



Prince of Wales Island International School®

POWIS LUNCH Menu (27 Nov.-1 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
Asian	Steam Rice, Sweet and Sour Chicken, Lor Han Cai, Fried Egg (RM12)		Pandan Rice, Pad kra Pow, Kangkong Belancan, Fried Egg (RM12)		Chicken Rice Roast Chicken Cucumber, Tomato, Lettuce Braised Egg (RM12)
Western		Deep Fried Chicken Chop, Black Pepper Sauce, Baked Potato, Garden Salad (RM14)		Boiled Pasta, Chicken Bolognese, Garlic Bread, Butter Vege (RM14)	
Noodle		Lam Mee (RM10)		Wantan Noodle (Dried) (RM10)	
Subway Sandwich	Chicken Burrito (RM12)		Fillet O Fish Burger (RM12)		Grilled Chicken Sandwich (RM12)
Vegetarian	Vegetarian Burrito (RM12)	Vegetarian Hokkien Char (RM10)	Vegetarian Burger (RM10)	Vegetarian Wantan Noodle (RM10)	Vegetarian Duck Rice (RM12)

** Vegetarian options are free of meat and fish but may contain eggs or dairy products, so may not be suitable for a vegan diet' ***