



POWIS

NOV/DEC 2023

(28 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

			NOV 1 - WED	NOV 2 - THU	NOV 3 - FRI
INTERNATIONAL			PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	CHICKEN PARMAGIANA PASTA & MARINARA SAUCE 巴马吉亚纳鸡肉意大利面和大蒜酱 	HOMEMADE CHICKEN SAUSAGE & BELGIAN WAFFLES 自制鸡肉香肠和比利时华夫饼
ASIAN			GARLIC FRIED RICE POKE BOWL with CRISPY PERCH FISH (contains egg) 蒜香炒饭配碗配脆鲈鱼 (含鸡蛋)	CRISPY CHICKEN CHOP (with Oriental gravy) & BUTTER RICE 脆皮鸡排 (配东方肉汁) 和黄油饭	NON SPICY PERCH FISH BURMESE CURRY & RICE 不辣鲈鱼缅甸咖喱饭
EVERYTHING ELSE			TOMYAM RICE NOODLES & HOMEMADE CHICKEN NUGGETS 东炎米粉和自制鸡块	BANANA PANCAKES, HONEY & CHICKEN HAM SLICES on the side 侧面有香蕉煎饼、蜂蜜和鸡肉火腿片 	BEEF MINCE YAKI UDON 牛肉碎烧乌冬面
	NOV 6 MON	NOV 7 TUES	NOV 8 WED	NOV 9 THUR	NOV 10 FRI
INTERNATIONAL	MARINARA PASTA & HOMEMADE CHICKEN NUGGETS 海鲜意大利面和自制鸡块 	HOMEMADE CHEESY CHICKEN SAUSAGE ROLL (3 rolls each) 自制芝士鸡肉香肠卷 (每卷3卷) 	BAKED TAQUITOS & BBQ SAUCE 烤玉米饼和烧烤酱 	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	CHICKEN SPAGHETTI BOLOGNESE, GARLIC BREAD 鸡肉意大利肉酱面、蒜蓉面包 
ASIAN	TERIYAKI PERCH FISH & RICE 照烧鲈鱼饭 	NON SPICY TOMYAM CHICKEN PIECES & RICE 不辣东炎鸡块和米饭 	BRAISED CHICKEN POKE BOWL RICE (Contains Egg) 红烧鸡戳碗饭 (含鸡蛋) 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	BEEF STEW & RICE 炖牛肉饭 
EVERYTHING ELSE	JAPANESE TERIYAKI CHICKEN BURGER & TORTILLA CHIPS 日式照烧鸡肉汉堡和玉米片	CHICKEN SATAY NOODLES 鸡肉沙爹面 	BBQ CHICKEN & CHEESE SANDWICH with TORTILLA CHIPS 烧烤鸡肉奶酪三明治配 	STIR FRY UDON, CHICKEN KATSU 炒乌冬面、炸鸡排 	SLOPPY JOE GRILLED CHEESE 马虎乔烤奶酪 

	NOV 13 MON	NOV 14 TUES	NOV 15 WED	NOV 16 THUR	NOV 17 FRI
INTERNATIONAL	HAPPY	CHICKEN CHOP, MASH POTATOES & GRAVY 鸡排、土豆泥和肉汁	CHICKEN MINCE NACHOS & SALSA 鸡肉碎玉米片和莎莎酱 	CHICKEN HERBED SAUSAGE, GRAVY & FRIES 鸡肉香草香肠、肉汁和薯条 	HOMEMADE CHICKEN NUGGETS, FRIES 自制鸡块、薯条 
ASIAN	DEEPAVALI	CHICKEN PATTIES STEW RICE 鸡肉饼炖饭 	GRILL MISO CHICKEN SATAY RICE 烤味噌鸡肉沙爹饭 	TOMYAM FRIED RICE SATAY CHICKEN 东炎炒饭沙爹鸡 	TERIYAKI PERCH FISH POKE BOWL (Contains Egg) 照烧鲈鱼鱼戳碗 (含鸡蛋) 
EVERYTHING ELSE	HOLIDAY	3-LAYER GRILLED CHEESE SANDWICH 三层烤奶酪三明治	BANANA PANCAKES, HONEY & CHICKEN HAM SLICES on the side 侧面有香蕉煎饼、蜂蜜和鸡肉火腿片	BEEF YAKI UDON 牛肉乌冬面 	CHICKEN POPCORN MAYO ONIGIRI 鸡肉爆米花蛋黄酱饭团 
	NOV 20 MON	NOV 21 TUES	NOV 22 WED	NOV 23 THUR	NOV 24 FRI
INTERNATIONAL	CHICKEN RISSOLES & MUSHROOM SAUCE 鸡肉烩饭和蘑菇酱	PESTO SPAGHETTI & CRISPY FISH 香蒜意大利面和脆鱼 	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	MINI CHICKEN TACOS & BBQ SAUCE 迷你鸡肉炸玉米饼和烧 	CHICKEN SPAGHETTI BOLOGNESE, GARLIC BREAD 鸡肉意大利肉酱面、蒜蓉面包 
ASIAN	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	PAN SEARED BUTTER FISH & RICE 香煎黄油鱼和米饭 	BEEF STEW RICE 牛肉焖饭 	NON SPICY CHICKEN KURMA & RICE 不辣鸡肉和米饭
EVERYTHING ELSE	BEEF MINCE RICE NOODLES 牛肉碎米粉 	SALMON MAYO ONIGIRI (2 pcs) 三文鱼蛋黄酱饭团 (2 件) 	TOMYAM RICE NOODLES & HOMEMADE CHICKEN NUGGETS 东炎米粉和自制鸡块	CRISPY CHICKEN CHEESE SANDWICH & TORTILLA CHIPS 脆皮鸡肉奶酪三明治和玉米片 	"K" TOAST & FRIES (contains egg & mayo) “K”吐司和薯条 (包含鸡蛋和蛋黄酱) 
	NOV 27 MON	NOV 28 TUES	NOV 29 WED	NOV 30 THUR	DEC 1 FRI
INTERNATIONAL	MINI CRUNCHWRAP & GRILL CHEESY CHICKEN 迷你脆饼和烤芝士鸡	BEEF RAGU with PASTA 牛肉酱配意大利面 	TORTILLA CHEESY CHICKEN HAM PIZZA 玉米饼芝士鸡肉火腿披萨 	CHICKEN FAJITA PASTA 鸡肉法吉塔意大利面 	CHICKEN BBQ PASTA 鸡肉烧烤意大利面 
ASIAN	CHICKEN POTATO STEW RICE 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	PATTAYA FRIED RICE & CHICKEN 芭堤雅炒饭和鸡肉 	BEEF MINCE STEW & RICE 牛肉碎炖饭 	CHICKEN SLICE & SAUSAGE FRIED RICE 鸡片香肠炒饭 
EVERYTHING ELSE	PULL CHICKEN SANDWICH & FRIES 拉鸡三明治和薯条 	HOMEMADE PIZZA UNCRUSTABLES 自制比萨饼 	STIR FRY NOODLES, CRISPY CHICKEN, 炒面、脆皮鸡、 	NON SPICY THAI NOODLES, SATAY CHICKEN 不辣泰式面条、沙爹鸡 	CRUNCHY TUNA WRAP 松脆金枪鱼卷 

	DEC 4 MON	DEC 5 TUES	DEC 6 WED	DEC 7 THUR	DEC 8 FRI
INTERNATIONAL	GRILL CHICKEN & CHEESE ROLL & TORTILLA CHIPS 烤鸡肉、奶酪卷和玉米片 	CRISPY FISH on MARINARA PASTA 脆鱼配意大利面 	BAKED TAQUITOS & BBQ SAUCE 烤玉米饼和烧烤酱 	SLOW COOKER CHICKEN CHEESE PASTA 慢炖锅鸡肉奶酪意大利面 	TORTILLA CHICKEN WRAP & BBQ SAUCE 玉米饼鸡肉卷和烧烤酱 
ASIAN	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	MAPO TOFU CHICKEN RICE 麻婆豆腐鸡饭 	CHICKEN POTATO & RICE 鸡肉土豆米饭 	SOY SAUCE CHICKEN RICE 酱油鸡饭 
EVERYTHING ELSE	STIR FRY NOODLES & GRILL CHICKEN 炒面烤鸡 	CHICKEN BULGOGI ONIGIRI (2 pcs) 鸡肉烤肉饭团 (2 件) 	JAPANESE CURRY BEEF MINCE, STIR FRY UDON 日式咖喱牛肉碎炒乌冬面 	LEMONGRASS CHICKEN SATAY with NOODLES 柠檬草鸡肉沙爹配面 	SLOPPY JOE GRILLED CHEESE & FRIES 邋遢乔烤奶酪和薯条 
	DEC 11 MON	DEC 12 TUES	DEC 13 WED	DEC 14 THUR	DEC 15 FRI
INTERNATIONAL	PASTA MEATBALLS 意大利面肉丸 	MINI CHICKEN TACOS & BBQ SAUCE 迷你鸡肉炸玉米饼和烧烤酱 	CHICKEN MINCE NACHOS & SALSA 鸡肉碎玉米片和莎莎酱 	MAC & CHEESE WITH SAUSAGE 通心粉奶酪配香肠 	EARLY DISMISSAL
ASIAN	TERIYAKI CHICKEN CHUNKS EGG FRIED RICE 照烧鸡块蛋炒饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	SWEET SOUR PERCH FISH & RICE 甜酸鲈鱼饭 	CRISPY CHICKEN FURIKAKE RICE 脆皮鸡肉香松饭 	ENJOY YOUR HOLIDAYS
EVERYTHING ELSE	CHICKEN CHEESE SANDWICH, FRIES 	CHICKEN CHUMAKI ROLL 鸡肉春卷 	STIR FRY NOODLES, CRISPY CHICKEN, 炒面、脆皮鸡、 	NON SPICY TOMYAM CHICKEN SATAY NOODLES 不辣东炎鸡肉沙爹炒面 	

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 WHEN PAYMENT RECEIPT HAS**

Cancellation/M 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: _____