



POWIIS

OCT 2025 (18 days)

Half Term Break 20th - 24th Oct 2025

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

			OCT 1 - WED	OCT 2 - THU	OCT 3 - FRI
INTERNATIONAL			SWEET PAPRIKA CHICKEN & MARINARA PASTA 自制鸡块和海鲜意大利面 	BBQ CHICKEN PIZZA ROLL UP & CHIPS 烧烤鸡肉披萨卷和薯条 	BAKED MAC & CHEESE with CAJUN CHICKEN
ASIAN			CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	BUTTER CHICKEN RICE 黄油鸡饭	CHICKEN TIKKA MASALA RICE 
EVERYTHING ELSE			CHICKEN BULGOGI ONIGIRI (2 pcs) 鸡肉烤肉饭团 (2 件) 	NON SPICY CRISPY TOMYAM CHICKEN NOODLES 不辣脆皮东炎鸡肉面 	CHICKEN KATSU UDON 
	OCT 6 - MON	OCT 7 - TUE	OCT 8 - WED	OCT 9 - THU	OCT 10 - FRI
INTERNATIONAL	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	NUT FREE PESTO CHICKEN SPAGHETTI (basil, cheese & garlic)无坚果香蒜酱鸡肉意大利面 (含有罗勒、奶酪和大蒜)	CRISPY CHICKEN CHEESY AGLIO OLIO 脆皮鸡芝士蒜油	CHICKEN MINCE on CHEESY NACHOS 鸡肉碎配芝士玉米片 	CHICKEN SPAGHETTI BOLOGNESE 鸡肉意大利肉酱面 
ASIAN	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	SWEET SOUR PERCH FISH RICE 甜酸鲈鱼饭	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	BRAISED CHICKEN & MUSHROOM RICE 红烧鸡蘑菇饭 	TOMYAM FRIED RICE with CRUNCHY CHICKEN SLICES & HOMEMADE HERBED SAUSAGE 东炎炒饭配松脆鸡片和自制香草香肠
EVERYTHING ELSE	RICE NOODLES with EGG & TERIYAKI CHICKEN 鸡蛋米粉和照烧鸡 	CHEESE, CHICKEN SLICE & EGG YUMBOX "CLUB" SANDWICH 	SALMON MAYO ONIGIRI (2 pcs) 三文鱼蛋黄酱饭团 (2 件) 	STIR FRY RICE NOODLES & CHICKEN SLICES 炒米粉鸡片 	CHICKEN KATSU SANDO

	OCT 13 - MON	OCT 14 - TUE	OCT 15 - WED	OCT 16 - THU	OCT 17 - FRI
INTERNATIONAL	GRILL CHICKEN with MARINARA PASTA 烤鸡配海鲜意大利面 	MACARONI & CHEESE with CHICKEN POPCORN 通心粉和奶酪配鸡肉爆米花 	CRISPY FISH on MARINARA PASTA 脆鱼配意大利面 	CRISPY CHICKEN SLICES, MARINARA PASTA 脆皮鸡片、海鲜意大利面 	CHICKEN SPAGHETTI BOLOGNESE 鸡肉意大利肉酱面 
ASIAN	NON SPICY MAPO TOFU RICE 不辣麻婆豆腐饭 	OYAKODON (Chicken & Egg Rice) OYAKODON (鸡肉鸡蛋饭)	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	GRILL LEMONGRASS CHICKEN RICE 烤香茅鸡饭 	GARLIC FRIED RICE & CRISPY CHICKEN SLICES 蒜蓉炒饭和脆皮鸡片 
EVERYTHING ELSE	CHICKEN YAKI UDON 鸡肉烧乌冬面 	YUMBOX SNOKER SANDWICH (cheese sausage sandwich) & TORTILLA CHIPS (奶酪香肠三明治) 和玉米片	STIR FRY RICE NOODLES with BEEF MINCE 牛肉末炒河粉 	TUNA MAYO ONIGIRI (2 pcs)	CHEESY CHICKEN MINCE BREAD ROLLS
	OCT 27 - MON	OCT 28 - TUE	OCT 29 - WED	OCT 30 - THU	OCT 31 - FRI
INTERNATIONAL	CAJUN CHICKEN MINCE BURRITO WRAP (lots of vegetables) 卡真鸡肉碎卷饼卷 (大量蔬菜)	CRISPY CHICKEN SLICES & MARINARA PASTA 脆皮鸡片和海鲜意大利面 	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 	CRISPY CHICKEN ROLL & FRIES
ASIAN	CRISPY TOMYAM CHICKEN & BUTTER RICE 脆皮东炎鸡肉黄油饭	NON SPICY CHICKEN & POTATO CURRY RICE 不辣鸡肉和土豆咖喱饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	CRISPY CHICKEN CHOP(with Oriental gravy) & BUTTER RICE 脆皮鸡排 (配东方肉汁) 和黄油饭	KATSU CHICKEN SUSHI RICE BOWL (contains lots of vegetables , egg & mayo)
EVERYTHING ELSE	STIR FY RICE NOODLES & CHICKEN SLICES	MINI CHICKEN CHEESE SLIDER & TORTILLA CHIPS 迷你鸡肉奶酪滑块和玉米饼 	TOMYAM RICE NOODLES & HOMEMADE CHICKEN NUGGETS 东炎米粉和自制鸡块	CHICKEN TERIYAKI SLICES & NOODLES 照烧鸡肉片和面条 	BEEF MINCE YAKI UDON 牛肉碎烧乌冬面

To Order:

1. ☐ or ☒ your meal choice.
2. Send your orders via **WhatsApp 016 557 3039** or Email to yolanda7228@gmail.com
3. Please let us know of your child's food allergies (if

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.

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**.

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

Name of Student: _____ Class: _____

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Parents' Mobile: _____