



POWIS Boarders Menu (27 Nov-3 Dec 2023)

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

Date/Day	27 Nov. 23 Monday	28 Nov. 23 Tuesday	29 Nov. 23 Wednesday	30 Nov. 23 Thursday	1 Dec. 23 Friday
Breakfast (7:15am-7:55am)	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Omelet, Hash Brown, Grill Sausage	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Spanish Omelet, Monte Cristo	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Fried Egg, Nasi Goreng Kampung	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Scrambled Egg, Chicken Spanish Pie	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Egg Counter, Bihun Soup
Dinner 6.15pm-7.00pm	Mash Potato with Brown Sauce KFC Fried Chicken, Coleslaw, Dinner Roll	Mamak Maggie Goreng, Mamak Ayam Goreng, Fried Egg, Fish Ball Soup, Stir Fry Vege	French Fries, Chicken Schnitzel with Honey Mustard Dressing, Caramelize Butter Corn	Steam Rice, Fu Yong Egg, Mixed Vegetable, Kong Po Chicken, White Fungus with Longan	Nasi Rempah, Ikan Siakap 3 Rasa, Ayam Goreng Berempah, Stir Fried Cabbage with Tumeric, Papedom



POWIS Boarders Weekend Menu (2 & 3 Dec. 2023, Saturday & Sunday)

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Date/Day	2 Dec. 23 Saturday	3 Dec. 23 Sunday
Breakfast (9am-9.50am)	Cereal & Milk, Hot Chocolate Toast, Butter & Jam, Mixed Fruits, Fried Egg, Roti Canai	-
Lunch (12.30pm - 1.30pm)	Steam Rice, Stir Fried Beef Japanese Style (Yaki Niku), Chicken Teriyaki, Miso Soup, Stir Fried Vege	BRUNCH (10am- 11am) Milk, Cereal, Hot Chocolate, Toast, Butter & Jam, Mixed Fruit, Scramble Egg, Cheese Baked Pasta Cajun Grill Chicken Jumbo Sausage Grilled Tomato
Dinner (6:15-7.00pm)	Steamed Rice, Ayam Masak Kicap, Sotong Celup Tepung, Telur Bistik, Stir Fried Kailan	Herb Boiled Potato, Chicken Piccata with Napolitana Sauce, Baked Pumpkin with Cauliflower, French Onion Soup