肉沙爹米线 	BULGOGI CHICKEN MINCE LETTUCE WRAPS 烤肉鸡肉肉末生菜卷	BANANA PANCAKES, HONEY & CHICKEN HAM SLICES on the side 侧面有香蕉煎饼、蜂蜜和鸡肉火腿片	CHEESE, HAM & EGG YUMBOX "CLUB" SANDWICH 奶酪、火腿和鸡蛋 YUMBOX“俱乐部”三明治
	SEP 18 - MON	SEP 19 - TUE	SEP 20 - WED	SEP 21 - THU	SEP 22 - FRI
INTERNATIONAL	HOMEMADE HERBED CHICKEN SAUSAGE, GRAVY & MASH POTATO 自制香草鸡肉香肠、肉汁和土豆泥	GRILLED CHICKEN, MARINARA MACARONI 烤鸡、海鲜通心粉 	CHEESY CHICKEN ROLL UPS 芝士鸡肉卷 	BEEF MINCE AGLIO OLIO 牛肉碎 Aglio olio	PIZZA UNCRUSTALES 脆皮披萨 
ASIAN	NON SPICY CHICKEN YELLOW CURRY RICE 不辣黄鸡咖喱饭	TOMYAM FRIED RICE with HOMEMADE CHICKEN NUGGETS 东炎炒饭配自制鸡块	NON SPICY MAPO TOFU RICE 不辣麻婆豆腐饭 	OYAKODON (Chicken & Egg Rice) OYAKODON (鸡肉鸡蛋饭)	SWEET & SOUR PERCH FISH RICE 糖醋鲈鱼饭
EVERYTHING ELSE	RICE NOODLES with CHICKEN MINCE EGG OMELETTE 鸡碎蛋蛋卷米线	THAI BASIL MINCE CHICKEN LETTUCE WRAPS 泰式罗勒肉末鸡肉生菜卷	STIR FRY RICE NOODLES with GRILL CHICKEN 烧鸡炒米粉	BANANA PANCAKES, HONEY & CHICKEN HAM SLICES on the side 侧面有香蕉煎饼、蜂蜜和鸡肉火腿片	MINI CAJUN CHICKEN BAKED TAQUITOS 迷你卡真鸡肉烤玉米饼 
	SEP 25 - MON	SEP 26 - TUE	SEP 27 - THU	SEP 28 - WED	SEP 29 - FRI
INTERNATIONAL	ROAST CHICKEN, MASH POTATOES & GRAVY 烤鸡、土豆泥和肉汁	CHEESY TORTILLA PIZZA 芝士玉米饼披萨 	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	PROPHET	ALFREDO PENNE with CRISPY CHICKEN HAM & MUSHROOMS 阿尔弗雷多通心粉配脆皮鸡肉火腿和蘑菇
ASIAN	BEEF STEW RICE (with Peas, Carrots, Onions & Potatoes) 牛肉炖饭 (配豌豆、胡萝卜、洋葱和土豆)	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	KIMCHI FRIED RICE & CHEESY KIMCHI CHICKEN 泡菜炒饭和芝士泡菜鸡	MUHAMMAD'S	CHICKEN MINCE & FRENCH BEANS OMELETTE RICE 鸡肉碎法国豆煎蛋饭
EVERYTHING ELSE	CHEESY CHICKEN HERBED SAUSAGE BREAD ROLLS 鸡肉芝士香草香肠面包卷	BEEF MINCE YAKI UDON 牛肉碎烧乌冬面	3-LAYER CHICKEN HAM & CHEESE SANDWICH 三层鸡肉火腿奶酪三明治	BIRTHDAY	CHICKEN SATAY with RICE NOODLES 鸡肉沙爹米线 

To Order:

1. ☐ or ☒ your meal choice.
2. Send your orders via **WhatsApp 016 557 3039**
3. Please let us know of your child's food allergies (if any).

For Payment:

1. Preferably Online Transfer to Yolanda George, Account #: **706 5899 152 (CIMB)**
2. Please reflect your Child's Name & Class in the payment reference.
3. ***Orders will only be confirmed after receiving the payment slip via WhatsApp 016 557 3039.***

Cancellation/Meal Changes or Transfer Orders:

1. Please inform us 1 day ahead or latest by 8am on the day itself.
2. Please **call 016 557 3039** directly to avoid oversight.
3. ***Any cancellations after 8am on the day itself, meals will not be refunded.***

RM14 x ____ (# Of Days) x ____ (# of Sets) = RM ____

Name of Student: _____ Class: _____

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Parents' Mobile: _____